



Tips to help students who are reluctant to join Zoom meetings:

1. The teacher and parent should collaborate to determine what the student's particular concern is about Zoom. It is important for the student to understand that they are a valuable part of the class and are missed by their teacher and classmates.
2. If the student does not want to be seen on the screen, the teacher and/or parent can suggest joining without video or using a photo of themselves or a picture of something important to them instead.
3. If the student does not want to speak during the Zoom meeting, the teacher can offer to not call on the student unless they raise their hand.
4. To increase the student's comfort level, try gradually exposing the student to positive Zoom experiences. The teacher can Zoom one on one with the student and/or the parent can help the student Zoom with a friend or some family members.
5. In order to encourage joining and participating in a Zoom meeting, allow the student to share an item or story they are excited about at the beginning of the meeting.
6. In an effort to help the student feel more at ease and in control of the situation, the teacher can preview with the student what will be discussed/asked of them during the Zoom. The student can prepare a response ahead of time and make a plan with the teacher where in the order of students they would feel most comfortable being called on.
7. To prepare for the Zoom meeting, parents can practice some relaxation techniques with the student such as, deep breathing or listening to calming music. Also a comforting object can be held or a fidget can be used during the meeting without being seen on screen.