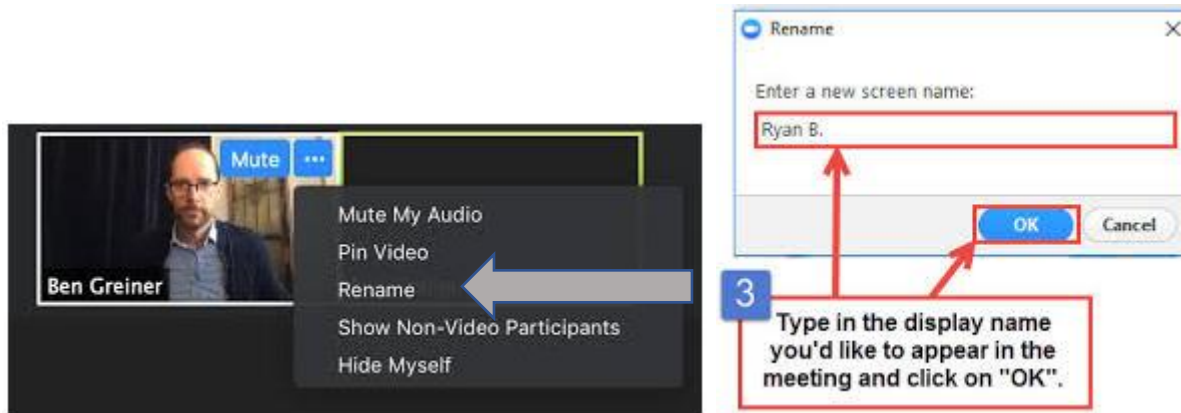


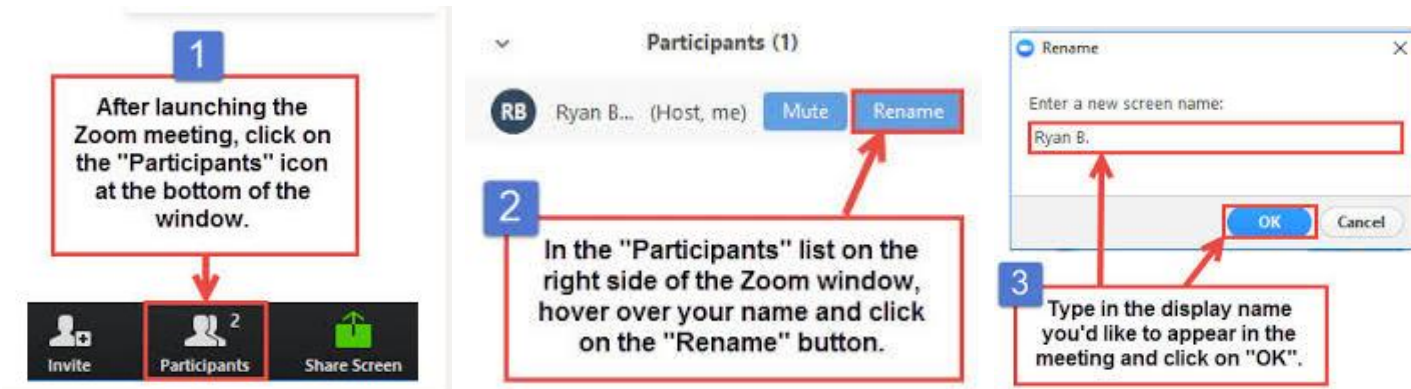
## Zoom Instructions for changing your name and sharing your screen.

How to change your name on the monitor.

- PC – click on the three dots in the upper right-hand corner of your picture.



- Tablet/iPad/Smartphone – click on **Participants** icon – In the participants list select **Rename** next to your name.




1. Before you mentor session, open the document or website that you want to display on your computer.

Topics and Activities – Open the document that you will share. All other windows/ or documents should be closed on your computer.

**Question of the week:** How are you feeling? What is your favorite thing about school?

**Weekly Theme:** How to Deal with Worrying



**This week's activity is to watch and listen to this recorded book, "Wilma Jean the Worry Machine"**

<https://www.youtube.com/watch?v=ngBJ73R7B4o>

**After watching the video, review the following questions with your mentee. Once they create the list, break the list up into two groups: Worries they can control, and worries they can't control. Create strategies to control certain worries and ways to work through the ones you can't control.**

**Think:**

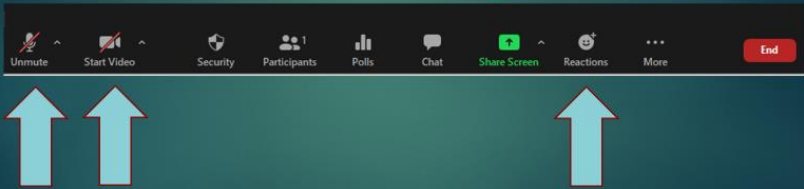
- What are some of the worries Wilma Jean has? Can you relate to her worries?
- What happens to Wilma Jean when she worries?
- What did Wilma Jean's teacher do to help Wilma Jean with her worrying?
- Why is sorting our worries (like Wilma Jean's teacher did) helpful?

**Activity:** Make a list of your worries. Separate them into worries you can control and how you can control; and a list of worries you can't control. Spend some time talking about what you can control.

[www.pcsb.org/mentor\\_resource](http://www.pcsb.org/mentor_resource)

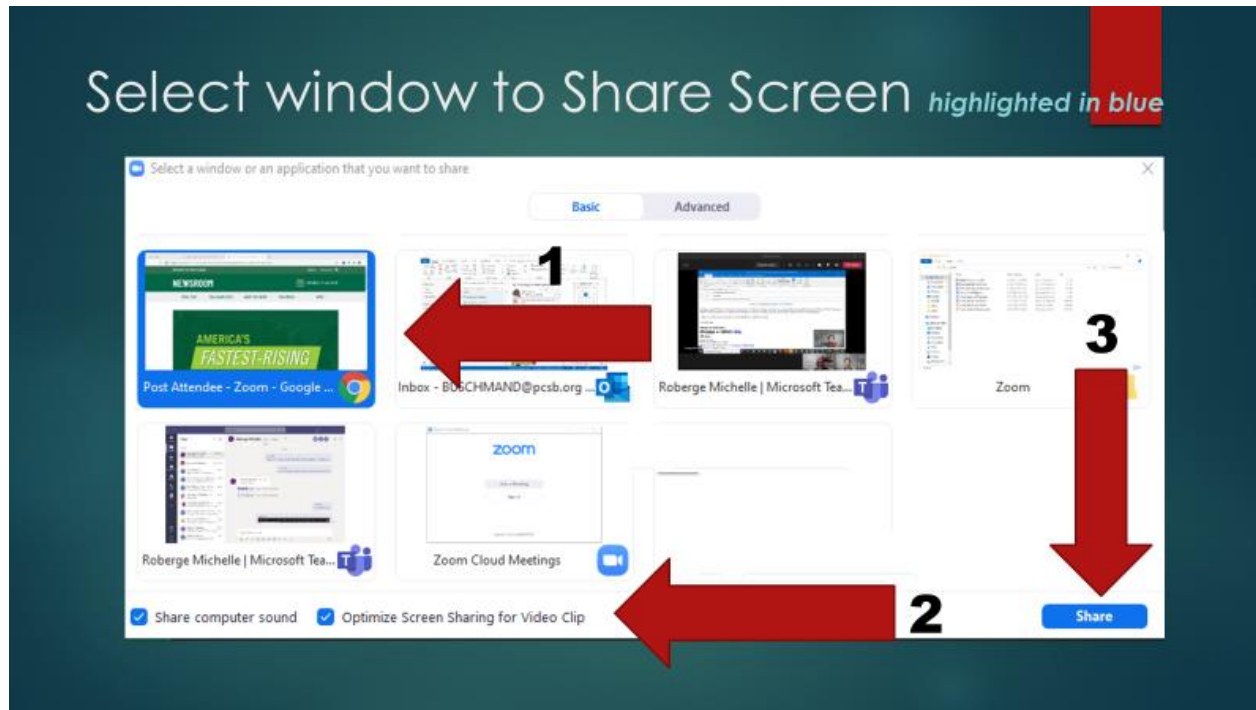
2. Click on the **Share Screen** icon.

Share your screen.

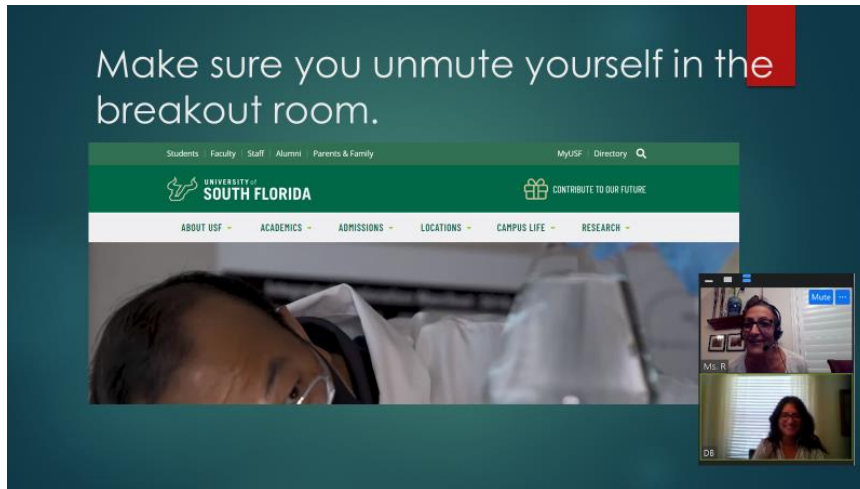


The image shows a Zoom meeting control bar with the following icons from left to right: Unmute, Start Video, Security, Participants, Polls, Chat, Share Screen (highlighted with a green square), Reactions, and More. A red 'End' button is on the far right. A large blue arrow points down to the 'Share Screen' icon, and two blue arrows point up to it from below.

3. (1) Select the screen you want to share.
4. (2) Check the **Optimize Screen Sharing for Video Clip** (this will automatically turn on the sound).
5. (3) Click the **Share** button.



When your share screen opens it will mirror what you selected. You will see a picture of you and your mentee.



To stop sharing your screen, hover over your screen and click on the **Stop Sharing**.

