

- S Sitting Still
- M Matching Eyes
- A Active Ears
- R Resting Mouth
- T Time to Start



S - Sitting Still



M - Matching Eyes



A - Active Ears



R- Resting Mouth



T - Time to Start



To Do

- Pick a place that has enough light for people to see you
- Pick a quiet space
- Look tidy and clean
- Speak clearly when it is your turn
- Use your normal inside voice
- Wait your turn



Do Not

- Make silly faces
- Eat
- Walk away from the meeting
- Speak when others are speaking
- Make distracting noises or sounds (don't sing, hum, tap or thump - Being quiet is letting others be seen and heard.













Thanks!

