TIPS FOR FAMILIES AND CAREGIVERS OF REMOTE LEARNERS

Building Social-Emotional Skills While Doing Chores

Self-Awareness
Connect the current task to larger goals.
TRY:
“Why do you think doing _ is an important chore?”

Self-Management
Model self-management skills by setting goals for the chores.
TRY:
Create a list of chores for the week, celebrate when chores are accomplished.

Social Awareness
Discuss how this specific chore helps the family or larger community.
TRY:
“How do you think the family would feel if we didn’t do this chore?”

Relationship Skills
Model relationship skills by encouraging your learner while they complete the chore.
TRY:
“I’m impressed with how well you did ___.”

Responsible Decision-Making
Allow your Learner the opportunity to decide when chores are done.
TRY:
Think out-loud about how you will choose when to complete your chores, “I will get my chores done by __ because __.”

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