



school on wheels

Dorrie LaMarr's

Tips for a Feel-Good Online Tutoring Session

At the beginning of your session, address the change with your student.

Bring up the change, keep it brief and move forward to the work at hand.

Build your toolbox and use it during your session.

It may be hard for your student to stay focused for the hour or even 5-10 minute stretches. Some tools below that can help.

Best practices

- Make increments of work shorter
- Take breaks in-between subjects or assignments

If attention wanders...

- Tap tap clap
- Breathing exercises (calm breathing, breath of fire)
- Play a game
- Draw (directed drawing, draw a calm place, scribble circles)
- Jumping jacks, push-ups
- Crinkle paper into a ball and throw it (safely)!
- Read a book
- For K-2:
 - Call them on the phone: use the “phone” (your hand) to give a direction they are having a hard time following. For example: “ring ring ring.... calling Joanne! Pick up the phone!” (Once student picks up the ‘phone’, give them a direction, offer to let them place you on hold.)
 - Use silly directives: “look at my nose and then do one more math problem!”

At the end of your session, make a plan for next time.

Homework: make an easy plan and have them write it down if possible.

Emphasize to your student that the effort to try is number one.

Completion isn't always the goal in this kind of situation.