

PARENT HACKS FOR ZOOM & DISTANCE LEARNING

**Remember, these tips are suggestions and can be modified according to your needs.*

BEFORE ZOOM

1. Request materials/ work needed for zoom from teacher to prepare student
2. Assist student in creating agenda with visuals
3. Give child a snack to eat prior to logging on
4. Have child use the restroom prior to logging on
5. Set a timer 10 minutes prior to start time
6. Remind child of microphone and camera on and off buttons
7. Short mindfulness practice
8. Cover brain break expectations
9. Find a space that could offer a blank background or find a neutral virtual background to use
10. Create a plan to address any tech issues encountered during distance learning

DURING ZOOM

1. Allow student to use headphones for better focus
2. Allow student to 'Hide self view' if own image is distracting or bothersome
3. Allow student to turn off camera when participation is not required
4. Provide student with blue light glasses
5. Allow student brain break, if needed
6. Provide student with good lighting
7. If possible, be accessible for your child's needs

AFTER ZOOM

1. Allow student "down time" for a needed brain break
2. Allow to debrief experience and label any identified emotions
3. Discuss what went right/wrong and make appropriate modifications
4. Provide sincere verbal praise and encourage student's continuous participation

Quick Brain Break Ideas

- Stretch it out
- Jump
- Dancing silly
- Do nothing for 2 minutes
- Laugh