

- I. Refresh yourself so you can homeschool effectively.
 - A. Refresh here at the **convention**:
 1. Listen to _____ speakers.
 2. Pace yourself. If you need to skip a workshop, _____.
 3. Take breaks to _____ and _____.
 4. Take the _____ view of your homeschool.
 5. In your notes, _____ action items to consider, to do, or to _____. Summarize on 1-2 pages before you go home.
 6. Connect: look for people who _____
 - B. Refresh by seeking _____.
 1. online community or in-person.
 2. Help from local community, even if they don't homeschool.
 3. Special needs support groups.
 4. How could someone help you? Write down ideas. Your supporters don't have to homeschool or have a special needs kid.
 5. Pastor Cyril Chavis' 4 daily questions: a) Who are you connecting with? b) What can you control and what can you not control? c) What are you accomplishing today? d) What routines and rhythms are you establishing? [Pastor Cyril is a campus minister at Howard University.](#)
 - C. Refresh yourself with creative, enjoyable activities.
 - D. Exercise helps:
 - E. Time outdoors especially helpful: _____ minutes of early morning sunlight
 - F. Get away: as a couple or alone. Joni & Friends, SPED Homeschool retreats.
- II. Rest for your _____, _____, and body. Suggestions:
 - A. Limit social media. Occasional fasts.

- B. Make _____ a priority. Headspace and Calm apps have relaxation recordings to help. Recalling a hymn with good rhyme & rhythm can help settle the mind.
- C. Give _____. Keep a gratitude journal.
- D. Cultivate joy. “Joy is both a gift and a practice.” Tish Harrison Warren, *Prayers in the Night: For those who Work or Watch or Weep*.
- E. Mindfulness. [Dr. Curt Thompson](#)
- F. Sabbath _____
- G. Prayer and Bible reading.
- H. What habits will you nurture this summer to refresh and to rest?

III. Refocus on your long-range goals for your homeschool. Ideally, plan annually, _____, and weekly. Backup plans: alternate activities.

IV. Revitalize our kids—help them thrive.

- A. Recognize limits of our abilities.
- B. Encourage your child by: _____
- C. Encourage the same healthy habits we reviewed in parts I & II. My child most needs to develop this healthy habit: _____
- D. Our children’s emotional health.

V. Resources:

Kathy Kuhl, *Staying Sane as You Homeschool* and *Encouraging Your Child*.

Richard Lavoie, *The Motivation Breakthrough*, for classroom teachers and parents
Joni and Friends, *Real Families, Real Needs: A Compassionate Guide for Families Living with Disability*.

Gary Chapman, Jolene Philo, *Sharing Love Abundantly in Special Needs Families*.

John Gottman, *Raising an Emotionally Intelligent Child*.

Colleen Kessler, *RaisingLifelongLearners.com*.

Special needs support groups include *DSA, ASA, CHADD and ADDA for people with ADHD and ADD, ZZZ the Cystic Fibrosis Foundation, LDA, the ARC for children and adults with intellectual and developmental disabilities (also good for info on Medicaid waivers, conservatorships, etc.)*, *Joni and Friends, respite care in N. Va at Jill’s House, a ministry of McLean Bible Church*.

Free goal-setting guide when you [sign up for Kathy's newsletter](#).

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