

## Parent Tip #4

**Allow breaks and time for recess. Most children don't have long attention spans, and this can be even more likely for students with disabilities. Many students' individual education plans (IEPs) include accommodations for frequent breaks, and this will apply to home learning as well.**

- Breaks are good times to allow your child access to their preferred activities or to have snacks.
- Recess (physical exercise) is also extremely important, even though it may look a little different at home. If your child cannot play outside, you can use exercise programs for video game consoles, or access video channels from YouTube or <https://www.gonoodle.com/>. If your child receives physical or occupational therapy, you can use their therapist's suggestions for at-home exercises.
- It is a good idea to use a timer to indicate the end of a break. If your child needs a visual timer, you can download one here: <https://www.online-stopwatch.com/classroom-timers/>.

Adapted from Florida Inclusion Network

