

Learning Guide: One Block at a Time

Home learning does not need to look like school. Aim for steady, safe learning that fits your child’s energy level and your real day.

A minimum viable day

- **Start routine:** use the same first step each day.
- **One learning block:** 10 to 20 minutes with one clear goal.
- **One success:** stop while it is still going okay.
- **Rest and regulation:** calm and safety come first.

How to plan one block

Part	Example
Goal	Read one page and answer one question.
Materials	Book, pencil, and timer.
Support	First/Then card, visual timer, and a clear break choice.
Finish	Tick box, “done” card, then a break.

Reassurance

You’re not alone. If the plan changes because of fatigue, seizures, anxiety, appointments, or sensory needs, that is real life — not failure.

Small steps and consistent routines build confidence over time.