






Best Practices for Using Embodied Labs in Different Settings

MODE	TECHNOLOGY	ENVIRONMENT	MATERIALS
<p>INDIVIDUAL MODE</p> 	<ul style="list-style-type: none"> • Computer, sensor, and headset from kit 	<ul style="list-style-type: none"> • Quiet, separate area • Moderate amount of privacy while in the headset 	<ul style="list-style-type: none"> • Facilitation Guide for individual reflection while waiting for the headset or right after the experience
<p>GROUP MODE</p> 	<ul style="list-style-type: none"> • Computer, sensor, and headset from kit • Big screen (if available). Use HDMI cord AND adapter that come with your VR kit to attach screen to back of computer • Mirrored sound through both the computer speakers AND headset • Set volume on audio set all the way up to 100  <p>Note: The computer defaults to the Rift headphones when the headset is plugged in. To get audio through computer speakers so that the group can hear, click on sound icon at the bottom right-hand side of your screen and choose “Speakers”)</p>	<ul style="list-style-type: none"> • Quieter area, separate from larger area where most people are congregating • Space for people to gather around without crowding the person in the headset 	<ul style="list-style-type: none"> • Facilitation Guide for partner and group reflection while waiting for the headset or right after the experience • Adult learners often can use the guide themselves; high school students may need more direction on which question to discuss