# Light and sound

Check to see if adjusting the lighting or room acoustics helps.

- Minimise shadows and glare on whiteboards and screens.
- Increase contrast (it is best to present materials on backgrounds that make objects stand out).
- Use black or blue whiteboard pens to maintain high contrast.
- Minimise background noise (such as the noise of computers, heating and ventilation systems, fish tanks, and other learners).
- Minimise background noise outside the classroom (such as traffic noise, playground noise, noise from other classrooms, and rain).

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