

Expectations and Boundaries **During Remote Learning**

The shift to remote instruction means families, caregivers and students are working, learning, and living in close quarters. Establishing and maintaining healthy expectations and boundaries can help keep the environment positive, productive, and healthy.

1. Invest students by having them help create expectations for learning time.

WHY?: Teachers spend a lot of time establishing consistent routines and schedules to create a positive learning environment. Students feel ownership when they can share input.

2. Focus on the “dos” instead of the “don’ts”

WHY?: Framing behavior expectations positively creates a warmer environment and helps build more trusting relationships. It teaches students what positive characteristics are, rather than forbidding undesired ones.

3. Post expectations where everyone can see them, and reference them as needed.

WHY?: Students will not always meet expectations – and will likely even try to test them. Having them visible and gently reminding students why they’re in place will start to build good habits.



4. Set your personal boundaries and model them.

WHY?: One of the most effective ways to teach boundary-setting is by modeling it yourself. Try using the word 'no' when you're asked to do something that would overtax your schedule – and explain why you did.

5. Make it about you and explain the “why” behind the boundary.

WHY?: When you make it about your personal boundary, students see it isn't personal. Explaining the “why” helps them to understand that these aren't arbitrary rules, but are designed with everyone's wellness in mind.

6. Let students feel the impact of a crossed boundary.

WHY?: As a caregiver, if you cross someone's boundary, try to own it and apologize. Similarly, if a student crosses a boundary, hold them accountable for the real consequences. For example, if you promise video games once school work is complete, but your student doesn't complete the work – try to hold them to it.

