

Here

(this/these)

.....is an office  
.....is a book  
.....are pencils  
.....are cups  
.....is a laptop  
.....is a plant  
.....are boxes  
.....is a watch  
.....are photos

There

(that/those)

.....is an umbrella  
.....is a phone  
.....are wallets  
.....is a screen  
.....are newspapers  
..... is a password  
..... is a clock  
.....are headphones  
.....are pens