

Successful Virtual Learner

Elementary



Be Safe

- Go over the rules of using the internet with your parents and teachers.
- Talk to your parents and teachers about cyber bullying.
- Be careful with whom you share personal information.

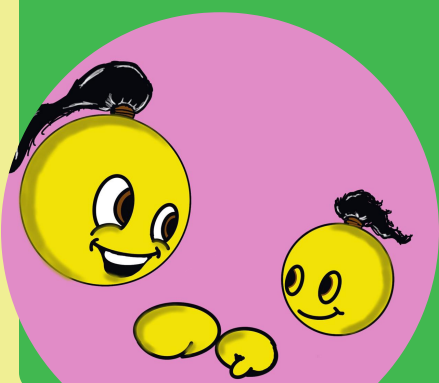
Be Responsible

- Make sure your laptop or tablet is fully charged.
- Make sure your learning area is clean and that there are no distractions.
- Dress nicely and be prepared for class.
- Turn in your class work on time.



Be Respectful

- Be on time.
- Make sure to eat before class begins.
- Listen while others are talking.
- Follow the classroom rules.



Tips

- Take "brain breaks" during your class. Stand up, stretch, or even walk around during class breaks.
- Talk to your parents or teachers about your feelings.
- When you are feeling angry, close your eyes, take a deep breath, and count, "1, 2, 3".

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