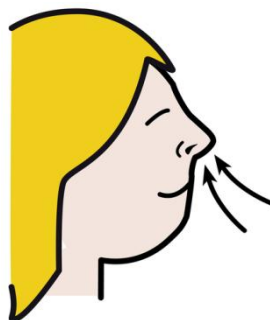


Técnicas de respiración para niños.





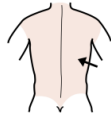
TÉCNICA 1



RESPIRAMOS COMO UNHA SERPE



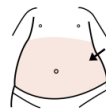
PASOS



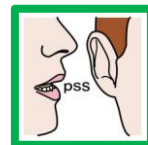
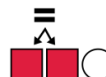
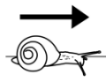
1. SENTARSE NUNHA CADEIRA CO LOMBO BEN APOIADO.



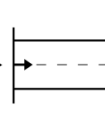
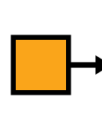
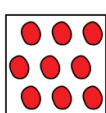
2. POÑER AS MANS NA BARRIGA.



3. COLLER AIRE POLO NARIZ PARA ENCHER A BARRIGA.



4. SOPRAR O AIRE LENTAMENTE FACENDO O SON DUNHA SERPE.



5. CANDO SOLTES TODO O AIRE, VOLVER A COMEZAR.



6. REPETIR TRES VECES.

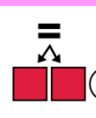
CONSELLO



PODES CERRAR OS OLLOS PARA CONCENTRARTE MELLOR.



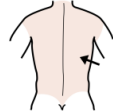
TÉCNICA 2



RESPIRAMOS COMO UN GLOBO



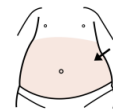
PASOS



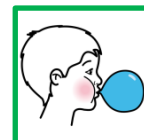
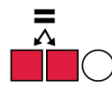
7. SENTARSE NUNHA CADEIRA CO LOMBO BEN APOIADO.



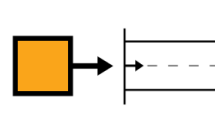
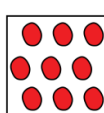
8. POÑER AS MANS NA BARRIGA.



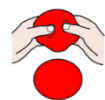
9. COLLER AIRE POLO NARIZ PARA ENCHER A BARRIGA.



10. SOPRAR O AIRE FORTE FACENDO O SON DUN GLOBO DESINCHADO.



11. CANDO SOLTES TODO EL AIRE, VOLVER A COMEZAR.



12. REPETIR TRES VECES.

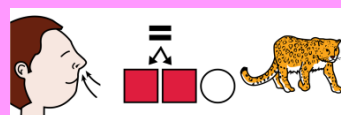
CONSELLO



PODES CERRAR OS OLLOS PARA CONCENTRARTE MELLOR.



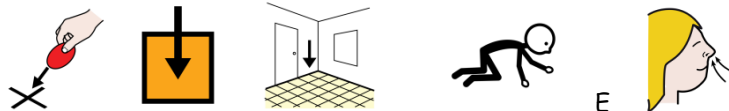
TÉCNICA 3



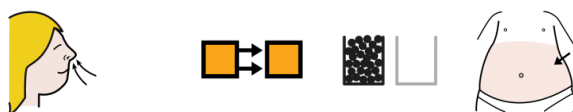
RESPIRAMOS COMO UN LEOPARDO



PASOS



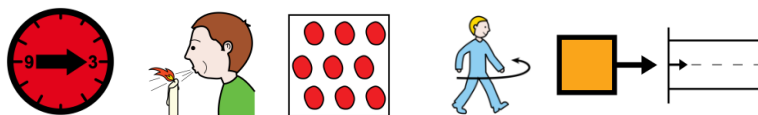
13. COLOCARSE NO CHAN A CATRO PATAS E COMEZAR A RESPIRAR.



14. COLLER AIRE POLO NARIZ PARA ENCHER A BARRIGA.



15. SOPRAR O AIRE LENTAMENTE NOTANDO COMO SE ARQUEAN AS COSTAS.

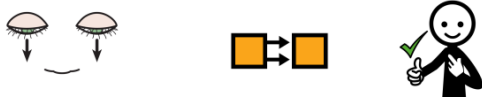


16. CANDO SOLTES TODO EL AIRE, VOLVER A COMEZAR.

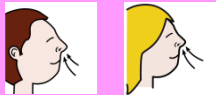


17. REPETIR TRES VECES.

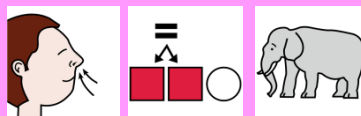
CONSELLO



PODES CERRAR OS OLLOS PARA CONCENTRARTE MELLOR.



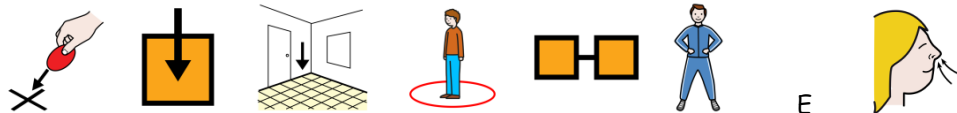
TÉCNICA 4



RESPIRAMOS COMO UN ELEFANTE



PASOS



18. COLOCARSE NO CHAN DE PÉ COAS PERNAS SEPARADAS E COMEZAR A RESPIRAR.



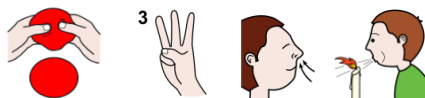
19. COLLER AIRE POLO NARIZ PARA ENCHER A BARRIGA E ERGUER OS BRAZOS .



20. SOPRAR O AIRE LENTAMENTE POLA BOCA E OS BRAZOS LEVANTADOS COMA TROMPA.

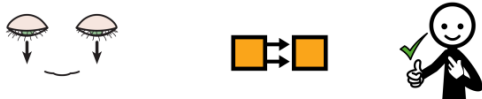


21. CANDO SOLTES TODO O AIRE, ABRIR A BOCA E VOLVER A COMEZAR.



22. REPETIR TRES VECES.

CONSELLO



PODES PECHAR OS OLLOS PARA CONCENTRARTE MELLOR.