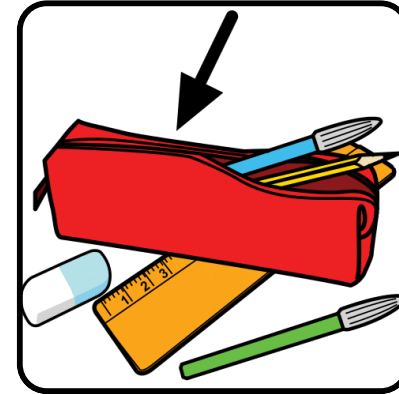




Yo tengo que



Trabajar



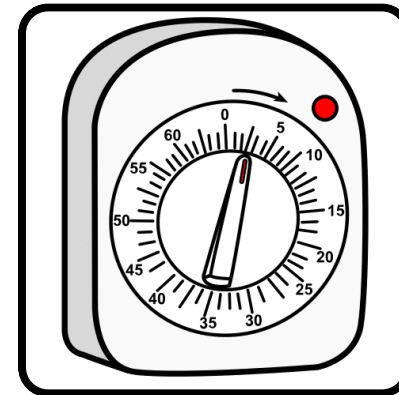
Usar el material



Escuchar



Leer



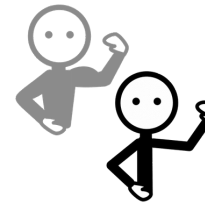
**Poner el temporizador
en 45 min. antes de
empezar**



Hay cosas negativas:



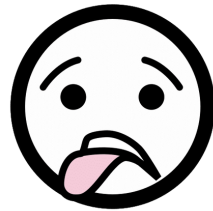
Gritar



Agotarse



Sacarse mocos



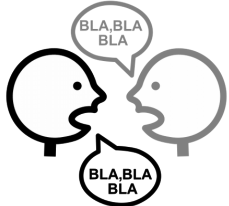
¡Qué asco!



Levantarse de la silla



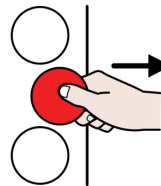
¡Vuelve a sentarte!



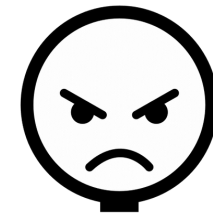
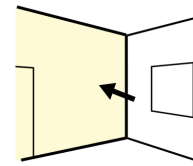
Interrumpir



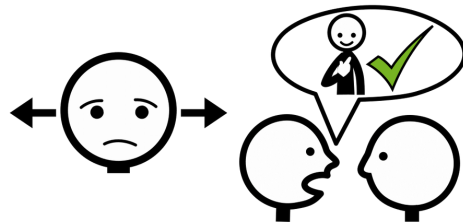
Estar molesto



Quitar algo de la pared



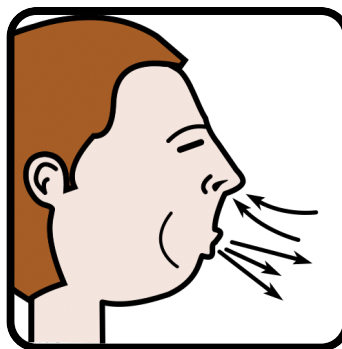
Joana puede enfadarse



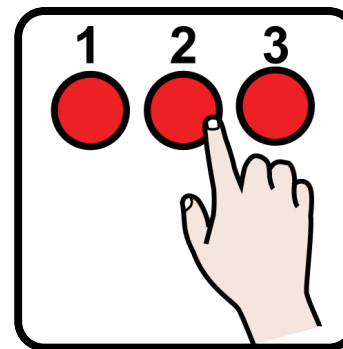
Estoy enfadado y no he actuado bien. ¿Qué hago?



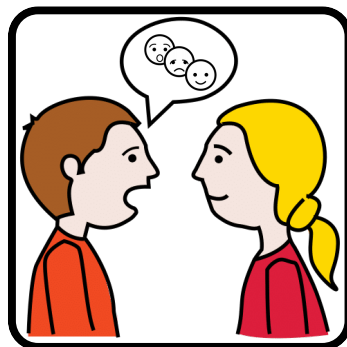
¡Pedir AYUDA!



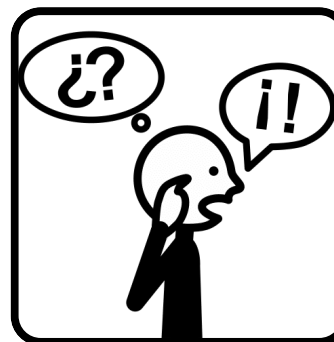
Respirar



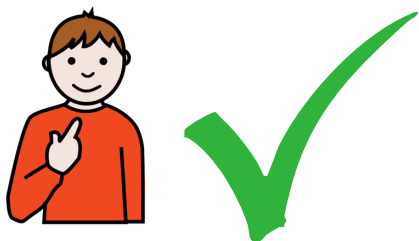
Contar hasta 10



Explicar mi emoción



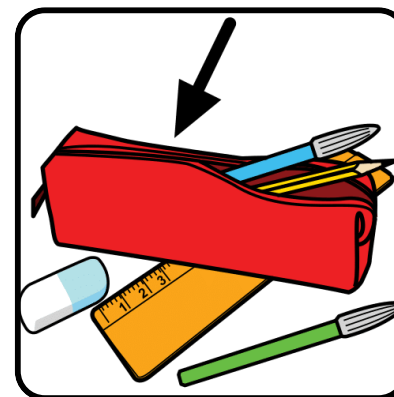
Buscar soluciones



Yo tengo que



Trabajar



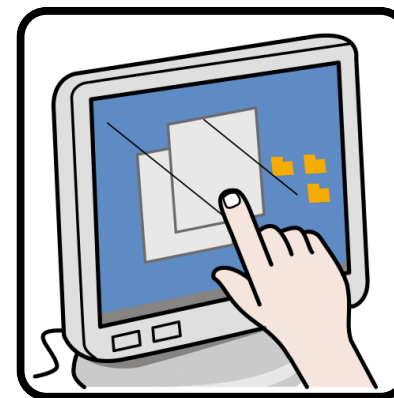
Usar el material



Escuchar



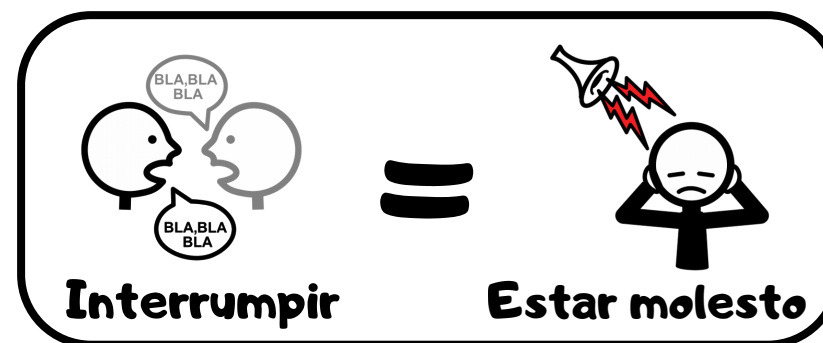
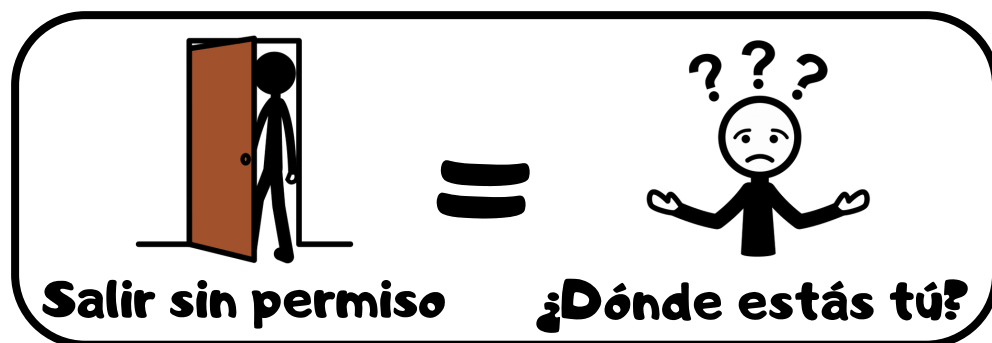
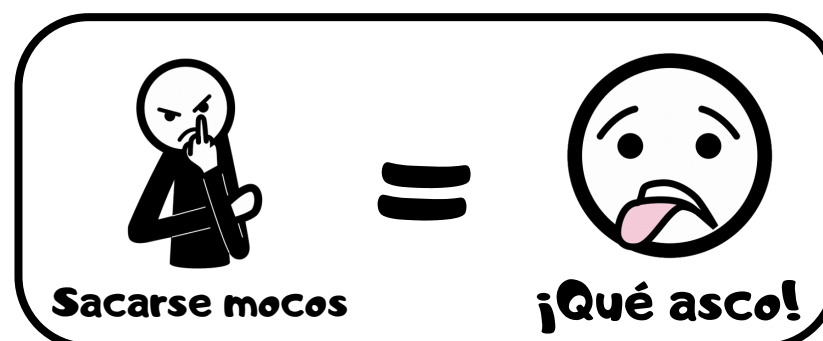
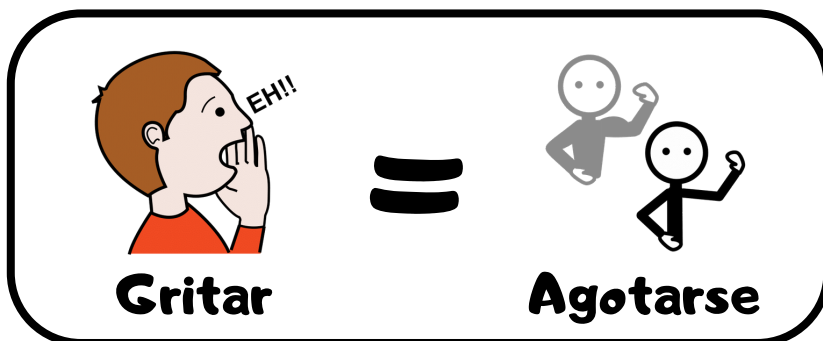
**Hacer equilibrio,
posturas, etc.**

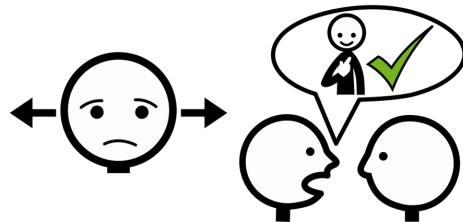


**Usar pantalla
digital**



Hay cosas negativas:

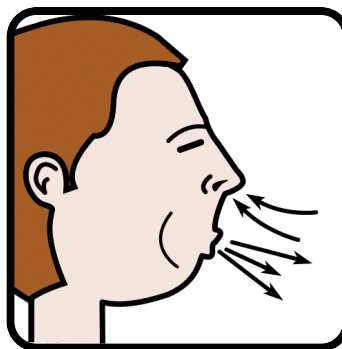




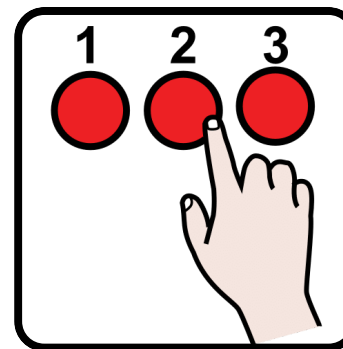
Estoy enfadado y no he actuado bien. ¿Qué hago?



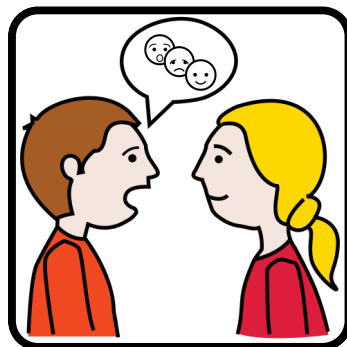
¡Pedir AYUDA!



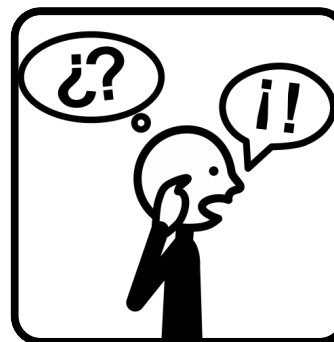
Respirar



Contar hasta 10



Explicar mi emoción



Buscar soluciones



Yo tengo que



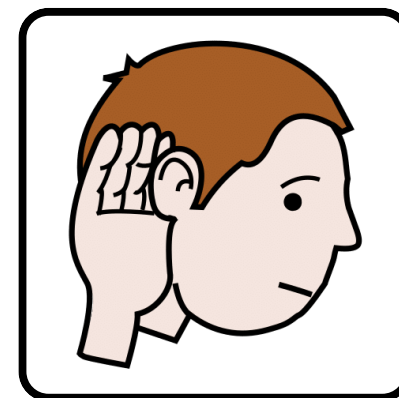
Trabajar



Usar el material



Leer

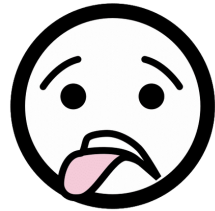


Escuchar

✗ Hay cosas negativas:



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Sacarse mocos

¡Qué asco!

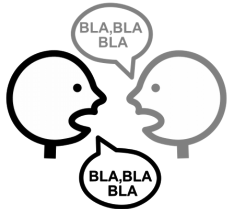


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Levantarse de la silla

¡Vuelve a sentarte!



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Interrumpir

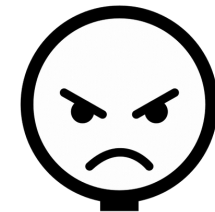
Estar molesto



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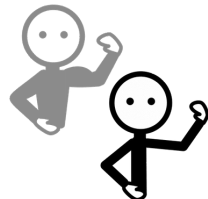


Romper algo de material

Carmen puede enfadarse

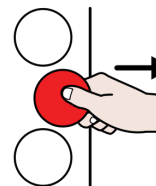


=

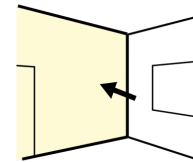


Gritar

Agotarse



?

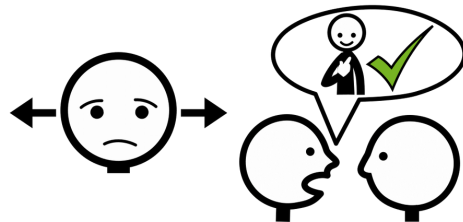


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Quitar algo de la pared

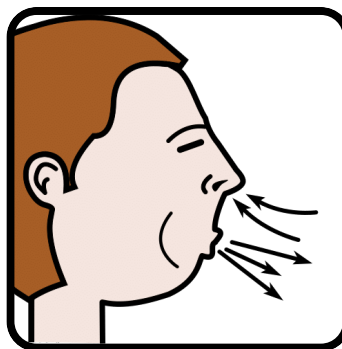
Carmen puede enfadarse



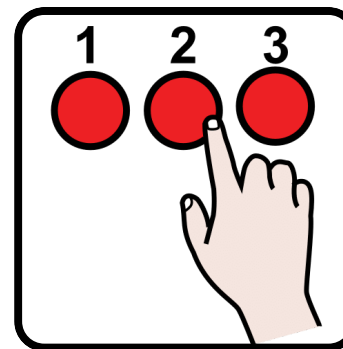
Estoy enfadado y no he actuado bien. ¿Qué hago?



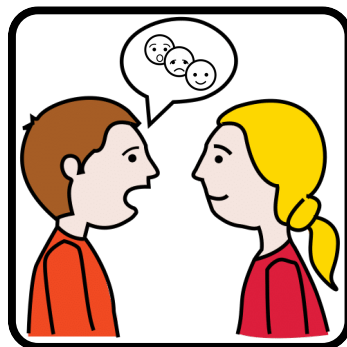
¡Pedir AYUDA!



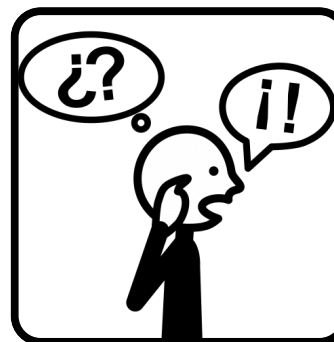
Respirar



Contar hasta 10



Explicar mi emoción



Buscar soluciones



Yo tengo que



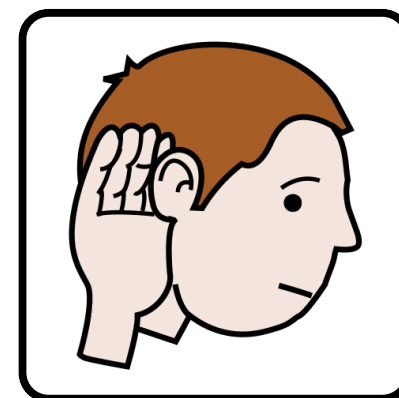
Trabajar



Usar el material



Leer



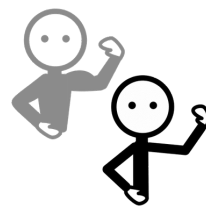
Escuchar



Hay cosas negativas:



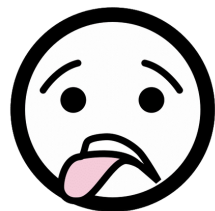
Gritar



Agotarse



Sacarse mocos



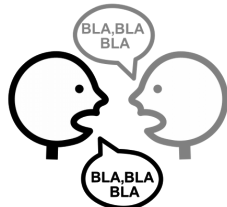
¡Qué asco!



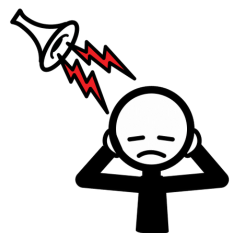
Levantarse de la silla



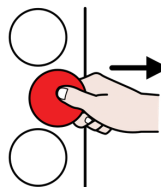
¡Vuelve a sentarte!



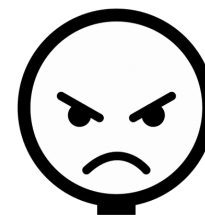
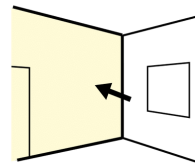
Interrumpir



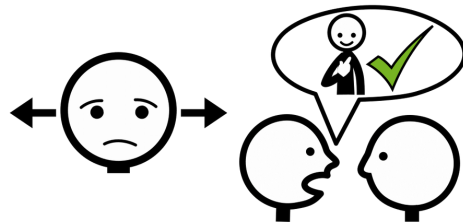
Estar molesto



Quitar algo de la pared



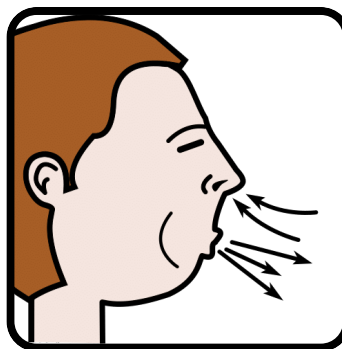
Lydia puede enfadarse



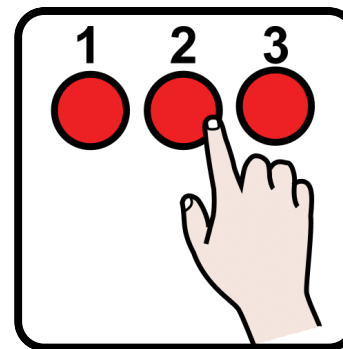
Estoy enfadado y no he actuado bien. ¿Qué hago?



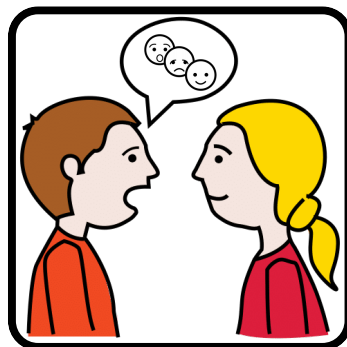
¡Pedir AYUDA!



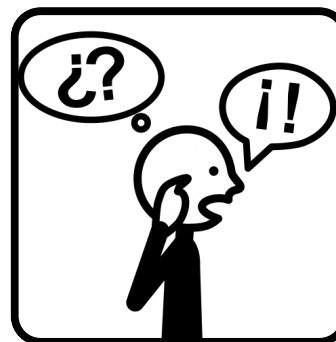
Respirar



Contar hasta 10



Explicar mi emoción



Buscar soluciones