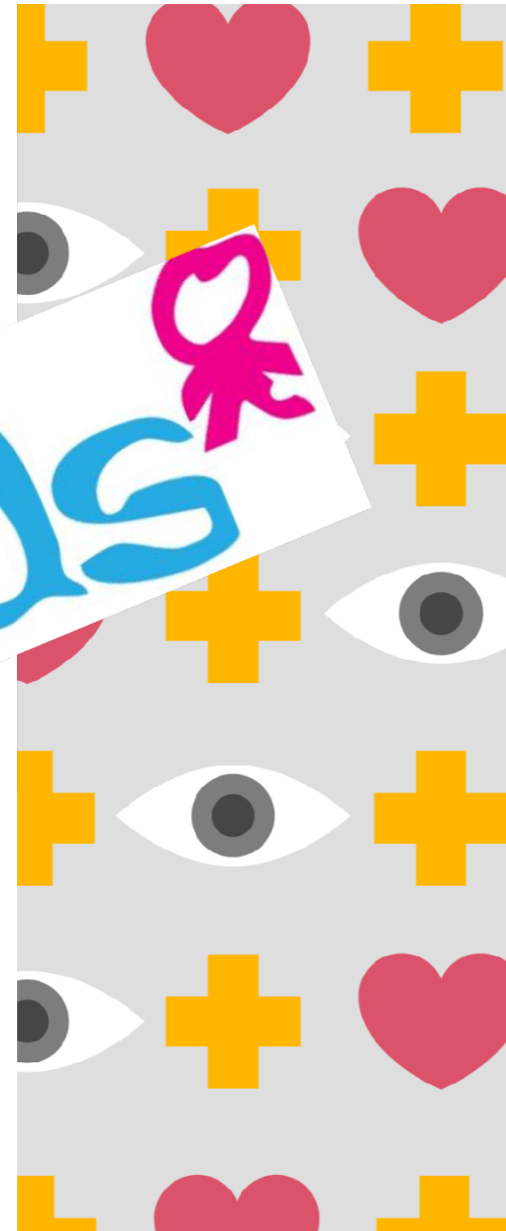


# Our tips for working from home

...with Kids



# Tips for working from home

When you're working from home with kids, a lot needs to be figured out.

The buttons below link to online tips, tricks and resources for home education in connection to the Dutch educational system. Each schools will have their own (online) education programme in place, and the links below are by no means a substitute to their work.

heutink  
voor thuis.

zwijzen  
Breng leren tot leven



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# Overwhelmed at home

If you feel overwhelmed, the following grounding exercise is internationally recognized as a helpful way to reduce immediate stress.

Look around for:

5. Five things you can see.
4. Four things you can touch.
3. Three things you can hear.
2. Two things you can smell.
1. One thing you can taste.

This is called 'grounding'. It can help when you feel like you have lost control of your surroundings and/or your head.

Please speak up when things are not working out, or when things are just a little too much at the moment. Please reach out to your competence lead to talk about any changes you want to make in your schedule.

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