

Live video lessons: 5 challenges and how to help

Get ideas for what you can say and do to help students with different kinds of challenges that can come along with live video lessons.

<p>Feeling anxious</p> <p>“I understand you feel worried. Let’s come up with a plan to make live video lessons better.”</p>	<ul style="list-style-type: none">• Do a one-on-one practice lesson.• Do a private check-in about kids’ feelings just before the lesson starts.• Tell kids to take five deep breaths.• Talk about when it’s OK to turn off their camera.• Check in after the lesson to plan for next time.
<p>Staying focused</p> <p>“Adjusting to this new way of learning will take time. Let’s find ways to help you focus.”</p>	<ul style="list-style-type: none">• Encourage kids to set up a quiet, clutter-free space.• Help kids decide which video view is less distracting.• Talk about when it’s OK for kids to turn off their camera or close the chat box.• Try out different seating options.• Let kids know they can take a break after the lesson.
<p>Keeping up</p> <p>“It’s OK to take time to think about what you’re learning. Let’s find ways to help you ask questions and review the lesson.”</p>	<ul style="list-style-type: none">• Make sure kids know how the teacher prefers to be asked questions during the lesson.• Encourage kids to write down any questions they didn’t get to ask.• Help kids get a recording or transcript of the lesson so they can review at their own pace.
<p>Managing sensory information</p> <p>“Let’s work together to make video meetings more comfortable.”</p>	<ul style="list-style-type: none">• Encourage kids to wear earphones to block out noises from home.• Help kids adjust the volume and screen brightness.• Help kids try a fidget tool, like a squishy ball.
<p>Remembering key points</p> <p>“Together we’ll figure out the best way to help you learn this material.”</p>	<ul style="list-style-type: none">• Encourage kids to take notes if they can multitask during the lesson, or review the teacher’s notes after class.• Ask kids to write, type, draw, or tell you key points after the lesson.• Help kids watch a recording or read a transcript of the lesson and take notes or make flashcards.