



## Dear Families,

We want to connect with you all to reassure you all that Heart & Hand remains dedicated to your kiddos, and primarily theirs and your safety. With that being said, we wanted to share some updates and a list of comprehensive resources related to COVID-19. We remain in alignment with DPS which has shared that **schools will continue remote learning through the first quarter of the 2020-2021 school year. That means schools will not reopen for in-person instruction, and Heart & Hand programming will be supporting our students and families with virtual programming, with a potential for hybrid-programming starting September 8th, 2020.** Please know that our entire team is working hard to create plans to support your kiddos learning and creativity while away from school. More information on that is coming soon!

We hope you utilize this comprehensive resource guide to support your family and loved ones as we face these uncertain and difficult times. Heart & Hand is wholly dedicated and thankful to be able to support and provide guidance to our children and families. We worked hard to seek out all avenues of support and have gathered them here for you all. If you should have any questions or need assistance in connecting to any of the following resources, please feel free to reach out.

In Solidarity,

Jennifer Rivera  
Family Development Program Manager  
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## Queridas Familias,

Queremos conectarnos con todos ustedes para asegurarles que Heart & Hand sigue dedicado a sus hijos, y principalmente a ellos y a su seguridad. Dicho esto, queríamos compartir algunas actualizaciones y una lista de recursos integrales relacionados con COVID-19. Seguimos alineados con DPS, que ha compartido que **las escuelas continuarán aprendiendo a distancia durante el primer trimestre del año escolar 2020-2021. Eso significa que las escuelas no volverán a abrir para la instrucción en persona, y la programación Heart & Hand apoyará a nuestros estudiantes y familias con programación virtual, con un potencial para la programación híbrida a partir del 8 de septiembre de 2020.** Tenga en cuenta que todo nuestro equipo está trabajando arduamente para crear planes para apoyar el aprendizaje y la creatividad de sus hijos mientras están fuera de la escuela. ¡Más información al respecto pronto!

Consulte la guía de recursos integral para apoyarlos a todos a medida que nos enfrentamos a estos tiempos inciertos y difíciles. Heart & Hand está totalmente dedicado y agradecido de poder apoyar y brindar orientación a nuestros niños y familias. Trabajamos duro para buscar todas las vías de apoyo y las hemos reunido aquí para todos ustedes. Si tiene alguna pregunta o necesita ayuda para conectarse a cualquiera de los siguientes recursos, no dude en comunicarse.

En solidaridad,

Jennifer Rivera

Gerente de Programa de Desarrollo Familiar  
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## RESOURCES/RECURSOS

*Below is a comprehensive list of local resources, organized by need.*

*A continuación se muestra una lista completa de recursos locales, organizada por necesidad.*

**\*Newly added resources for the week will be highlighted**

## COVID-19 INFORMATION

COVID-19 Information & Staying Safe / Información y seguridad COVID-19

- A. COVID-19: What you Need to Know: [English](#) | [Spanish](#)
- B. Safety & Best Practices / Seguridad y Mejores Prácticas
  - 1. CDC: How to Protect Yourself guidelines: [Click Here](#)
  - 2. Stop the Spread of Germs: [English](#) | [Spanish](#)
  - 3. Practice Social Distancing: What is It? - [Learn More Here](#)
  - 4. [CDC - Prepare Your Home](#)
  - 5. CDPHE Environmental Cleaning Guidance for COVID-19 - [English](#) | [Spanish](#)
  - 6. Center for Disease Control: [Who Has Highest Risk of Severe Illness?](#)
  - 7. Free COVID testing - Free Testing with Directive from Health Care Provider: <https://www.colorado.gov/pacific/cdphe/covid-19-testing>
  - 8. [Denver Health: COVID-19 Information](#)
    - a) [Symptoms and Recommendations \(English/Spanish\)](#)

## DENVER PUBLIC SCHOOLS & GOVERNMENT UPDATES

### A. Denver Public Schools

- a. Statement on School Closures: DPS will extend 100% remote instruction from the start of 2020-2021 school year on **Aug. 24** through **Oct. 16**, which is the end of the first quarter of the school year for many schools. We'll be working hard to safely and gradually welcome all students back into schools, when health conditions allow.
- b. In addition, based on the recommendations of our educator-led Return-to-School Workgroup, we'll be working toward bringing back



small groups of students for in-person learning as soon as Sept. 8. We are considering bringing ECE students and other high-priority students back first. We are working on a plan for this now and will share more details soon.

c. Updates on Coronavirus from DPS: <https://www.dpsk12.org/coronavirus/>

## **B. Colorado Government Updates/Announcements**

<https://covid19.colorado.gov/> Here you can find all up to date announcements regarding closures, executive orders related to COVID-19 and more from the CO government.

## **C. Denver Human Services:**

Statement from DHS on facilities:

“To protect the health and safety of the community and help limit the spread of COVID-19, all Denver Human Services facilities are closed to the public effective today (Thursday, March 19, 2020) until further notice. Outreach workers at partner organizations have also been recalled.

While in-person transactions will be unavailable, staff will continue to offer critical support and safety services for Denver’s families through online and phone services from 8 a.m. to 4:30 p.m. Monday through Friday. Services and transactions accessible online or by phone through [www.denvergov.org/humanservices](http://www.denvergov.org/humanservices) or 720-944-4DHS (4347) include:

- Applying for benefits (food, cash, medical, child care assistance, RTD Live)
- Reporting changes
- Submitting documents
- Checking benefits status
- Paying child support
- Applying for rental assistance
- Downloading applications for energy assistance & property tax relief.

**Note:** Customers can drop off completed paper applications in designated drop-off boxes located outside each location

## **EMERGENCY ASSISTANCE**

### **I. COVID Government Stimulus Payment:**

A. [Economic Impact Payments \(IRS\) - Frequently Asked Questions](#)

B. If you do not file taxes but have a valid social security number, could **not** be claimed as a dependent on someone’s taxes, **and** have an adjusted gross income under certain limits. For more information, [click here](#).



C. Consumer Financial Protection Bureau - [A Guide to COVID-19 Economic Stimulus Relief](#).

D. Currently, people with undocumented status, and students without filing status are **not** eligible for economic stimulus check.

E. Families with children:

1. For every child under 18, \$500 per child will be dispersed to filer.

## II. General Resources:

For specific resources not listed in this resource packet, you may call **211**. They have a comprehensive list of available services and can direct you based on your need.

a. Colorado Resources for Individuals/Families Facing Poverty

[www.bit.ly/COResourcesCOVID](http://www.bit.ly/COResourcesCOVID)

b. Emergency Financial Assistance -

United Way 211 is establishing an emergency relief fund for everyone affected by COVID-19. Call 211 for more information.

c. Temporary Rental & Utility Assistance Program: [More Information](#)

i. This program is for Denver residents only

ii. This is temporary assistance when you face a housing crisis

iii. Assistance payments will be made directly to your landlord or utility company

iv. Your household must meet income limits (earning \$52,000 or less for one person, or \$74,250 or less for a household of four)

v. **To Apply, Call 311 and Press 6.**

d. Search for Free/Low-Cost Local Resources (including COVID Response programs) supporting families and individuals with rent assistance, bill pay, and more visit [www.findhelp.org](http://www.findhelp.org).

## III. Unemployment & Colorado Dept of Labor

[Filing for Unemployment](#) - Please note they are experiencing **extensive delays** in processing. Will be unavailable from 6pm-8pm daily.

**UPDATE 07/25/2020**

**ALERT:** The Federal Pandemic Unemployment Compensation (FPUC) program, which provided \$600 in additional weekly unemployment benefits, ended on **July 25, 2020**. While regular unemployment benefits will continue unaffected, there will be a gap in payment of any



additional benefits until they are approved by Congress and we are able to reconfigure the payment system accordingly. You will be back paid for any weeks that are owed

**ALERT:** New work-search requirements are in place. You are now required to complete work-search activities every week to be paid benefits unless you are job attached and expect to return to your regular schedule by July 5.

View the new work-search requirements [here](#).

#### IV. Workers in Industries Affected by COVID-19

- A. Restaurant Workers: [COVID-19 Restaurant Workers Crisis Relief Fund](#)
- B. Food/Beverage Industry: [COVID Food and Beverage Worker Relief Grant](#)
- C. Bartenders: [Bartender Relief Grant](#)
- D. Restaurant/Hospitality Workers: [List of Additional Supports if Affect by COVID-19](#).
- E. *Coming Soon:* [United Way COVID-19 COMMUNITY RESPONSE AND RECOVERY FUND](#) - To access more information, please call Colorado 211.

#### V. Utilities

##### A. Denver Water

In response to COVID-19, Denver Water has suspended all scheduled water-shut-offs resulting from delinquent payment to ensure continued access to water for all customers.

**Note:** Specific to financial hardships, if a customer is concerned about being able to pay their water bill, they should continue to contact Denver Water's customer care team at 303-893-2444, Mon – Fri 7:30 a.m. to 5:30 p.m. Our team will work with each customer to evaluate applicable options, such as payment plans, waiving late fees, delaying water turn-offs, or connecting the customer with other resources such as TRUA (Temporary Rent and Utility Assistance).

##### B. XCel Energy

"We will not disconnect service to any residential customers until further notice. If you are having difficulty paying your bills, contact us and we will arrange a payment plan that works for you."

##### C. LEAP Apply for Utility Assistance: <https://coloradopeak.secure.force.com/>



1. [LEAP Information in English](#)
2. [LEAP Information in Spanish](#)

## FOOD & BASIC NECESSITIES

### I. Food Pantries

All Available Food Access locations by county and include when accessible. [Click here for list of locations.](#)

### II. Colorado Food and Shelter Resources: [Click Here](#)

### III. Grab-and-Go Meal Centers

Open weekdays for breakfast (8-9 a.m.) and lunch (noon-1 p.m.) at these locations. Breakfast and lunch is also available for adults and can be picked up every weekday. In addition, food for the weekend will be available for families to pick up every Friday through our partnership with [Food for Thought](#). The adult and weekend meals are made possible by fundraising from the DPS Foundation's [Food Security Fund](#). All meals for students and their families can be picked up during either time slot. Vegetarian options will be available. In order to maximize our federal funding for student meal services, we ask that children be present to receive their meals. **The City of Denver is offering Grab-and-Go dinners for children 18 years of age and younger every weekday from 3:30 to 5:30 p.m. at recreation centers.** Click [here](#) for more information on all of our meal services.

- *Abraham Lincoln High School in southwest Denver*
- *Joe Shoemaker Elementary School in southeast Denver*
- *Place Bridge Academy in central southeast Denver*
- *Denver Center for International Studies at 574 W 6th Ave. in Denver*
- *North High School in northwest Denver*
- *Manual High School in northeast Denver*
- *Montbello High School and Evie Garrett Dennis Campus in Green Valley Ranch*

### IV. [Comprehensive Map of All Locations](#) Children can Receive Meals - Chalkbeat

### V. [Community Table](#)

*Distributing fresh food and non-perishable daily. No IDs required. You do not have to live in our service area. People experiencing homelessness may pick up food as well.*

- **Address:** 8555 W 57th Ave. Arvada CO, 80002 - 303-424-6685

### VI. Denver Metro Emergency Food Network

*Delivering free, prepared meals to families and elderly individuals Monday -*



Friday. You need to sign-up online and request food by 12 PM to receive meals by the next day.

- Sign-up at: <https://www.denverdelivered.com/>

## VII. **Gabriel House**

[Gabriel Project](#) (Pregnant Women and Mothers of Young)

These locations provide a drop-in center for pregnant women and moms with small children that provides the following: - Diapers and wipes - Clothing for babies and small children up to size 5T - Baby formula (when available) - Baby equipment (when available) - Mentoring and referral resources - Spiritual help if needed. **Locations below are the only ones currently open on a limited basis.**

- Denver House, 1341 Oneida St, Denver, CO 80220, (303) 377-1577 (Coordinator) - Wednesday/Fridays, 9:30 a.m. 12:30 p.m (Drive Up Hours)
- Aurora Gabriel House, 13101 E Mississippi, Bldg C1020, Aurora, CO 80112, (720) 325-3216 (Coordinator) - Tuesday, 9 a.m. - 1 p.m.; Saturday, 10 a.m. - 1:30 p.m (Drive Up)

## VIII. **Other Related Food Resources**

A. [Adjusted Shopping Hours for Seniors and Vulnerable Populations](#)

## **HOUSING SUPPORT**

### I. **Displaced/Homeless during COVID-19**

Students

- Storage Solutions - U-Haul is offering 30 days of free storage to students who have to move during the outbreak. Visit [www.uhaul.com/storage](http://www.uhaul.com/storage)

### II. **Displacement and Homeless Resources**

A. Denver Rescue Mission

The following locations for Meals, Shelter, & Program Services are **OPEN**.

- Lawrence Street Community Center: (303) 294-0157
  - **Address:** 2222 Lawrence St, Denver, CO 80205
- The Crossing - (303) 297-1815
  - **Address:** 6090 Smith Rd, Denver, CO 80216 -
- Fort Collins Rescue Mission - (970) 224-4302
  - **Address:** 316 Jefferson St, Fort Collins, CO 80524
- Harvest Farm - (970) 568-9803
  - **Address:** 4240 E Co Rd 66, Wellington, CO 80549
- Denver Coliseum **NOW** open as 24 hour women's shelter: [Click Here to Read Article](#)





- Catholic Charities will be operating the shelter.
- **Please note: Women's Emergency & Transitional Shelter is moving to the Denver Coliseum (4600 Humboldt St, Denver, CO 80216). 24/7 shelter. Doors are open 8a.m. - 8p.m. More Information: [Click Here](#)**

## EDUCATIONAL & MENTAL HEALTH RESOURCES FOR CHILDREN & FAMILIES

Connect to Age-Specific learning, Technology, Emotional learning, Physical Activities, Creative exploration activities and more.

### A. General Education Resources

- [Scholastic](#): Free Lessons by Grade (Go on Virtual Field Trips, Meet Authors, or Explore New Topics).
- [List of Online Learning Tools](#): Organized by Grade and Subject
- Great Minds: [Daily Knowledge Building Lessons](#) on Math and Arts for all ages and grade levels.
- [Anti-Oppressive and Anti-Racist Homeschooling Resources](#)
- Denver Public Library: [Phone-A-Story](#): 720-865-8500 (listen to stories, songs and rhymes in English, Spanish, Amharic and Vietnamese. Service available 24/7!)
- Learning History: [Liberty's Kids YouTube Channel](#) (American History)
- [Former NASA Engineer, Mark Rober, YouTube Channel](#): Teaching Science in a Fun and Engaging Way - **Tip**: Start with "Let's Learn Some Science" playlist
- Bill Nye the Science Guy - [All Episodes Available Here](#)
- [Mosaic Literary Magazine](#) – for teenagers and high schoolers, Mosaic offers free lesson plans directly related to black literature and culture.
- [Spanish Children's Stories](#) - The Spanish Experiment  
Link: <https://www.thespanishexperiment.com/stories>

### B. Entertainment as Learning (Shows and Movies to Watch)

- The Magic School Bus - Netflix
- Walking with Dinosaurs - YouTubeTV
- National Geographic Ancient Civilizations - Amazon Prime
- Jane - Documentary on Jane Goodall, "the pioneering women whose decades-long study of chimpanzees gave us critical information about our cousins, and ourselves." - Netflix, Hulu, Disney+
- Our Planet - Focuses on All Earth's Basic Ecosystems - Netflix



**C. Elementary School Students**

- a. Grade 2: DPS - [Supporting Grade 2 Students @ Home](#)
- b. Grade 3: DPS - [Supporting Grade 3 Students @ Home](#)
- c. Grade 4: DPS - [Supporting Grade 4 Students @ Home](#)
- d. Grade 5: DPS - [Supporting Grade 5 Students @ Home](#)

**D. Middle School Students**

- a. Grade 6-8: DPS - [Supporting Grade 6-8 Students @ Home](#)
- b. Ted Talks - TedEd - [from Previous TedYouth summits](#)

**E. High School/College Students**

- a. DPS: [Supporting Students Grade 9-12 @ Home](#)
- b. [Complete Student Resources Guide during COVID-19](#)
- c. [Free Courses Available at Ivy-League Universities](#)
- d. Ted Talks - TedEd - [Educational Video Lessons](#)
  - i. [Talks from previous TedYouth Summits](#)

**F. Socioemotional Learning @ Home**

- a. What is SocioEmotional Learning? - [Learn about SEL](#)
- b. [Socioemotional Learning Activities and Apps for Elementary Aged-Children](#)
- c. [Socioemotional Learning Activities and Apps for Middle School Aged-Children](#)
- d. [Socioemotional Learning Activities for High School-Aged Students](#)
- e. Socioemotional Learning: [Resource Videos](#)
- f. Remote SEL from Newsela: [Learning Activities](#)

**G. Technology as an Educational Tool**

- a. [Virtual Lessons by Heart & Hand staff: Come Learn and Explore with Us!](#)
  - i. Your H&H Program Managers and Program Leaders wanted to make sure all our Heart & Hand kids are still able to see familiar and trusted faces during these uncertain times, and had access to some fun things to do at home. Check out the Heart & Hand Center YouTube Channel to check out some of those lessons and activities!
- b. COMCAST: 2 Free Months for new Internet Essentials customers: [Apply Now](#)
- c. xFinity - Free WiFi for ALL via xFinity mobile hot-spots: [Hot-spot Map](#)
- d. Common Sense: [Free Educational Apps, Games and Websites](#)



- e. Astronauts Read from Space: [“Story Time from Space”](#)
- f. [Cosmic Kids](#) - YouTube channel for yoga, mindfulness and activity for kids.
- g. [iCivics](#) - an online platform that supports civic education, social studies games!
- h. The Kennedy Space Center is having live presentations on Mondays, Wednesdays and Fridays on [Facebook Live](#) at 9:30 a.m. EDT for younger children, and 1 p.m. for young adults. (7:30am MST for younger children, and 11am MST for young adults).

#### H. Creative/Arts Learning

- a. [Activities for Parents and Kiddos to do Together](#)
- b. [12 Museums Offering Virtual Admissions](#)
- c. [DIY Activities to do with Kiddos](#)
- d. [Videos on DIY Craft Projects](#): videos, at no cost, for at-home projects through Instagram, IGTV.
- e. [Virtual Tour of Museo de Frida Kahlo](#)
- f. Virtually Visit these 9 Black Artists Gallery: [Click Here to Check it Out](#)
- g. [275+ Enrichment Activities](#) (Organized by Level of Parent Involvement required, prep time, outdoor/inside, and age range)
- h. [Google Arts and Culture](#) - Virtually visit over 1200 Museums all over the world.

#### I. Staying Active

Livestream:

- a. Playworks will also be broadcasting #PlayAtHome Recess **live on Facebook** at 10a.m., 12 p.m., & 2 p.m. (MST) Monday through Friday. Tune in for stretching and warm-ups, interactive games, cheers, and cooldown activities. **Want to see what it is like?** Check out **Morning Stretch** and **Up Down Stop Go!**
- b. Tennessee Aquarium Live Streams: [Watch Now](#)
- c. Hip Hop Public Health: [H.Y.P.E @ Home](#): promotes healthy eating and exercise through music and teaches hip hop dance moves to kids of all ages.
- d. For Teens/Adults: [The Scientific 7-Minute Workout](#)

#### J. Parent/Family Support

##### A. Best Practices

- a. From DPS: [For Parents/Guardians: What to do when School is Closed](#)
- b. Strengthen Your Family: [How School Closures can Bring Families Closer](#)
- c. **List of Family Bonding Activities found at the end of this document.**



B. Supporting Children Emotionally during COVID

- a. CDC: [Helping Children Cope](#)
- b. National Association of School Psychologists: [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- c. Child Mind Institute: [Talking to Children about Coronavirus](#)
- d. [Supporting Children and Adolescent's Behavior & Feelings](#)
- e. [A Family Guide to Supporting Student Well-Being during School Closures](#)  
- Enter Name and Email, resource guide is emailed directly to you.

C. Supporting Children Academically During COVID-19

- a. Info Comic- [Easy Graphic Explanation of Coronavirus](#). (from IG @weimankow)
- b. [New and Media Literacy Resource Center](#): How to Fact Check with your Kids, Create Journalistic Media, a lesson on Racism & COVID-19, & more.
- c. Guidance on Homeschooling from [TheNorthStar](#)
- d. Khan Academy - A great, free resource for instructional videos on many topics - [Sample Daily Schedules](#)

D. Support Helplines

1. **SAMHSA Disaster Distress Helpline** - 1-800-985-5990 - [www.SAMHSA.gov](http://www.SAMHSA.gov) Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.
2. **Are You In Crisis?** Call the [National Suicide Prevention Lifeline \(Lifeline\)](#) at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

E. Mental Health Resources

[List of mental health resources](#) low-cost, sliding scale, and/or counselors that accept Medicaid

[Therapy For Black Girls](#)

[Therapy For Black Men](#)



## [BEAM-Black Emotional and Mental Health Collective](#)

### **PET OWNERS**

#### **A. Pets and COVID-19**

World Health Organization, [Basic Information & Safety Procedures for Pet Owners](#)

#### **B. [Planning and Preparation for Pet Owners during COVID-19.](#)**

#### **C. Tips for Dog Owners on Quarantine**

[How to Care for Your Dog While Social Distancing](#)

#### **D. Getting Pet Food & Supplies**

- a. MaxFund Pet Food Supply Program - A bag of pet food / month for low-income families - [Click Here](#) \*Proof of income and state identification needed.
- b. Colorado Pet Pantry: [Pet Food Banks](#)

### **TRANSPORTATION**

- A. [IntelliRide](#) offers free rides to people who use Medicaid, gives people rides for essential services like trips to the doctor, grocery store, and pharmacy. Their number is 855-489-4999. They need 48 hours notice unless it's an emergency. All they need is the Medicaid number, name, and date of birth.

### **CLOTHING**

[List of organizations](#) currently providing clothing



## Tips for Staying Active & Engaged as a Family

With the cancellation of play dates, birthday parties, and sleep overs/unders, your household calendar is likely wide open—this is a great time to do the following as a family:

- Play card and board games
- Make art or do crafts together
- Cook and bake together—talk about math as you prepare the recipe
- Build forts, design a marble run, or devise another fun STEM project
- Sort through bookshelves, revisit favorite titles and make a pile to donate
- Change family picture frames and revisit memories as you change photos
- Make a photo book together
- Perform a readers theater together—make up a play or production
- Sing, play piano or other instruments
- Make puppets and put on a puppet show
- Have a dance party, do fitness activities together, and play in the yard as a family
- Write letters or make cards for a local senior center, the RFPD, or RFFD
- Do puzzles—make up number puzzles or riddles
- Write stories and poetry and read them aloud (lots of encouraging applause, please)
- Establish routines—it is more important now than ever to create a sense of structure at home with device-free meal times, physical movement, and a balance between academics/work and [enjoyable activities](#) that can reduce stress, as well as time provide opportunities to connect with family and friends. Also, eating healthy meals, exercising, and [getting adequate sleep](#) are essential to physical and emotional health.



## Consejos para Mantenerse Activo y Unidos como Familia

Con la cancelación de las fechas de juego, las fiestas de cumpleaños y los pasatiempos, el calendario de su hogar probablemente esté abierto: este es un buen momento para hacer lo siguiente en familia:

- Jugar juegos de cartas y de mesa
- Hacer arte o hacer manualidades juntos
- Cocinar y hornear juntos: hablen de matemáticas mientras preparan la receta
- Construye fuertes con almohadas y sábanas, diseña una carrera de mármol o diseña otro divertido proyecto STEM
- Ordena las estanterías, vuelve a visitar los títulos favoritos y haz una pila para donar
- Cambie los marcos familiares y vuelva a visitar los recuerdos a medida que cambia las fotos
- Hagan un libro de fotos juntos
- Realice un teatro de lectores juntos: invente una obra de teatro o una producción
- Cantar, tocar piano u otros instrumentos.
- Hacer títeres y montar un espectáculo de títeres
- Organice una fiesta de baile, haga actividades físicas juntos y juegue en el patio en familia.
- Escribir cartas o hacer tarjetas para un centro de ancianos local, la RFPD o RFFD
- Haga rompecabezas: invente acertijos o acertijos numéricos
- Escriba historias y poesía y léalas en voz alta (muchos aplausos alentadores, por favor)
- Establezca rutinas: es más importante ahora que nunca crear un sentido de estructura en el hogar con comidas sin dispositivos, movimiento físico y un equilibrio entre lo académico / trabajo y actividades agradables que puedan reducir el estrés, así como el tiempo brinde oportunidades para conectarse con familiares y amigos. Además, comer comidas saludables, hacer ejercicio y dormir lo suficiente son esenciales para la salud física y emocional.