



# MDS Core Value Expectations:

## Virtual (computer/video/phone call) learning

Safety	Responsibility	Respect
<ul style="list-style-type: none"><li><input type="checkbox"/> Find a quiet place to participate</li><li><input type="checkbox"/> Wear school appropriate clothing</li><li><input type="checkbox"/> When technology is not working tell parents or teachers</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Participate in the given group topic</li><li><input type="checkbox"/> Take turns sharing your thoughts</li><li><input type="checkbox"/> The video is the only thing open on your screen</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Use kind words on video and in the chat-box</li><li><input type="checkbox"/> Bubble unexpected thoughts</li><li><input type="checkbox"/> Listen quietly while others are talking</li></ul>

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- ❖ This means we should have some strategies as groups and individuals for when we are feeling stressed, annoyed, frustrated and confused.



- ❖ What are some strategies we can use as a group or on our own during this virtual chat?



# What if...?

What if I?	I can...
I have a bubble thought?	<ul style="list-style-type: none"><li>● I can email my staff privately outside of the group chat.</li><li>● I can set up a time to check-in with staff outside the group</li></ul>
It gets loud in my area?	<ul style="list-style-type: none"><li>● I can mute my screen/computer</li><li>● I can move to a different area of my home</li></ul>
I have a question?	<ul style="list-style-type: none"><li>● I can raise my hand on the video</li><li>● Write the question in the chat</li><li>● “Say excuse me, I have a question”</li></ul>