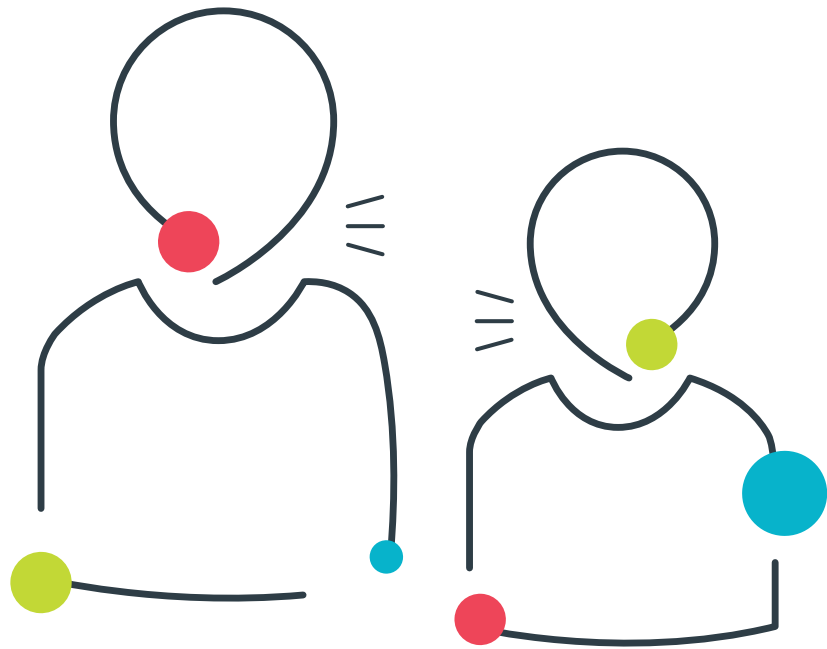


R ELATIONSHIPS



- Group activities—games, cooking, etc.
- Connect with teachers and peers
- Give to others in need

R OUTINES



- Eat meals together
- Exercise at least 20 minutes
- Hold family COVID meetings
- Sleep at least eight hours
- Practice mindfulness

R ESILIENCE



- Co-regulate emotions and responses to stress
- Limit media
- Solve problems together
- Create things to look forward to