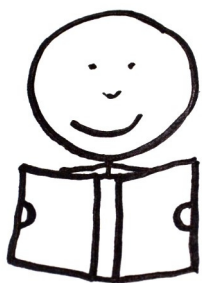


Leer



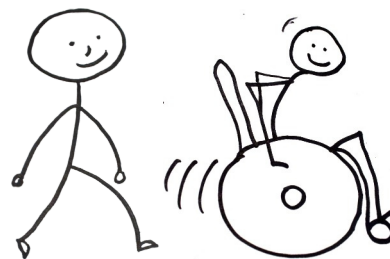
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Tomar agua



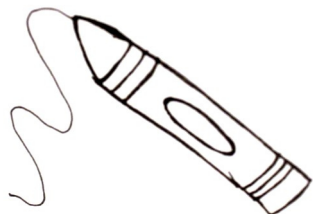
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Caminar/Rodar



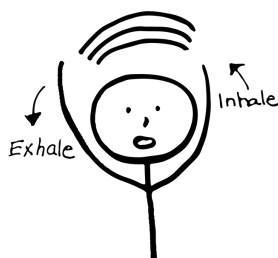
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Colorear



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Respiraciones de  
arcoíris



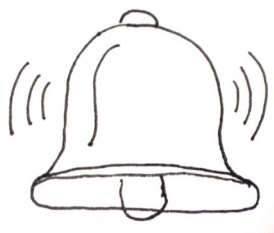
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Escuchar música



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Escuchar la campanilla  
levanta la mano cuando  
la escuches



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Contar



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Respirar  
huele la flor  
sopla la vela



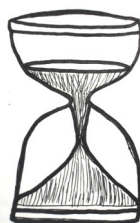
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Pensamiento  
motivacional



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Descansar



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Pedir ayuda



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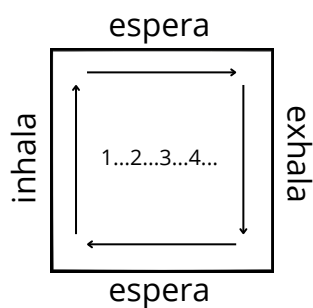
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## Respiración cuadrada



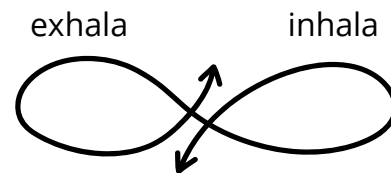
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## Figura 8 con las manos o los pies



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## Respiración figura 8



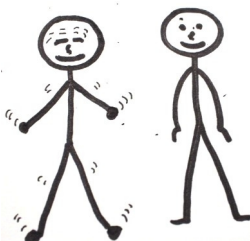
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## Encontrar tu color favorito en el cuarto



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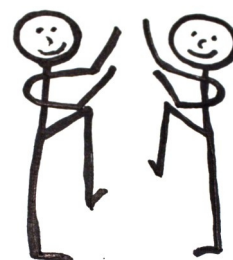
## Apretar los músculos y relajarlos lentamente



Empezar con brazos, luego manos, etc.

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## Cruza el cuerpo codos a rodillas



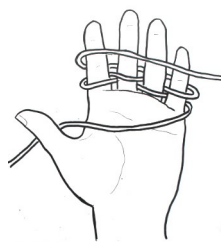
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## Movimiento con el cuerpo entero



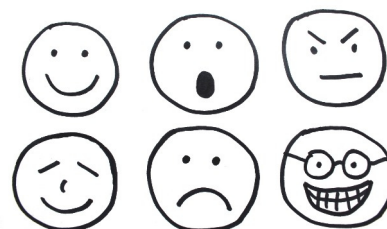
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## Tejer con los dedos



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## Escribir tus sentimientos pequeñas y grandes



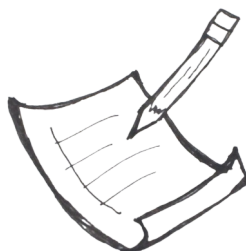
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## Colorear las emociones en un contorno del cuerpo



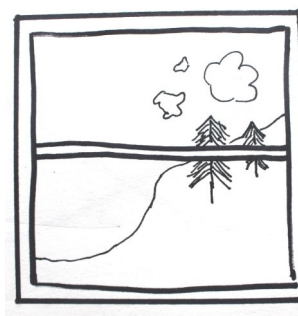
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## Escribir una nota a alguien que tu quieres



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## Mira afuera



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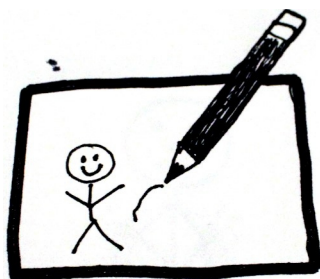
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"Golpecitos de mariposas"



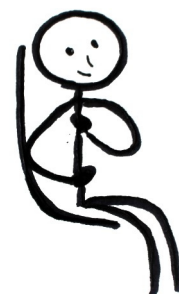
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Dibujar



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Respirar



Mano en el corazón

Mano en el estómago

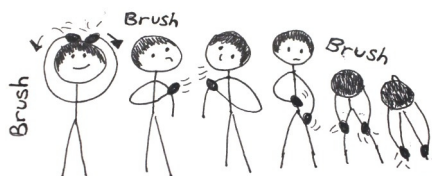
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Respirar profundo



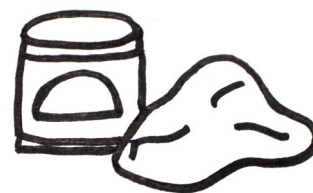
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Cepillar el estrés de cabeza a los pies



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Jugar con plastilina



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Acostarte



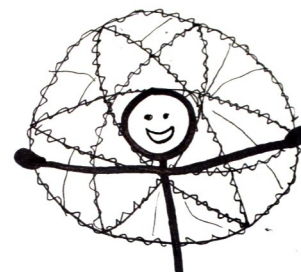
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Gatero cruzo rodillas a codos



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La esfera de Hoberman



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Imagínate un árbol



Las ramas al cielo, tronco fuerte, echar raíces bien en la tierra.

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Hacer un trabajo útil en tu aula



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Cantar



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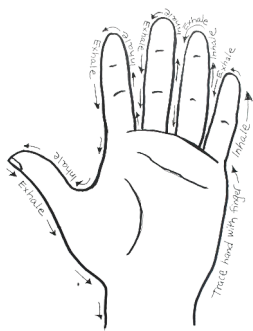
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Respirar con los  
dedos



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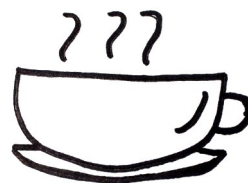
Enfocar en los dedos



Presione las palmas  
juntas. Separa cada  
par de dedos sin  
mover los demás.  
Empieza despacio.  
Luego, aumente la  
velocidad

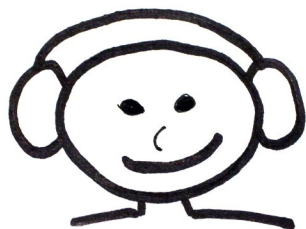
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Respirar con  
chocolate caliente



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Audífonos



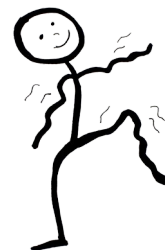
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Zona de calma



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Muévete



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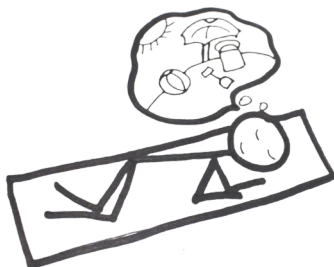
Buscar...

3 cosas que puedes ver  
3 cosas que puedes tocar  
3 cosas que puedes oír



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Imaginar un  
lugar tranquilo



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Botella de brillantina



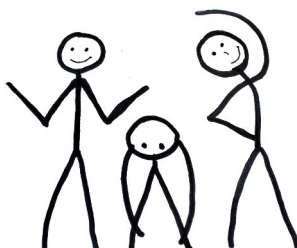
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Pelota antiestrés



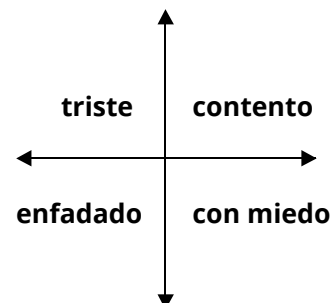
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Estirarte



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Nombrar tus  
emociones



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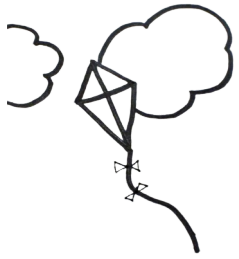
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Imaginar volar  
el papalote



Imagínala  
en el cielo

Lentamente  
bájela

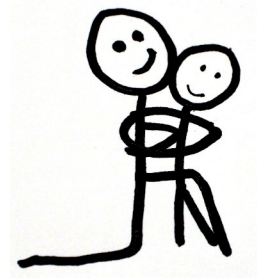
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Cambiar la escena  
Descansar en otro lugar o espacio



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Pedir un abrazo



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Abrazarte



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Haz una lista de  
molestias y deseos



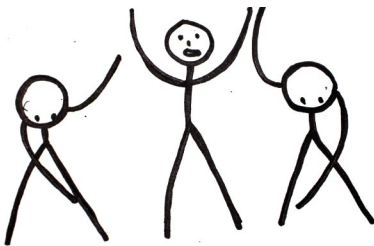
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Escribir una carta  
de agradecimiento  
a alguien



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Ser un molino  
de viento



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Dar palmas en ritmo



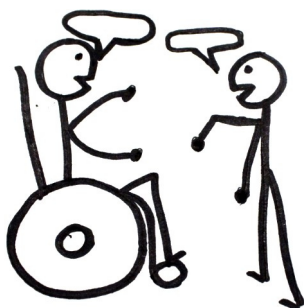
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Temblar como  
perro mojado



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Hablar con alguien



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Hacer un acto de  
generosidad inesperado



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Mantener el equilibrio  
con un pie



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