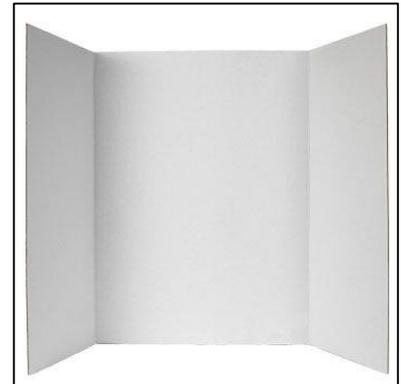


Setting up Your Student for Success via Zoom- Creating a “Classroom” in the Home

Create visual boundaries!

Students aren't used to having to attend to a computer screen to participate in class. There can be a lot of distractions that draw their attention away from what the teacher is showing them. By providing a visual boundary or blocker behind the screen, it can help your child focus his/her attention on important visual information!

How: use a trifold, set the desk up in a corner, use a blank wall as a backdrop



Limit distractions!

Keep the items on the desk to a minimum! That means try to keep it to a computer and AAC device. If your teacher has asked you to have materials prepared for a lesson, keep those items off to the side or under the desk until you need them! Also try to limit distractions in the environment. Make sure the TV is off, and there is no background noise if possible!



Proprioception is key!

For many of our students, deep pressure and proprioceptive input is helpful when asking them to sit for extended periods of time. To best set our students up for success during Zoom, make sure their feet are on the floor! This puts them into good postural positioning. Use weighted items on the lap and deep pressure squeezes to the shoulders and arms to provide them with calming input. Try a chair with arm rests and place cushions on either side of your student to provide them with deep pressure input at the hips. If your child is still seeking a lot of movement, you can try having them sit on a yoga ball.



Fidgets are fine!

When we're asking for our students to sit and attend to a small screen for up to an hour, it's okay for them to have a small fidget or toy to play with. Sometimes our students need to keep their hands busy so they can maintain attention. A stress ball, fidget cube, or small ball are all great options. If you don't have a fidget, you can make one! See the example to the right!

