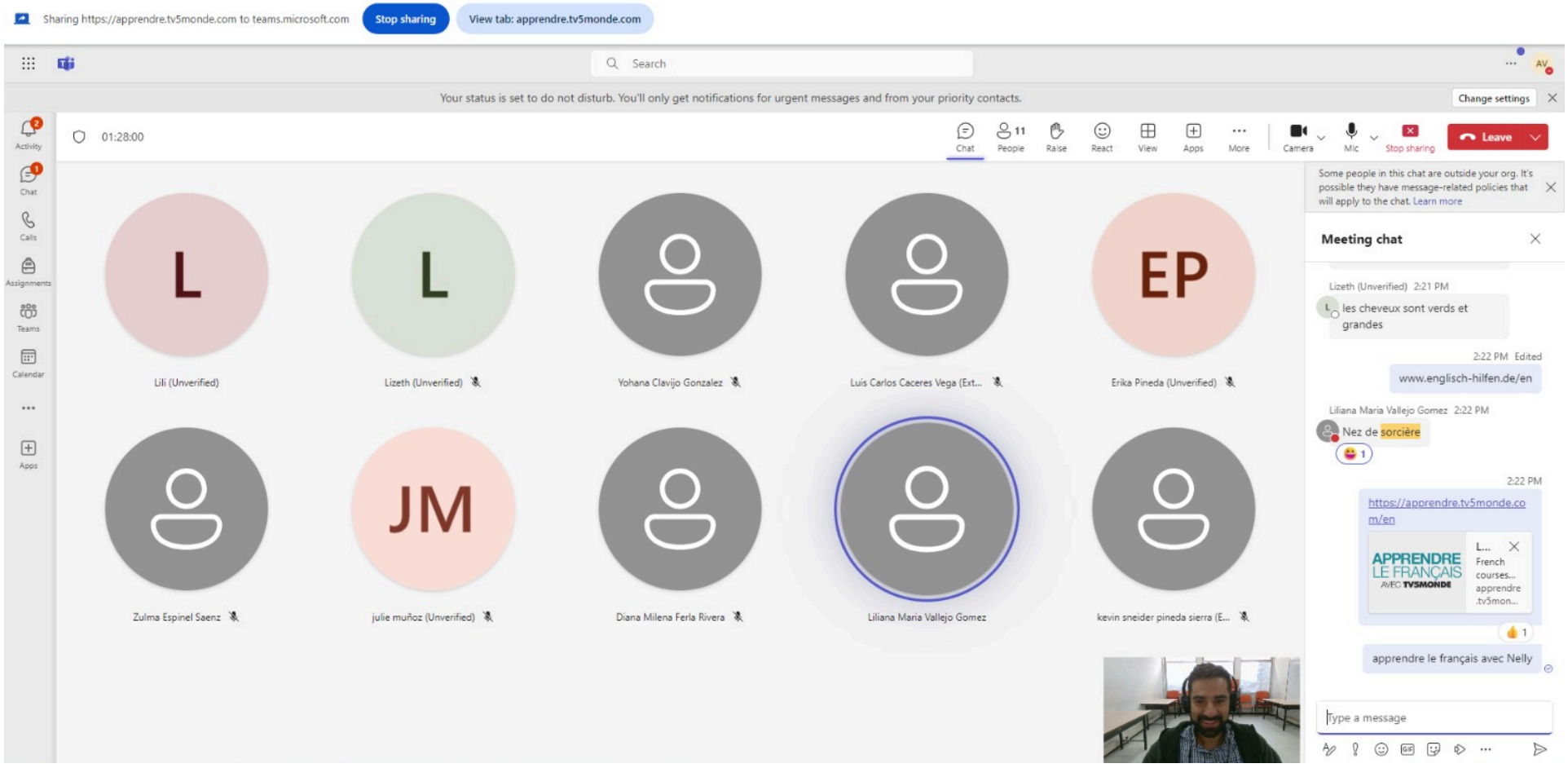
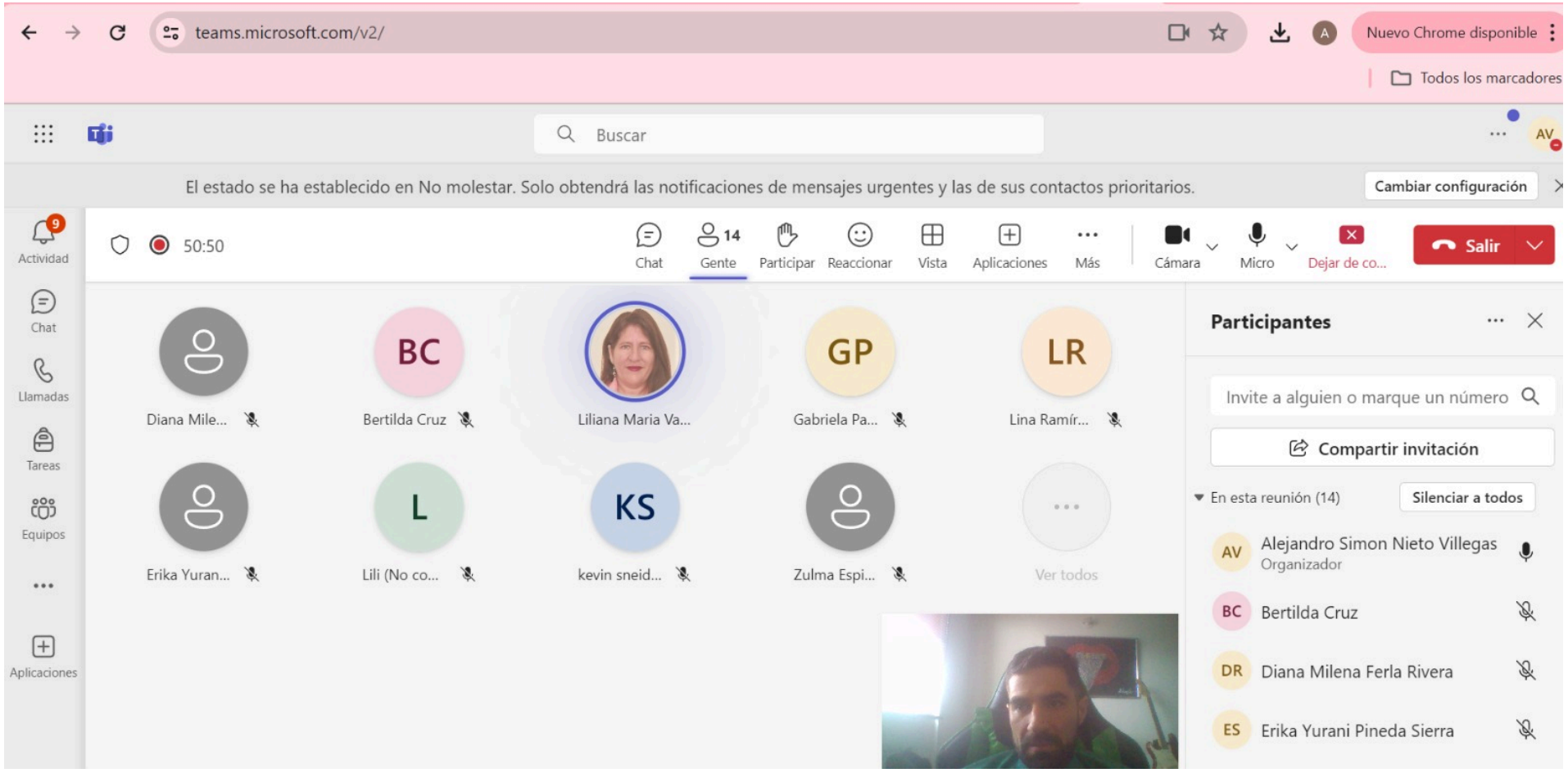
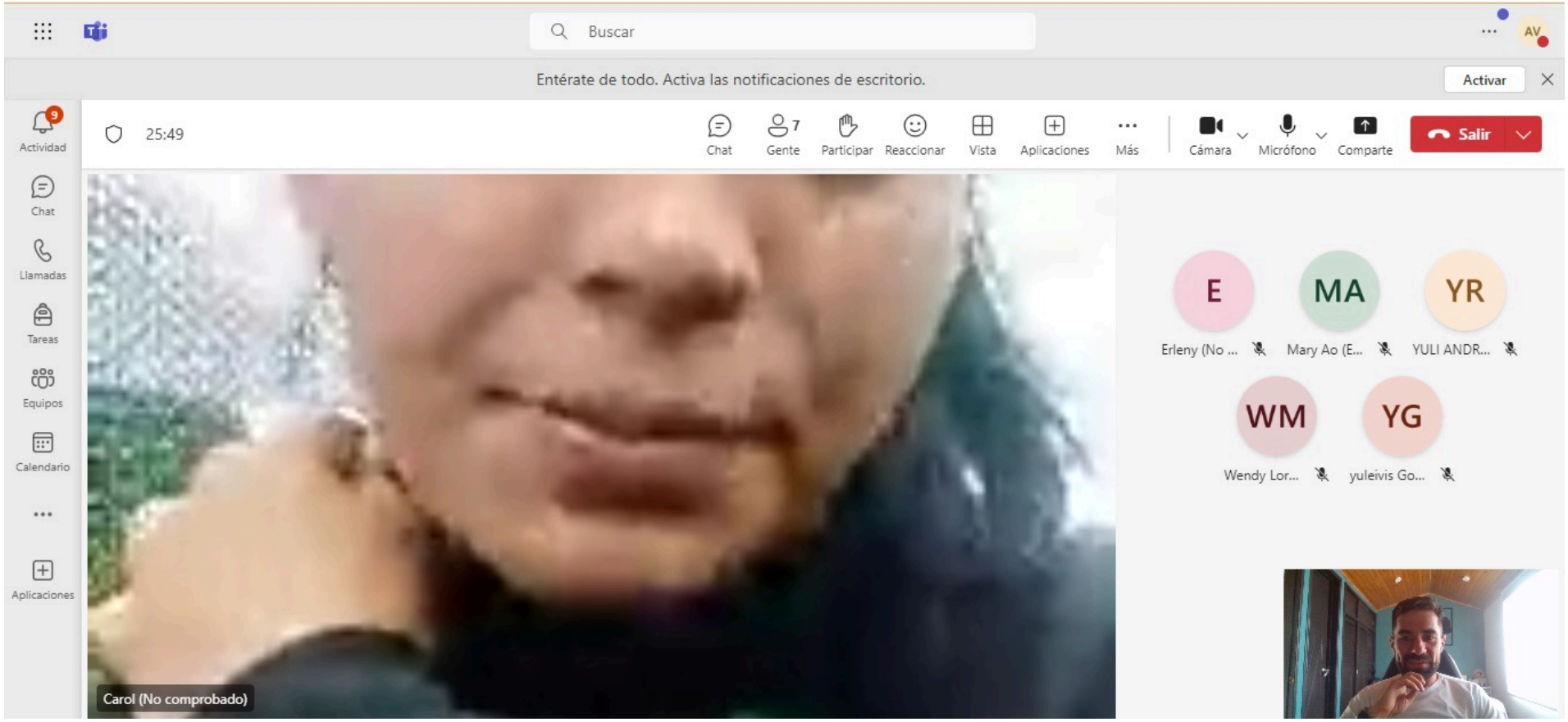
Evidencias 13 al 30 de abril

ASISTENCIA SINCRÓNICA

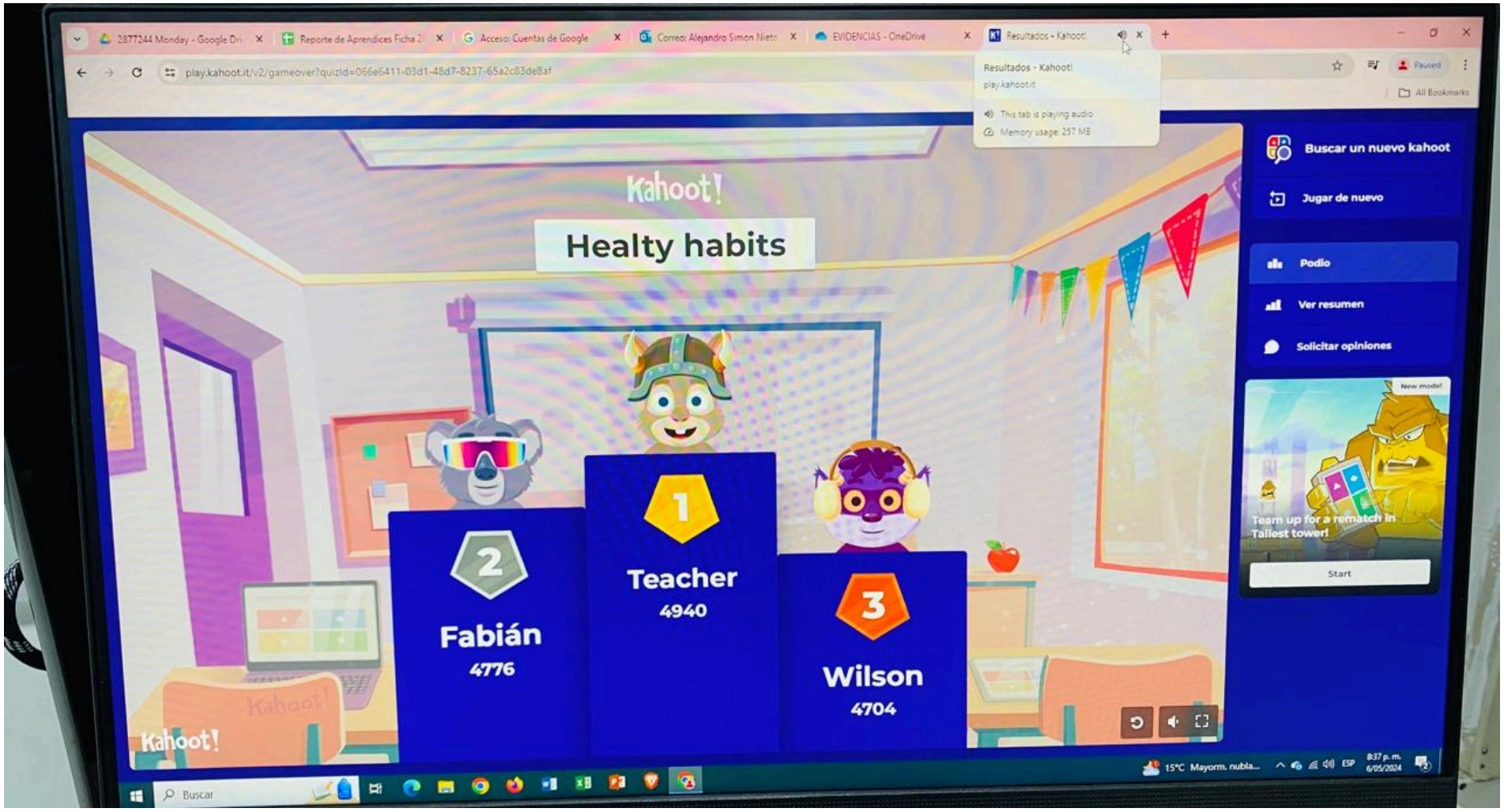



teams.microsoft.com/v2/
Nuevo Chrome disponible
Todos los marcadores
Buscar
AV
El estado se ha establecido en No molestar. Solo obtendrá las notificaciones de mensajes urgentes y las de sus contactos prioritarios.
Cambiar configuración
Actividad
Chat
Llamadas
Tareas
Equipos
Aplicaciones
50:50
Chat
Gente
14
Participar
Reaccionar
Vista
Aplicaciones
Más
Cámara
Micro
Dejar de co...
Salir
Diana Mile...
Bertilda Cruz
Liliana Maria Va...
Gabriela Pa...
Lina Ramír...
Erika Yuran...
Lili (No co...
kevin sneid...
Zulma Espi...
Ver todos
Participantes
Invite a alguien o marque un número
Compartir invitación
En esta reunión (14)
Silenciar a todos
Alejandro Simon Nieto Villegas
Organizador
Bertilda Cruz
Diana Milena Ferla Rivera
Erika Yurani Pineda Sierra


Buscar
AV
Entérate de todo. Activa las notificaciones de escritorio.
Activar
Actividad
Chat
Llamadas
Tareas
Equipos
Calendario
Aplicaciones
25:49
Chat
Gente
7
Participar
Reaccionar
Vista
Aplicaciones
Más
Cámara
Micrófono
Comparte
Salir
E
MA
YR
Erleny (No ...
Mary Ao (E...
YULI ANDR...
WM
YG
Wendy Lor...
yuleivis Go...
Carol (No comprobado)

ACTIVIDADES PRESENCIALES




Kahoot!
Healty habits
1
Teacher
4940
2
Fabián
4776
3
Wilson
4704
Buscar un nuevo kahoot
Jugar de nuevo
Podio
Ver resumen
Solicitar opiniones
New mode!
Team up for a rematch in Tallest tower!
Start
Resultados - Kahoot!
play.kahoot.it
This tab is playing audio
Memory usage: 257 MB
play.kahoot.it/v2/gameover?quizid=066e6411-03d1-48d7-8237-65a2c83de8af

Stefhany Torres

DD | MM | AA

Favorite Art , why?

My Faubrite Art is The Photograph Because when I was child like 8 - 9 years old my Cousin Showed me his Camera And he explained How it used it.

my mom After this brought a Camera toy And I used All the time. In my 15th Birthday my mom gave me A REAL Camera Because She Knows, :v

I Started learn About Editing And when I Graduated my Family Supported much when I Decide Study This in 2018 <3

I want A master in Barcelona Spain <3.

CC 1000 731 028
TEL 322 228 1247

Kriss_Torres @ soy.sena.edu.co

Stefhany T.

Leney 2
John 4
Jen. 5
Pilar 8
Bairon

HEALTHY HABITS

- It is very important to sleep at least seven to eight hours a night for mental and physical well-being.
- Eating a balanced diet rich in fruits and vegetables can improve overall health.
- Regular exercise, such as walking, running or cycling, helps improve cardiovascular health and strengthens muscles.
- Drinking plenty of water throughout the day helps to keep the body hydrated and supports various bodily fuctions.
- Practicing good hygiene, such as washing hands regularly and maintaining a clean living environment, helps prevent the spread of illness and infection.
- Attending regular medical check-ups can help detect and treat health problems early and prevent more serious illnesses.
- Engaging in hobbies or activities that bring joy and relaxation, such as reading, gardening, or listening to music, enhances mental well-being.
- Avoiding excessive consumption of alcohol and tobacco products contributes to better long-term health outcomes.
- Taking regular breaks from screens helps reduce eye strain and improve productivity.
- Taking breaks throughout the day to stretch and move around helps prevent stiffness and promotes better posture and mobility.