

LEVEL-YPP Online Delivery Tips and Tools

As we will be hosting our virtual LEVEL-YPP sessions over zoom, we have compiled a list of tips and tools you may find useful for our sessions:

- Consider utilizing interactive Zoom tools, including breakout rooms, polls, annotation tools, and the chatbox feature.
- Allow time for Q&A using Slido feature/chatbox or simply inviting them to unmute themselves.
- To maintain high levels of engagement, you may want to consider platforms such as [Kahoots](#), [Jamboard](#), [Google Slides - Padlet](#), [Mentimeter](#) etc.
- YouTube is your friend!
- Ungraded pop-up quizzes to test comprehension could be helpful.
- Frequent touch points and interaction than in person you use, e.g. use the poll tool to check in periodically or ask your audience to respond with a word in the chatbox or a reaction emoji.
- Let participants know in advance what you expect, for example, if you have allotted speaking time, the camera on or off if they'll have to speak, what you'll expect them to speak to
- Invite participants to have cameras on, with the option to engage with the camera off to accommodate different comfort levels.
- We highly encourage taking short breaks; we have slotted in a 10-minute break after your portion of the program, but please do work in one or more breaks during your presentation.
- Consider keeping breakout room teams consistent to foster a deeper connection.
- Talk about how to best share: Our co-facilitators can help moderate who will speak next and list whose turn is next to speak in the chatbox to allow participants to prepare in advance and reduce anxiety. Please let the facilitation team know if you would like support with this.
- Kindly offer to stay online (during the 10-minute break before the check-out session) after the formal presentation for any individuals who may want to reach out for outstanding questions, share thoughts or want to connect.
- Slides recapping major concepts at the end are helpful.
- Consider answering using trauma-informed approaches.
- Try to keep the presentation tight.
- Finding ways to involve your lesson in cultural reality, as it is usually the best way to engage.
- Some of our participants are full-time students or working full-time; any prep for the session should be assigned at least 48 hours before the session.

- We suggest taking breaks, especially when presenting heavy topics, encouraging folks to stretch, get some water, let the fresh air in during breaks.
- Work in some eye strain activities, as suggested by [Lenspure.com](https://www.lenspure.com)

8 Useful Eye Exercises to Alleviate Eye Strain

1. Eye Roll

The eye roll is great for alleviating eye strain. And as a bonus, if you do it often, it acts as a workout for your eye muscles. Just like lifting weights builds your body's muscles, this exercise will build the strength of your eyes.

To do this eye exercise, sit up straight. Make sure to look forward with your shoulders relaxed.

Look to your right and then roll your eyes up toward the sky. Next, roll your eyes down to the left and then to the ground.

Repeat again going in the other direction. This is one rep. Aim for 10 reps, twice a day.

Take your time with this exercise. There is no need to rush the eye rolls. In fact, it should take you over a minute to complete your 10 reps.

Ideally, you should not be looking at a screen while you do this exercise. Swivel your chair around to face the wall if you do this at work.

2. The Palm Eye Exercise

The palm is a great exercise for healthy eyes. It also relaxes your eyes when they feel tired.

Start by cupping your hands over the sockets of your closed eyes. Stare into the far back of the dark space. You will notice that the various residual hues in your vision slowly turn to black.

Do this simple exercise for a minimum of 30 seconds. It serves as a reset button for your vision and freshens your eyes.

3. The Eye Press

This eye exercise also uses your hands to relax your eyes. Close your eyes and inhale deeply.

Put all your fingers on your eyelids and press lightly. Use a bit of gentle pressure on your eyes. Hold them for about 10 seconds.

Slowly let go of your eyes. Keep them open for a couple of seconds as your vision comes back into focus. You can blink a bit to help reorient your eyes. Then repeat the eye press. Try to do this 10 times for maximum eye relief.

4. Palming

Palming is one of the best eye exercises you can do to relieve tired, worn eyes. It's like a warm eye compress on the go!

Rub both palms together until they are nice and warm. Or you can wash them in very warm water to heat them up.

Then place both palms over your closed eyelids. The warmth of your hands will gently heat your eyes. You will feel the muscles of your eyes begin to relax. Keep your palms there until all the heat has been absorbed by your eyes.

Repeat once (or twice) for best results.

5. Zooming

Another great eye exercise for healthy eyes is called zooming. This is great for those who look at a computer screen all day at work.

Sit on a chair in your best posture. Hold your arm straight out in front of you with your thumb up.

Keep your eyes on your thumb. Slowly bend your elbow to bring your thumb closer to your eyes.

6. Figure Eights

Sit in your best posture with your feet flat on the floor. Put your hands flat on your knees.

Then lift your right hand straight out in front of you with the thumb pointing up. Keep your head still and look at your thumb.

Use your thumb to trace a figure 8 in the air while keeping your arm totally straight. Move in both a clockwise and a counter-clockwise direction for a total of 5 repetitions.

Next, repeat the exercise with your left thumb.

7. Writing Messages on the Wall

This is a good exercise to strengthen and work your eye muscles. First, stand or sit facing a blank wall that is at least 8 feet away.

There shouldn't be any pictures or windows on the wall. Next, imagine that your eyes are lasers, just like a superpower! Then use them to write words on the wall. Trace all the words with your laser eyes.

This exercise will make your eye muscles move very fast in a variety of directions. As a result, your weakest eye muscles will get stimulation and a great workout.

Write words with your eyes for about 20 seconds and then take a small rest. Repeat for a total of 2 minutes for best results.

8. Slow Blink

One of the adverse side effects of looking at screens all day is that we don't blink very often. Blinking is important as it helps to keep our eyes properly lubricated.

This exercise supports the health of your eyes. It's also a wonderful way to refresh tired, itchy dry eyes.

Look straight ahead of you at a blank wall. Next, slowly close your eyes. Keep your eyes closed for half a second. Then slowly open them again.

Repeat this slow blink 20 times in a row. You will feel your eyes getting refreshed with each blink. Your eyes will also feel more lubricated right away.

We hope you find these 8 eye exercises quite helpful.

*<https://www.lenspore.com/>