

# Things I need to do before my teletherapy session



Make sure the room is quiet



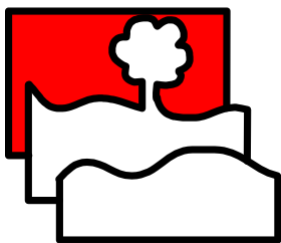
Make sure I have a comfortable seat



Make sure my computer or tablet is set up ready for my session



Make sure my computer or tablet volume is on



Make sure there is nothing distracting behind my seat



Ask my parent or carer to stay nearby in case I need help