

Continuing When It Feels Tough

Like many things in life, there will likely be times when your homeschooling journey feels difficult.

This can be a normal part of the process, especially when it feels like things aren't going well at that moment. You're not alone, and here we'll focus on some tips to help you move forward through these tough times.

If school really is just not going well and seems to be in a bit of a slump, your best bet may be to take a break and not force it. Breaks can offer refreshment (that ultimately boost production) by promoting sustainability and overall well-being.

Sometimes, a short break is all that you need. You can cut a class short and have a recess (or some other activity) time. You may find that this is all you need to get back on track for the rest of the day. Other times, it might be better to take a break for the day, or even the week.

Regardless of the amount of time it takes, the important thing is that it offers you a **reset**. This allows you (or your children) to return to your baseline. A break can provide us time to recover and recalibrate, helping us also to stay in alignment (or realign) with our "Why". This can also help us prevent and mitigate burnout.

At the end of the school week, we naturally have a nice break time to reset. This is also a good opportunity to reflect on how the week went.

I recommend that you focus on making one improvement each week. Some weeks, it might be a big change. Most weeks, it will

it will likely be a small change. Either way, you may be surprised by how much of a difference it makes over time.

For example, maybe your child has outgrown their school desk, and it's ready for an upgrade. You decide to replace it with a bigger one that offers more space to write and store supplies. This adjustment.

Maybe another week, you decide that your family has been too cooped up, and you want to add in some more excitement. So, you decide to schedule a field trip with homeschool friends to the local zoo.

Or, perhaps one of the curriculum programs you're using just does not seem to be a good fit for your child, so you make the decision to try another one.

These examples are some of the bigger improvements you can make, and they likely won't need to be made frequently. However, there are plenty of smaller adjustments that you can make each week that will still make a positive difference.

For example, maybe you noticed that worksheets are getting mixed up and becoming a mess. To improve this, you could get a file folder organizer and give each folder and worksheet a place.

Maybe the pencil sharpener you have isn't working well, so you decide to get a new one. Or, perhaps the whiteboard is becoming difficult to use because of residue from dry erase markers. So, you decide to give it a thorough clean so that it's bright and easy to read on.

Making improvements will help you address the challenges and obstacles you may face when homeschooling. We can't prevent every challenge from happening, but we can take steps to improve

our school situation, making it easier to persevere through hard times.

It's also helpful to remember to keep it simple. Sometimes, we need to get back to the basics and not overthink it. At the end of the day, you want to give your child a good educational experience that is enjoyable for them and aligns with your family's values.

In sports, if you make a bad play, the best thing you can do is shake it off and keep your head in the game. Get back to the fundamentals, and don't dwell on it too much. Learn from it, and do your best to improve as you move forward.

Remember that you are still learning too, and you won't figure everything out at once. You may be facing a storm in your homeschooling experience, but don't let that get you discouraged. Commitment and consistency with purpose will help you continue over time in your homeschooling journey.

(Don't forget that you can collaborate with others, so you don't have to do this alone. You might find that a few families also want to collaborate, and you could try group homeschooling. Maybe several parents are interested in this and want to contribute by teaching a specific class.

This could be a better form of homeschooling for certain families, and it can help families work together so that no individual feels like they're bearing more of the load than they can handle. If this sounds like you and your family, check out the **"Bonus: [Microschools... the Future of Schooling?](#)"** section.)

Tips for Practical Application:

- ☐ 1. Schedule a break time to refresh and reset. Decide how long you want the break to be. Take time to recover, and also, assess whether your homeschool feels in alignment with your “Why”.
- ☐ 2. Briefly reflect on the past week. What’s one thing you can improve for the upcoming school week? Write it down, and work to make that positive change.
- ☐ 3. Think about whether group homeschooling is a better option for your family. If so, see if any other homeschool friends and families are interested, or search for and reach out to a nearby microschool.