Zoom Expectations
My family is at home all day because of COVID-19 and social distancing. I go to school from home, and my parents work from home.
I follow a school schedule, and my parents follow their work schedule.
If we are working alone, we can sometimes interrupt our schedules for a quick comment or question.
If we are on Zoom meetings, however, we leave each other alone.
My parents don’t interrupt me when I am on Zoom with my class, and I leave them alone when they are on Zoom with their colleagues.
We follow Zoom Expectations.

- Put up a “Do Not Disturb” sign.
- Talk and play quietly.
- Wear earphones to watch videos or listen to music.
- Avoid walking behind the person meeting on Zoom. (People at the Zoom meeting can see)
- Write down and save any questions to discuss after the Zoom meeting.
Before my parents’ Zoom meetings, we can decide what I can do while they are on Zoom.

- Watch a video
- Draw
- Read a book
- Play a game with siblings
- Do a puzzle
- Play with toys
To remind our family members that we are on Zoom, we post a “Do Not Disturb” sign.
We can also set a timer to let each other know how long the Zoom meeting will last.
Sometimes, I really want to talk to my parents when they are on Zoom. Instead of interrupting them, I can

• Write out the question and save it for later.

• Draw a picture of what I want to say
To let my parents know how much I love them, I can draw them a picture or write them a card.
If I feel like I need a hug while my parents are on Zoom, I can hug a doll or stuffed animal until their Zoom meeting is done.
My parents can also give me a secret hand signal to remind me how much they love me.
After the Zoom meeting, I can give my parents the note or picture I made and we can chat for a little bit.
After the Zoom meeting, my parents will also be glad to hug me.
Everyone in the family is happy when we follow Zoom expectations and all work successfully at home.