

Positive Impacts of Device Use

- Animated content to engage the learner
- Encourages collaboration
- Develops problem solving
- Sparks creativity



eee

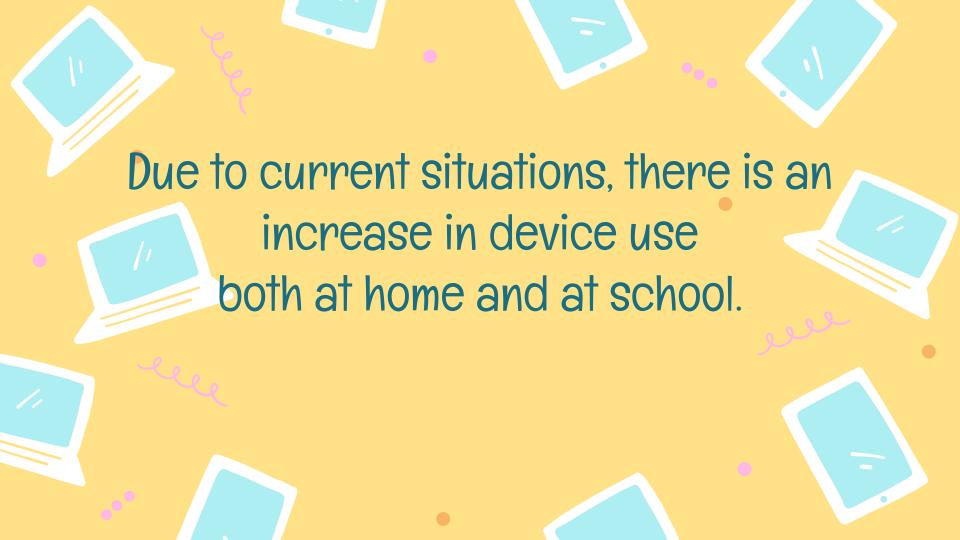
Experiences from all over the world...



عوو

Design... Collaborate... Share





Negative Impacts of Device Use

Extra screen time can contribute to:

- Sleep issues especially if the device is used right before bedtime.
 - Blue light in devices and some lighting can interfere with the production of melatonin which helps you sleep.
- Eye strain
 - Too much blue light can contribute to headaches, eye discomfort, fatigue, blurred vision

Reducing Eye Strain

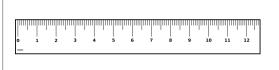
Proper Lighting

Fluorescent lighting can affect eye strain. Experiment with turning off some of the lights in the room.



Distance Adjusting

Move the chromebook about 20 inches away from your eyes.



Font Scaling

Change the font size or magnify the screen (CONTROL+ or CONTROL-)



Monitor Cleaning

Clean the monitor to help with visibility.
Use a soft cloth and water.



Glare Reducing

Adjust screen brightness and monitor position.



Frequent Blinking

Make sure you blink while using the chromebook. Take a break when needed.



Finding digital balance can be difficult.



eee

Digital Breaks

- Allow children to stand up and move around.
- Ease anxiety
- Increase happiness
- Reduce multitasking
- Reduce technology cravings



Example of digital breaks include:

- Walk away from technology
- Going for a walk
- Get up and dance!
- Play a game
- Color
- Have a snack and talk

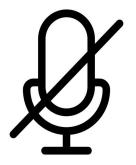




Maximizing Virtual Learning

Mute Yourself

If you are not the speaker at the time, mute yourself so background noises are not picked up in the video conference.



Headphones

If you have them, use headphones when video conferencing. It makes it easier to hear the presentation. If you have a microphone attached, even better! The microphone will reduce background noise.



Presentation

centered.

Make sure you are in an area of your house with limited distractions. Find a quiet place to participate in the video conference.
Center yourself when you speak on your computer, even if you aren't using a webcam, because most computer microphones pick up best when you are

Continued...

Use Signals

When you want to speak.
Use hand gestures or signals.
You can also use images to
indicate a start or stop in
conversation. Do not speak
over one another.



Split Screen

Chromebook
Have two windows open. Use
the Alt, [or] keys. It will take
those windows and make
them side by side. You may
need to adjust the width of
the windows. Now you can
see the Meet and work on the
activity.



Camera On

Teachers would love to see you. When your camera is on, teachers can see if you understand what is happening. Of course, there are times when you might need to turn the camera off but don't forget to turn it back on!



Continued...

Chat Responsibly

Use the chat function responsibly. Make sure you are following digital citizenship rules.



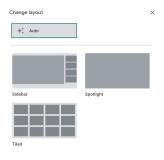
Pin a Participant

Hover over the teacher pane. You will see a push pin. Press the push pin. Now the teacher pane will stay in that location of the Meet window.



Meet Layout

You can change the layout so you see the teacher in a larger window. Go to the three vertical dots at the bottom right of Meet. Choose Change Layout. Choose Sidebar or Spotlight.



Parent Involvement

- Sit next to your child or in the same room.
- Share in the excitement of learning,
- If the tech doesn't work, don't worry.
- Encourage your child to stay engaged
- Encourage virtual learning etiquette
- Save toys and candy/gum for after learning time



When you have a question or concern about your child's learning experience, reach out to the teacher or case manager.

عوو

فووو

If you have a question about technology, reach out to your school's Educational Technology Specialist.

ecce

