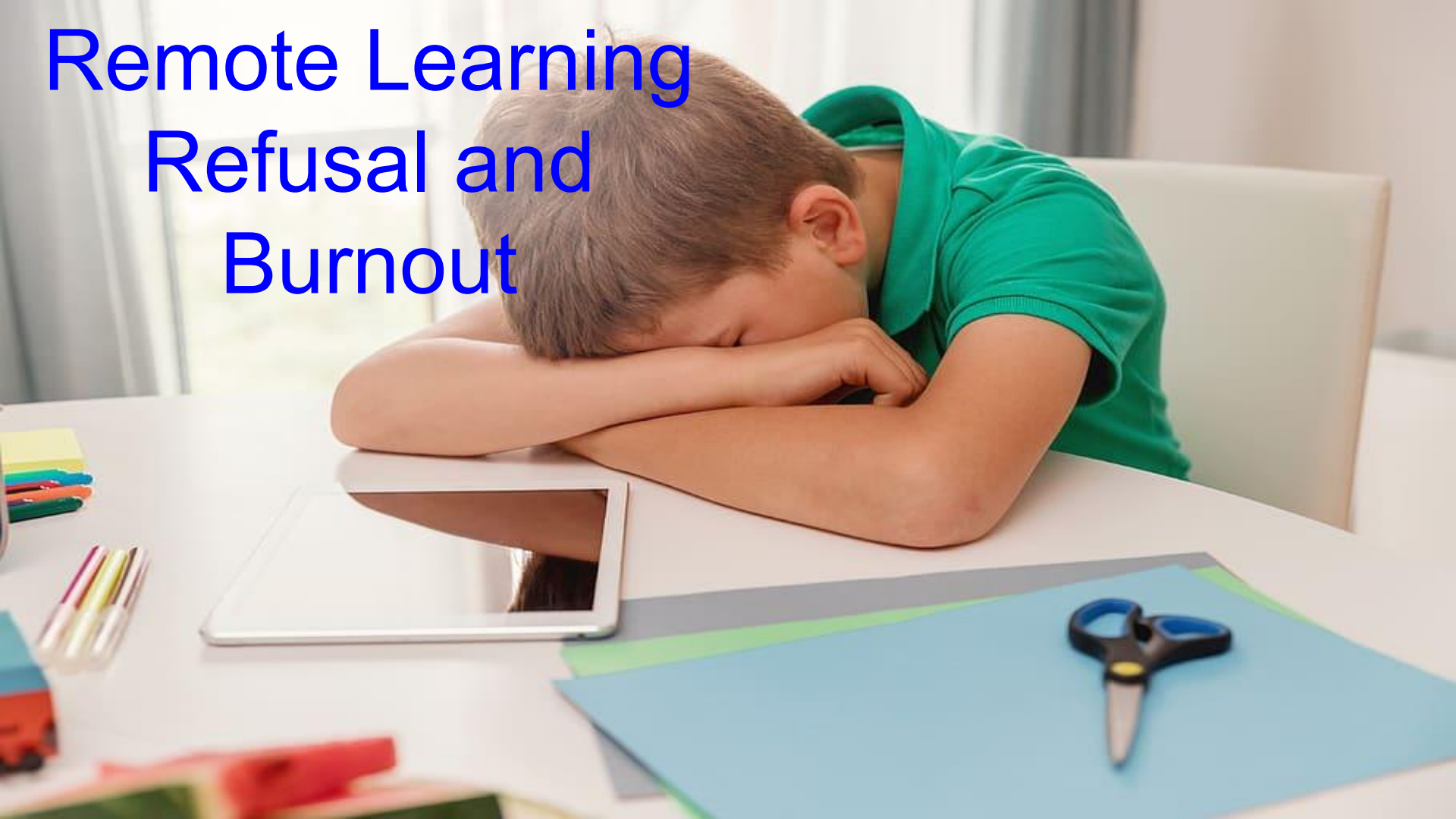


# Remote Learning Refusal and Burnout



# Student refusal and burnout in the remote environment

While some students are thriving in this environment others go back and forth between enjoyment and dislike. Some students refuse and some have burnout stages.

Tips:

Keep things consistent.

Make sure the environment is set up for ease of use.

Have your children get physically active each day.

Listen to your child's concerns and validate their feelings. This does not mean giving into the refusal but supporting them through it until they are back on track.

Connect with your child's teacher when you have concerns or need support.

Preventing burnout:

<https://www.msn.com/en-us/foodanddrink/foodnews/reduce-your-kids-remote-learning-burnout/vi-BB19IqVT?li=BBnb7Kw>

<https://www.givingcompass.org/article/remote-learning-burnout-and-how-you-can-help-children/>

Refusal:

<https://www.connecticutchildrens.org/coronavirus/child-refusing-to-do-school-work-stop-those-distance-learning-struggles/>