

## Classroom Guidelines for Live Zoom Lessons

Here are some classroom guidelines for the best experience. Please share these with your students before each lesson.

- 1) **Be Ready for the Lesson** - Sit facing the video screen with the Social-Emotional workbook to use at the end of the lesson. Be sure no other items are crowding the desk or surrounding space that might cause distraction. (No pencils or other items in their hands.)
- 2) **Give Your Attention** - Give your attention to the speaker. Listen closely to the MBAwareness instructor, the classroom teacher, as well as other students.
- 3) **Join In** - Try out the new activities and lessons to see what it's like for you and how mindful awareness practice can help you pay attention, focus, and manage your emotions.
- 4) **Share** - Raise your hand to volunteer to share about your experience or to answer questions. Use the thumbs up, thumbs down, or thumbs sideways signs often.
- 5) **Be Respectful** - Show respect for all people through kindness and compassion.