



# EXPECTATIONS

## RESPECTFUL

### WORDS & ACTIONS

- BE KIND & CONSIDERATE.
- GIVE COMPLIMENTS.
- OFFER KIND CRITIQUES.
- USE THE "GOLDEN RULE".
- TAKE TURNS TALKING.
- USE POSITIVE TONE OF VOICE.
- MUTE WHEN IT IS NOT MY TURN.



## RESPONSIBLE

### BRING MY BEST SELF

- ATTEND ALL VIRTUAL MEETINGS.
- LOG-IN ON TIME.
- BE FOCUSED & ATTENTIVE.
- BE AN ACTIVE PARTICIPANT.
- HAVE A POSITIVE ATTITUDE.
- ASK FOR HELP. ASK QUESTIONS.
- BE AN INDEPENDENT LEARNER.



## SAFE & HEALTHY

### KEEP MY BODY SAFE

- CALM MY BODY TO LEARN.
- MAKE SPACE FOR MOVEMENT & LEARNING ACTIVITIES.
- COVER MY COUGH. WASH HANDS.
- KEEP CAMERA ON SO MY TEACHER CAN SUPERVISE ME.



### FOLLOW NORMS FOR EVERYONE TO SUCCEED

- FOLLOW OUR CLASS NORMS & AGREEMENTS.
- PARTICIPATE ACCORDING TO CLASS NORMS.
- KEEP CONVERSATION ON TOPIC TO MEET OUR OBJECTIVE.



### BE ORGANIZED

- TRY TO BE IN A QUIET PLACE WITH CLEAR SPACE TO WORK AND FEW OR NO DISTRACTIONS.
- HAVE NECESSARY LEARNING MATERIALS WITH ME.
- LOOK LIKE A PROUD LEARNER (DRESSED, BRUSHED HAIR, & ALERT).
- HAVE MY WORK READY.



### MAKE HEALTHY CHOICES

- LIMIT EXTRA SCREEN TIME.
- EXERCISE 60 MINUTES DAILY.
- EAT HEALTHY FOOD & DRINK A LOT OF WATER.
- SLEEP FOR 8-10 HOURS.
- EAT DURING SNACK & MEALTIMES.
- KEEP FOOD AND DRINK AWAY FROM COMPUTER.



### USE POSITIVE BODY LANGUAGE

- MIRROR & MODEL POSITIVE BODY LANGUAGE AND TONE OF VOICE.



### COMPLETE QUALITY WORK

- COMPLETE ALL REQUIRED TASKS.
- PRODUCE WORK THAT MAKES ME PROUD.
- TURN IN WORK WHEN AND HOW I AM SUPPOSED TO TURN IT IN.
- CHALLENGE MYSELF WITH OPTIONAL ACTIVITIES WHEN I HAVE THE TIME & ENERGY.



### KEEP OUR SCHOOL & CLASS COMMUNITY SAFE

- FOLLOW ALL EXPECTATIONS & ENCOURAGE OTHERS TO DO SO, TOO.
- REPORT UNSAFE ACTS AND CYBERBULLYING.
- REMEMBER: IF IT'S NOT APPROPRIATE IN PERSON, IT'S NOT APPROPRIATE ONLINE.





## RESPECTUOSO

### PALABRAS & ACCIONES

- SERÉ AMABLE Y CONSIDERADO.
- DARÉ CUMPLIDOS.
- OFRECERÉ CRÍTICAS AMABLES.
- USARÉ LA "REGLA DE ORO".
- ME TURNARÉ PARA HABLAR.
- USARÉ UN TONO DE VOZ POSITIVO.
- SILENCIARÉ CUANDO NO SEA MI TURNO.



## RESPONSABLE

### SER MI MEJOR YO

- ASISTIRÉ A TODAS LAS REUNIONES VIRTUALES.
- INICIARÉ LA SESIÓN A TIEMPO.
- ESTARÉ CONCENTRADO Y ATENTO.
- SERÉ UN PARTICIPANTE ACTIVO.
- TENDRÉ UNA ACTITUD POSITIVA.
- PEDIRÉ AYUDA Y HARÉ PREGUNTAS.
- SERÉ UN ESTUDIANTE INDEPENDIENTE.



## SEGURO Y SANO

### MANTENER MI CUERPO SEGURO

- CALMARÉ MI CUERPO PARA APRENDER.
- HARÉ ESPACIO PARA ACTIVIDADES DE MOVIMIENTO Y APRENDIZAJE.
- CUBRIRÉ MI TOS Y LAVARÉ MIS MANOS.
- MANTENDRÉ LA CÁMARA ENCENDIDA PARA QUE MI MAESTRO/A PUEDA SUPERVISARME.



## SEGUIR LAS NORMAS PARA EL ÉXITO DE TODOS

- SEGUIRÉ NUESTRAS NORMAS Y ACUERDOS DE CLASE.
- PARTICIPARÉ DE ACUERDO CON LAS NORMAS DE LA CLASE.
- MANTENDRÉ LA CONVERSACIÓN SOBRE EL TEMA PARA ALCANZAR EL OBJETIVO.



## SER ORGANIZADO

- TRATARÉ DE ESTAR EN UN LUGAR TRANQUILO CON ESPACIO DESPEJADO PARA TRABAJAR Y CON POCAS O NINGUNA DISTRACCIÓN.
- TENDRÉ LOS MATERIALES DE APRENDIZAJE CONMIGO.
- ME VERÉ COMO UN ESTUDIANTE ORGULLOSO (VESTIDO, PEINADO, Y ALERTA).
- TENDRÉ MI TRABAJO LISTO.



## ELEGIR OPCIONES SALUDABLES

- LIMITARÉ EL TIEMPO EXTRA FRENTE A LA PANTALLA.
- HARÉ EJERCICIO 60 MINUTOS AL DÍA.
- COMERÉ ALIMENTOS SALUDABLES Y BEBERÉ MUCHA AGUA.
- DORMIRÉ DURANTE 8-10 HORAS.
- COMERÉ DURANTE LAS HORAS DE COMER. MANTENDRÉ LA COMIDA Y LA BEBIDA LEJOS DE LA COMPUTADORA.



## USAR EL LENGUAJE CORPORAL POSITIVO

- REFLEJARÉ Y MODELARÉ UN LENGUAJE CORPORAL Y UN TONO DE VOZ POSITIVO.



## COMPLETAR TRABAJO DE CALIDAD

- COMPLETARÉ TODAS LAS TAREAS REQUERIDAS.
- PRODUCIRÉ EL TRABAJO QUE ME ENORGULLEZCA.
- ENTREGARÉ EL TRABAJO CUÁNDO Y CÓMO DEBO ENTREGARLO.
- ME DESAFIARÉ CON ACTIVIDADES OPCIONALES CUANDO TENGA TIEMPO Y ENERGÍA.



## MANTENER SEGURA LA COMUNIDAD DE LA ESCUELA Y LA CLASE

- SEGUIRÉ TODAS LAS EXPECTATIVAS Y ANIMARÉ A LOS DEMÁS A QUE TAMBIÉN LO HAGAN.
- INFORMARÉ A MI MAESTRO/A SOBRE ACTOS INSEGUROS Y EL CIBERACOSO.
- RECORDARÉ: SI NO ES APROPIADO EN PERSONA, NO ES APROPIADO EN LÍNEA.



### RESPECTFUL

**WORDS & ACTIONS • FOLLOW NORMS FOR EVERYONE TO SUCCEED • USE POSITIVE BODY LANGUAGE**



- WOULD I LIKE IT IF SOMEONE DID THIS OR SAID THIS TO ME?
- AM I PROUD OF WHAT I'M SAYING AND COMMUNICATING?
- WOULD MY FAMILY BE PROUD OF WHAT I'M SAYING AND COMMUNICATING? WOULD THE FAMILY OF THE OTHER STUDENTS BE HAPPY WITH WHAT I'M SAYING AND COMMUNICATING?
- WHAT KIND OR POSITIVE THING COULD I SAY? WHAT COMPLIMENT COULD I GIVE?
- IS WHAT I'M DOING AND SAYING BEING RESPECTFUL OF OTHERS' TIME AND LEARNING?

### RESPONSIBLE

**BRING MY BEST SELF • BE ORGANIZED • COMPLETE QUALITY WORK**



- HOW CAN I BRING MY BEST SELF TO CLASS?
- WHAT WOULD HELP ME GET MY WORK DONE OR GET TO CLASS ON TIME?
- HOW CAN I REMEMBER TO GET MY WORK TURNED IN?
- HOW CAN I HELP MYSELF AND MY CLASS ACCOMPLISH OUR GOALS AND OBJECTIVES?
- WHAT CAN I DO TO BETTER ORGANIZE MYSELF AND MY LEARNING SPACE? DO I NEED HELP FROM AN ADULT?
- AM I UNDERSTANDING WHAT I NEED TO DO? IF NOT, WHO AND HOW CAN I ASK?

### SAFE & HEALTHY

**KEEP MY BODY SAFE • MAKE HEALTHY CHOICES • KEEP OUR SCHOOL AND CLASS COMMUNITY SAFE**



- HOW CAN I FIT IN MORE EXERCISE AND SLEEP? HOW CAN I EAT HEALTHY? DO I NEED HELP FROM AN ADULT? HOW CAN I ASK?
- IS WHAT I'M THINKING ABOUT WRITING OR SAYING SOMETHING THAT I AM OKAY WITH ALL STUDENTS AND ADULTS SEEING OR HEARING? WOULD IT MAKE ME, MY FAMILY, OR MY TEACHER PROUD?
- WHAT DO I NEED TO REPORT TO MY TEACHER ABOUT ANY CYBERBULLYING THAT I SEE, HEAR, OR EXPERIENCE?