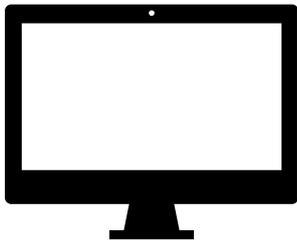


Getting Ready for Pyjama Therapy



1. Find a **quiet spot** in your house with a **desk** and **chair**. Sitting on the floor, or lying on a bed looking at the screen is not ok for zoom sessions with us.



2. Ask an adult at home to check your tech
 - Test your camera and microphone
 - Make sure you have Zoom downloaded
 - Check your internet connection
 - Check your email for the link before the session starts
 - Make sure your whole face is visible



3. Start the session with a parent. When the session starts, we'll figure out together if your parent is best to stay for the whole session, or not.