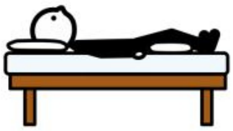
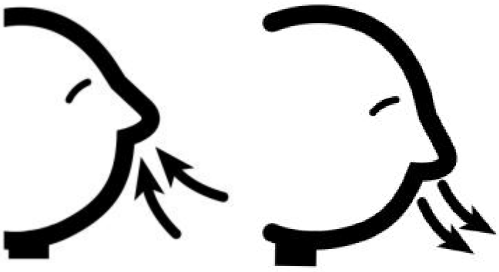
Cofinanciado pelo
Programa Erasmus+
da União Europeia



Sentir o teu corpo

Instruções:

Passo 1: Respirar profundamente (2 vezes)



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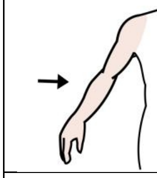
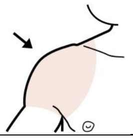
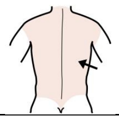
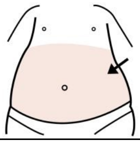
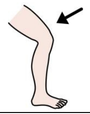
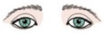
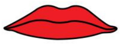
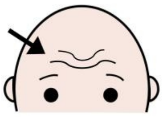
Passo 2: Sentir o teu corpo

Partes do Corpo	Atividades
Braço 	Eu estico meu braço, fechando a mão
Ombro 	Levanto os meus ombros
Costas 	Levo os meus braços para trás.
Abdomen 	Aperto a minha barriga
Pernas 	Estico a minha perna para a frente
Olhos 	Aperto os meus olhos
Lábios 	Aperto os meus lábios.
Testa 	Enrugo a testa.

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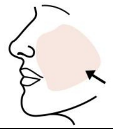
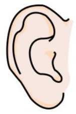
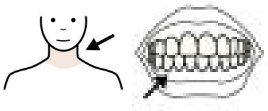
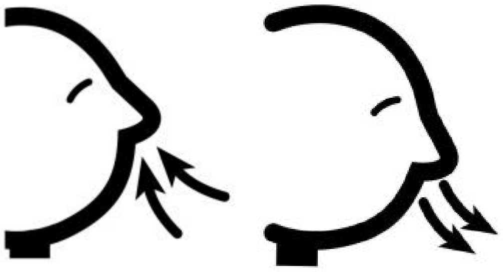
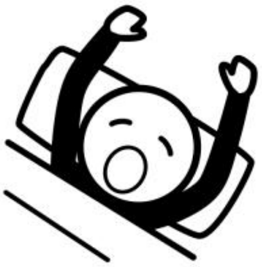
Bochechas 	Coloco a minha boca para soprar
Orelhas 	Tento mexer as orelhas
Pescoço 	Aperto os meus dentes

Passo 3: Respirar profundamente (2 vezes)



Passo 4: Estirar



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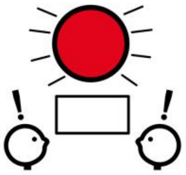
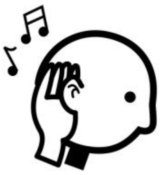


Lembra-te:



Podes fazer estes exercicios, ouvindo música relaxante

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