

Learning Lab Links

ST. JOHN NEUMANN CATHOLIC SCHOOL

Tip of the Week: Multisensory teaching techniques are valuable not only for students who struggle with reading and writing skills, but for all students. Using a variety of senses helps with memory and retrieval and allows a student to support their areas of weakness with their areas of strength.

Free app that lets students practice letters and spelling in a fun way!
<https://apps.apple.com/us/app/draw-stars-play-musical-glowing/id367460661>

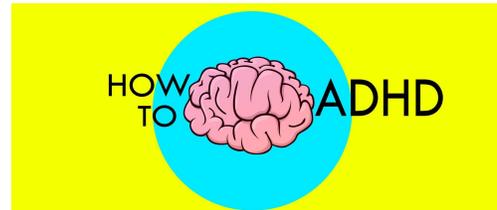
Students enjoy this activity and it can be adapted to whatever skill they are working on.
<https://brainspring.com/ortongillinghamweekly/multi-sensory-monday-wake-up-your-neighbor/>



Topic Puzzles

<http://www.loqicville.com/tangram.htm>

Interested in puzzles? The Tangram is the puzzle for you! The Tangram originated in China and consists of seven pieces in the shape of triangles and quadrilaterals. The object of the puzzle is to create a shape using all seven pieces. As you scroll down the page, it will teach you how to make a puzzle, stories, fun facts, and many puzzles of various levels to solve!



How to ADHD - A Simple Guide to Working/Learning From Home

<https://howtoadhd.com/>
<https://www.youtube.com/watch?v=61wdjr6gWpw>

This 8 minute video was created by Jessica McCabe, a person with ADHD, to help others with ADHD navigate working and learning from home.

One tip Jessica gives is time blocking or blocking out time during your day for specific activities like school work, chores, breakfast, etc... She encourages people to make bigger blocks of time to feel a sense of accomplishment if you finish early and avoid frustration if you didn't finish due to an unrealistic time frame. An important tip when time blocking is to schedule transition time between tasks. This gives your brain a chance to decompress, mentally change from one activity to another, and avoid getting mentally stuck. Transition ideas include going for a walk, walking the dog, or stretching.

Smithsonian Distance Learning Resources

<https://learninglab.si.edu/distancelearning>

The Smithsonian Institute has some amazing resources for you. Scroll down on the site to find a calendar with distance learning events from story time to creative writing. There are specific self-directed learning experiences for older students (grades 6-12). The Smithsonian Learning Activities Choice Board has a sampling of activities from Science to Art and more.