

Learning Lab Links

ST. JOHN NEUMANN CATHOLIC SCHOOL

Tips for Reading and Remembering With ADHD.

<https://www.verywellmind.com/remembering-what-youve-read-20692>

1. Read aloud instead of silently.
2. Walk or pace around while you read.
3. Take brief breaks for movement.
4. Use audiobooks or have someone read to you.
5. Talk about what you have just read. If no one is around, talk to yourself!
6. Use a colorful highlighter or pen or mark things as you read.
7. Take notes while reading.
8. Use a bookmark or ruler to slide down the page as you read.
9. If you get distracted by internal thoughts jot them down on a notepad and keep reading.

**Students,
We love you.
We miss you.
We are proud of you!**

Tip of the Week: *Partner Reading*

Partner reading, a researched based strategy, is an easy way to improve your child's reading skills. It provides a model for fluent reading and provides comprehension monitoring. It also enables you to give positive feedback about their reading.

This article addresses middle school students, but the same strategies apply for younger children. You do not have to stick to short stories. Chapter books can be broken down into about 15 minutes a day. This is a great way to spend time together and bond over a great book!

https://www.meadowscenter.org/files/resources/ParentFlyer_PartnerReading.pdf



Fun with Coding

<https://csfirst.withgoogle.com/c/cs-first/en/code-your-hero/code-your-hero/introduction-from-hero-to-superhero.html>

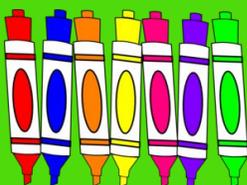
This site helps your student learn to use computer coding. There are short video tutorials to watch before getting into the coding process. Make it as simple or complex as you want.

Upcycle Markers

<https://happyhooligans.ca/vibrant-homemade-liquid-watercolor-paint/>

If you've been putting off cleaning out your desk drawers, here's a reason to do it.

Take your old markers and make watercolor paints from them. You'll need old markers, some jars with lids, and a few days' patience.



Multiplication Basketball

<https://www.collaborativeclassroom.org/wp-content/uploads/2015/04/Multiplication-Basketball.pdf>

Enough with the screen time, get out and play basketball multiplication! Initially designed for a large group, this game can easily be adapted to groups of two or more. There are ways to make the game easier with addition or even more complicated by adding different point values. Are your children driving each other crazy? Discussion questions are provided in the follow-up after the game.