



## Taking part in Heart n Soul at home

### Guidelines for using video calling:



Try to make sure you are somewhere in your home where you have a stable internet connection



Make sure it is ok for you to make noise



Please be dressed appropriately



Be in a suitable space  
(we don't want to see your bathroom)



If you can, make sure you have someone there to help you with any technical issues you may have



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Have your phone/laptop/tablet charged and ready to use



To make sure everybody has the chance to be heard, sometimes the person in charge of the session will mute everyone taking part. If you want to speak, raise your hand or wave at the camera!



Most importantly - have fun!



The Heart n Soul team might record some of the things that happen in the session - they will let everyone know first. If you don't want your picture shared you can let a member of the team know in the session or afterwards.