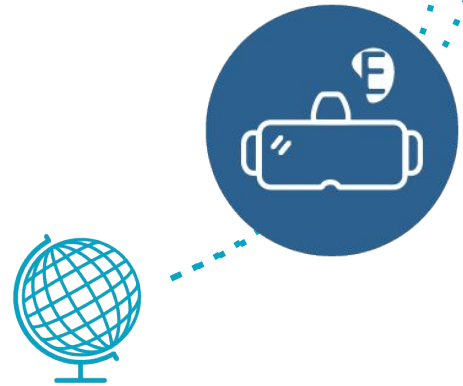


# Getting into a VR headset with Beatriz Lab

Embodied Labs

Created by  embodied  
labs



When you put on the VR headset, start by turning your whole body all the way around **slowly**. Look **up and down** as well.

Any learners **following along with you on a TV screen** will see **only the top 2/3** of what you see.

**Look down about  $\frac{1}{3}$  more** than you normally would.



When you're in the headset:

You will **see** what Beatriz sees and **hear** what Beatriz hears.

This includes Beatriz's **inner thoughts** and what her family and caregivers **say** to her.

**Notice** that sometimes the words that Beatriz hears can sound distorted.



Words will sometimes appear on the screen.

**Read those out loud**, and you'll hear them repeated back as if Beatriz was saying them.

**Notice** how what Beatriz says can sound mixed up.



**Use your own hands** to move  
**Beatriz's hands**, to interact with the  
world around you.



Look for everyday items **to interact with** that look too large or not real in another way.

In Part 1:

In the classroom, **pick up the marker** to answer this math question.

In the grocery store, **pick up the bouquet** of flowers and put it in your cart.





In Part 1:

In the kitchen, **use the kitchen knife**  
to cut potatoes.





In Part 2:

**Pick up** and try to fit puzzle pieces.

**Pick up** and try to use distorted soap bottle and loofah in the shower.





## In Part 2:

When you're sitting on the couch,  
and your family is arguing around  
you, **look down**.

Find the picture on your lap.

**Pick up and try to use the marker to  
color it.**



In Part 3:

Try to **pick up the pill cup** when Veronika the CNA encourages you to do so.



Move **SLOWLY** and **SMOOTHLY**  
throughout the experience.

Think of yoga.

