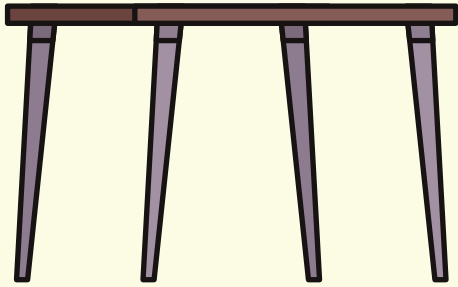


5 Steps for Successful Video Calls

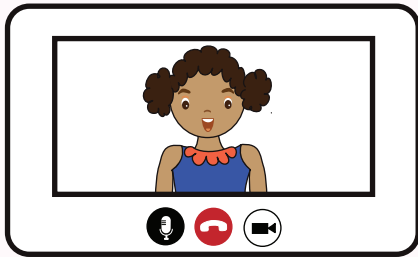
Step 1: Find a quiet place to work.
Make sure that your workstation is free from distractions.



Step 2: Gather materials. Get paper, pencils, crayons, a water bottle, or any other materials you might need.



Step 3: Think about your background.
Try not to have windows behind you. Test your video to make sure that it's easy to see you.



Step 4: Stay focused. Keep your eyes on the speaker and make sure you understand what they are saying.



Step 5: Participate and have fun!
Make sure not to talk over people. Remember to mute if you're not talking.



Write a message or draw a picture that will help you stay focused during video calls.