

Virtual Learning FYI

- + **Wake-up & Dress For School:** Set a routine as if you are going to school. Don't open your eyes and log-on, you are not ready to learn.
Be in the mindset of school.
- + **Feed Your Brain:** Get food in your body
- + **Power-walk for 5min!** Either around your home or outside, and get fresh air into your lungs and oxygen to your brain
- + **Respect Your Teachers/Classmates:** Always be ready or logged-in 5min before your lesson (camera/mic off).
- + **Camera Settings:** If possible on Google Meet, MS Teams or Zoom, blur your background, or use a virtual background.
- + **Take Screen Breaks:** When finished with a lesson, walk away and exercise, get fresh air, phone a friend.
- + **Hydrate:** Drink water throughout the day. Buy a tumbler with a straw and spill-proof lid
- + **Technology Fails:** Internet connections go down, computers freeze, "classroom" accounts have technical interruptions - Don't Panic!
Your teachers will understand.
- + **One Hour Before Bed:** Turn off all screens and wind down before closing your eyes. Read, do a puzzle, write a journal, spend quality time with family. (Parents - you too!)

Finally:

Be patient with your teacher / school and remote learning.
There will be technical issues.
Everyone is learning together.

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