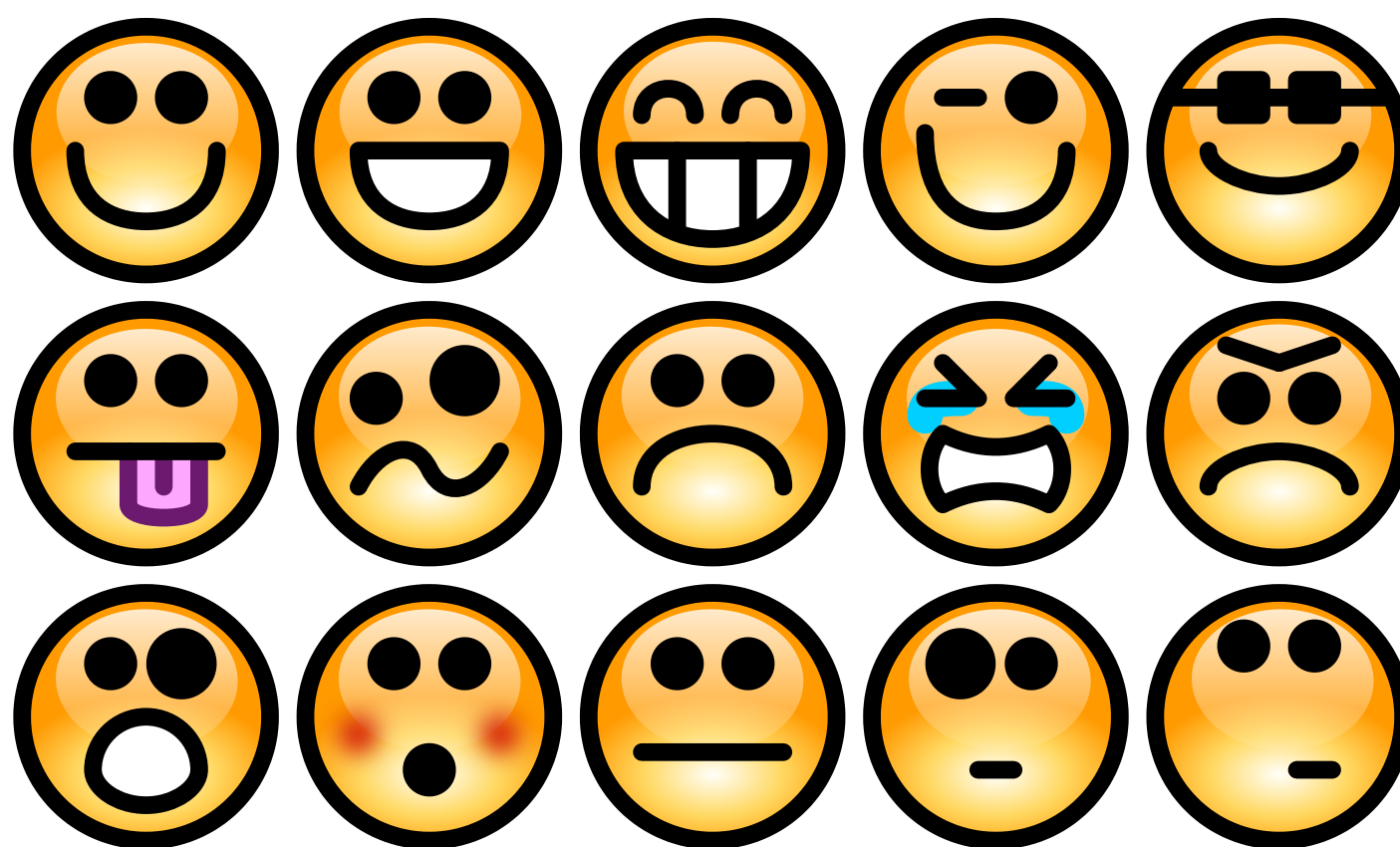
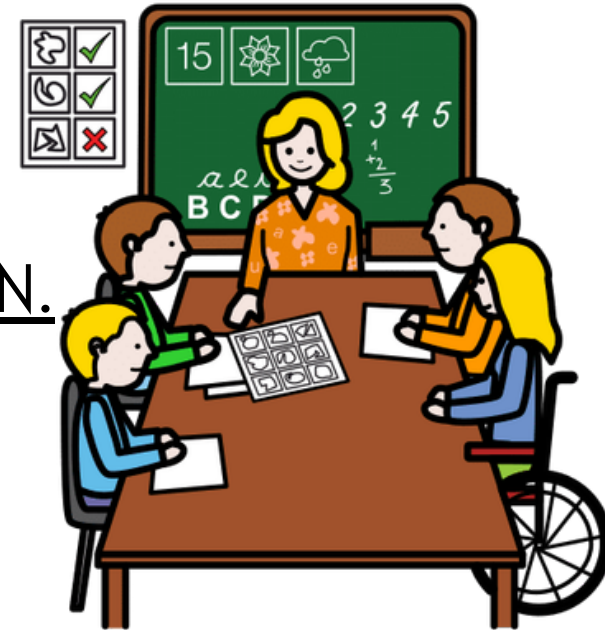


MI LIBRO DE EMOCIONES IMPORTANTES



NOMBRE

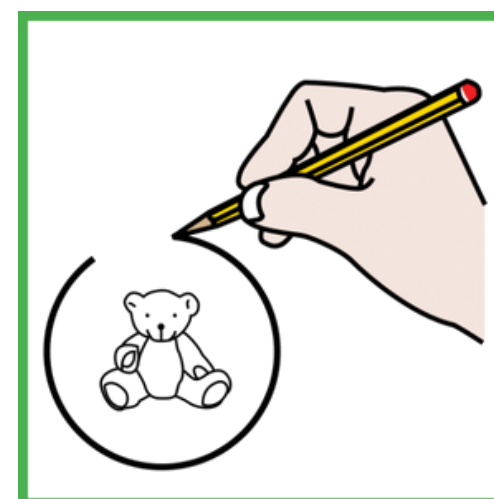
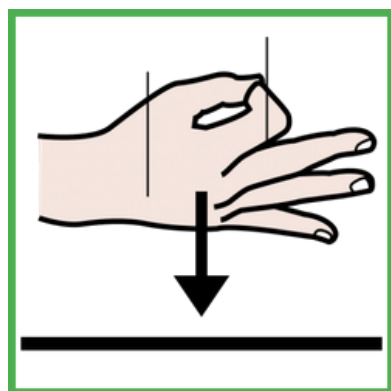
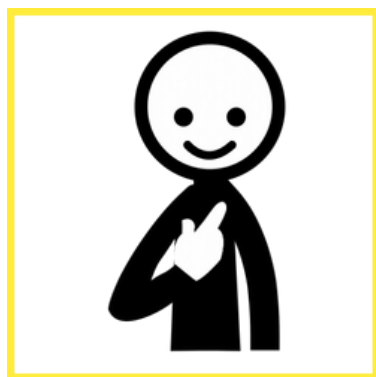


CUADERNO PARA TRABAJAR LAS HABILIDADES EMOCIONALES Y SU GESTIÓN.

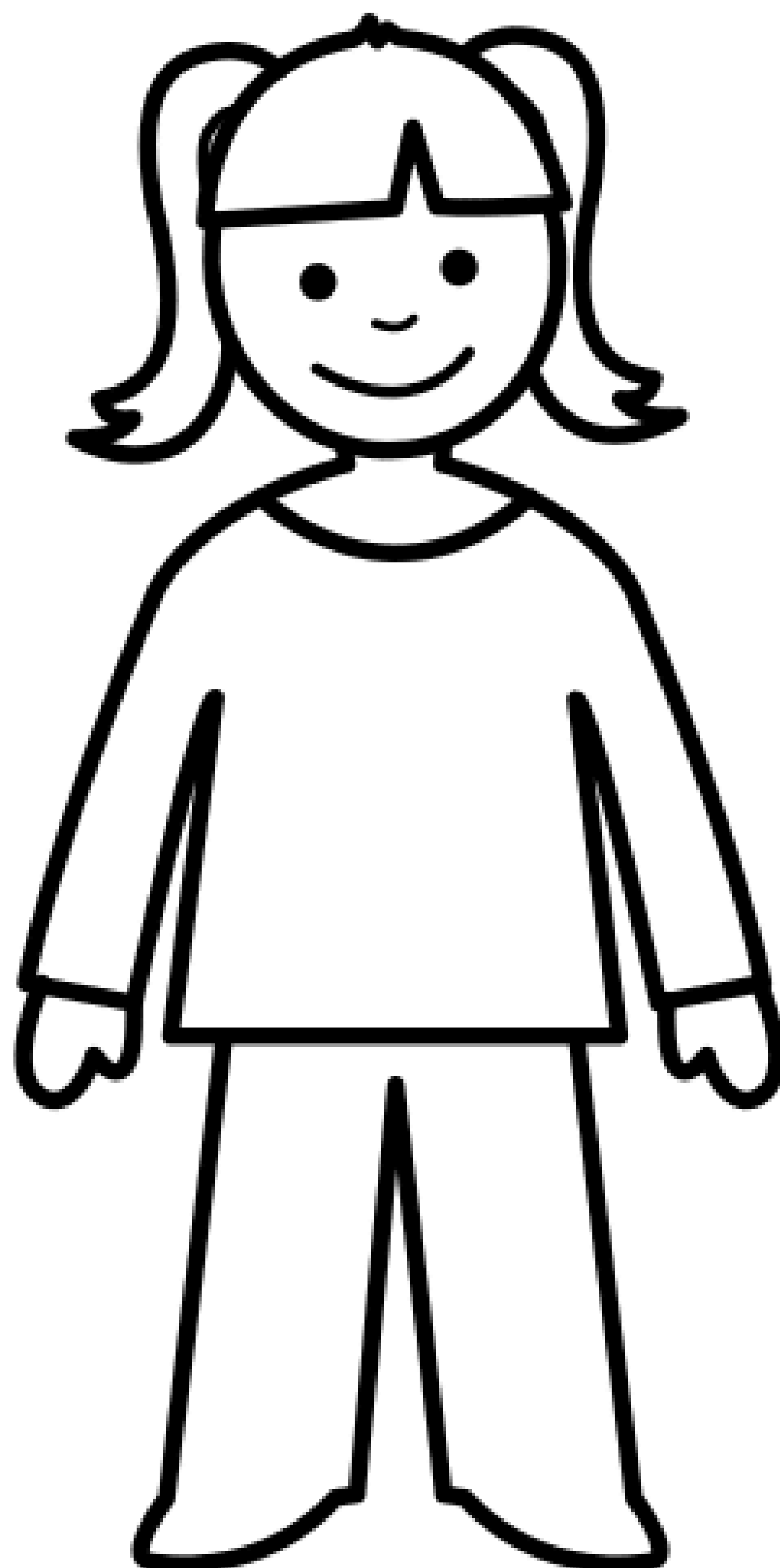
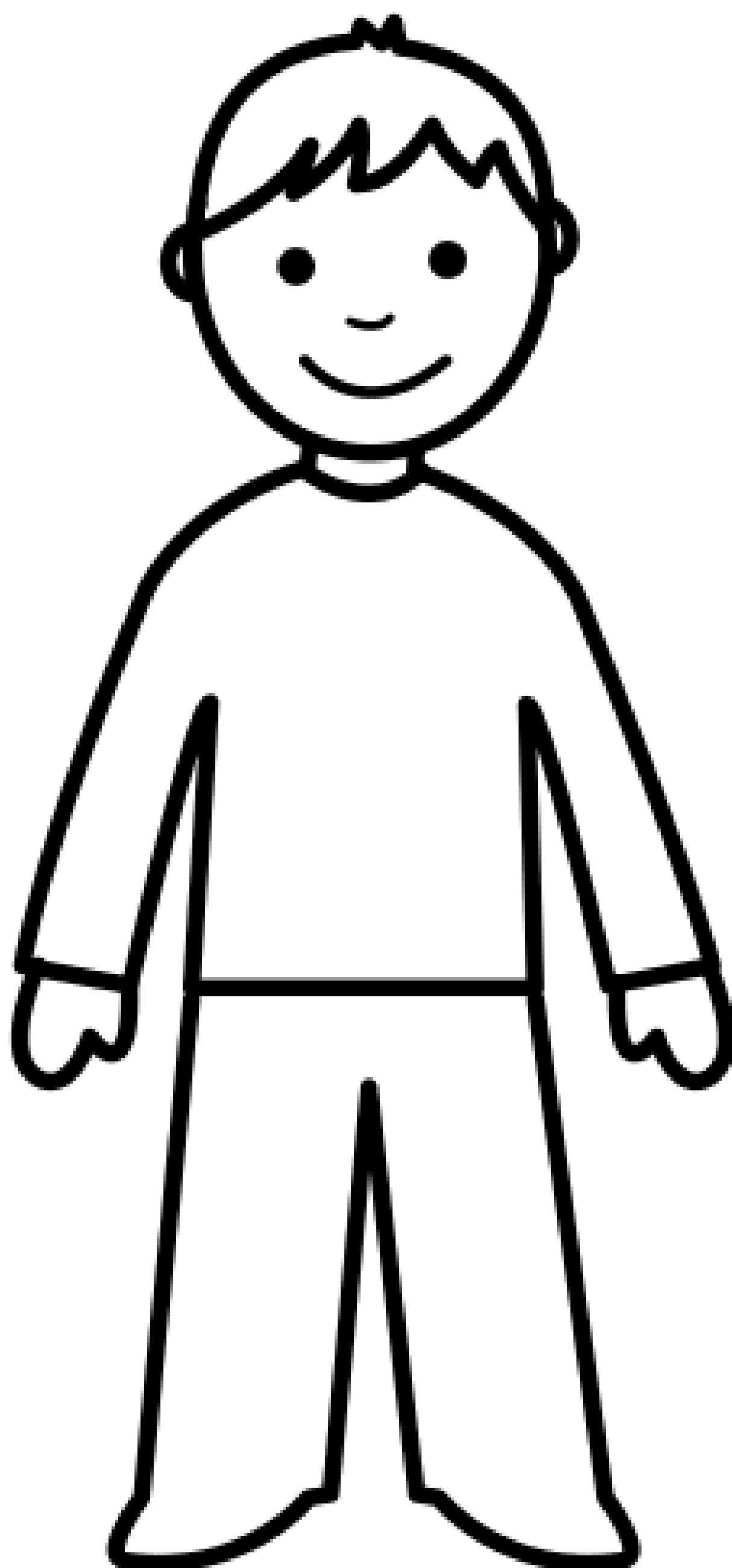
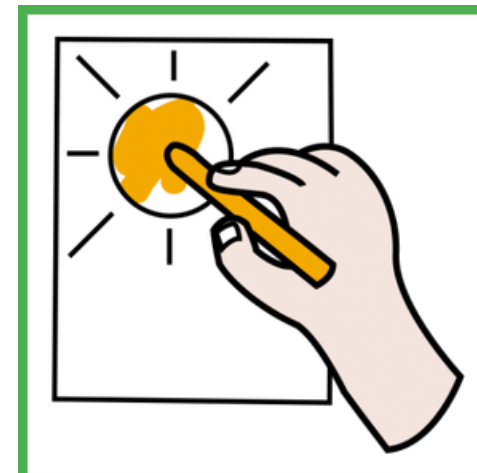
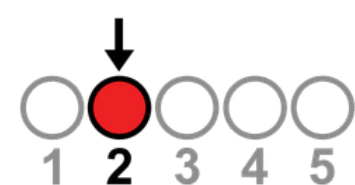
Modo en qué se trabajó.

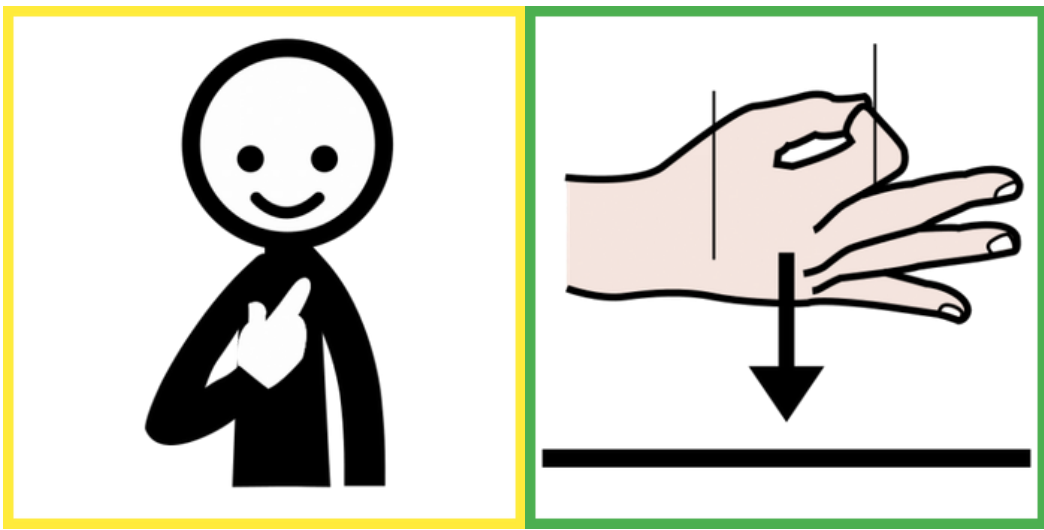
En el aula de Pedagogía Terapéutica en individual, después en agrupación de pareja. Cuando está funcionando y el alumnado lo demanda se incorpora a su aula en la zona de calma, para su uso cuando lo requiera.

- Página 1: cada alumno personaliza la portada.
 - Página 3: se identifica con un género, lo rodea y colorea.
 - Página 4: esta es una página para señalar. Explicamos nuevamente las emociones primarias relacionadas con el semáforo y el volcán de las emociones (que ya conocen de otras intervenciones). Anteriormente ya se ha trabajado la emoción “estoy enfadandome/ me siento raro/estoy saturado”.
 - Página 5: para aprender que cuando el sonido le incomoda ha de ponerse los cascos. Puede tenerlo también a modo “chuleta en la mesa”.
 - Página 6-9: introducir las que sean necesarias, la puede escribir el alumno o alumna e incluso nosotros según pidan. Se trata de documentar en qué situaciones se han sentido extraños, molestos, han dado una inadecuada respuesta, o se la han dado a ellos y cómo se podría haber resuelto de otra manera, respetando las normas y los sentimientos de todos.
 - Resto de páginas: son para autorregularse con los intereses y recursos que comenta la familia y el alumnado, que le devuelven a la calma: coloreado de mandalas temáticos, reproducción de dibujos, dibujo libre, recortado y pegado, calculo mecánico.
- *** Cuando el alumno o la alumna se encuentra intranquilo puede empezar por lo que le gusta y cuando está en calma, puede hablar de sus emociones.

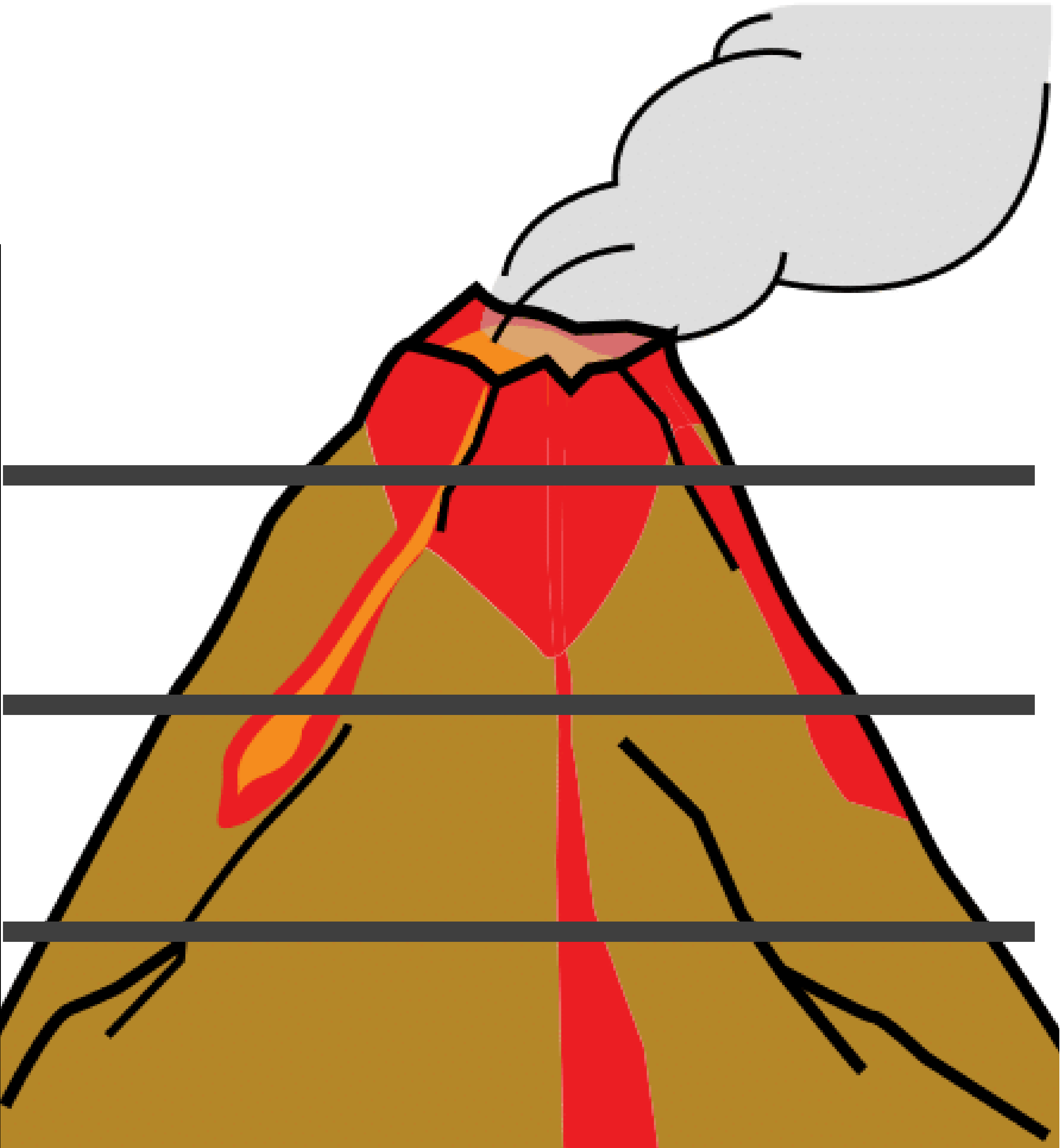
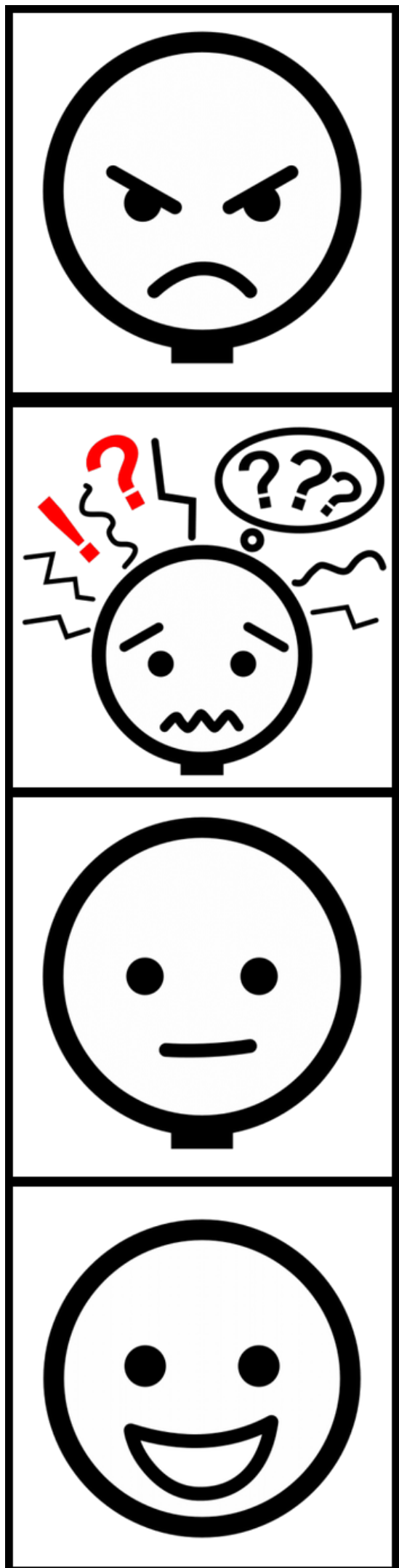


YO SOY...

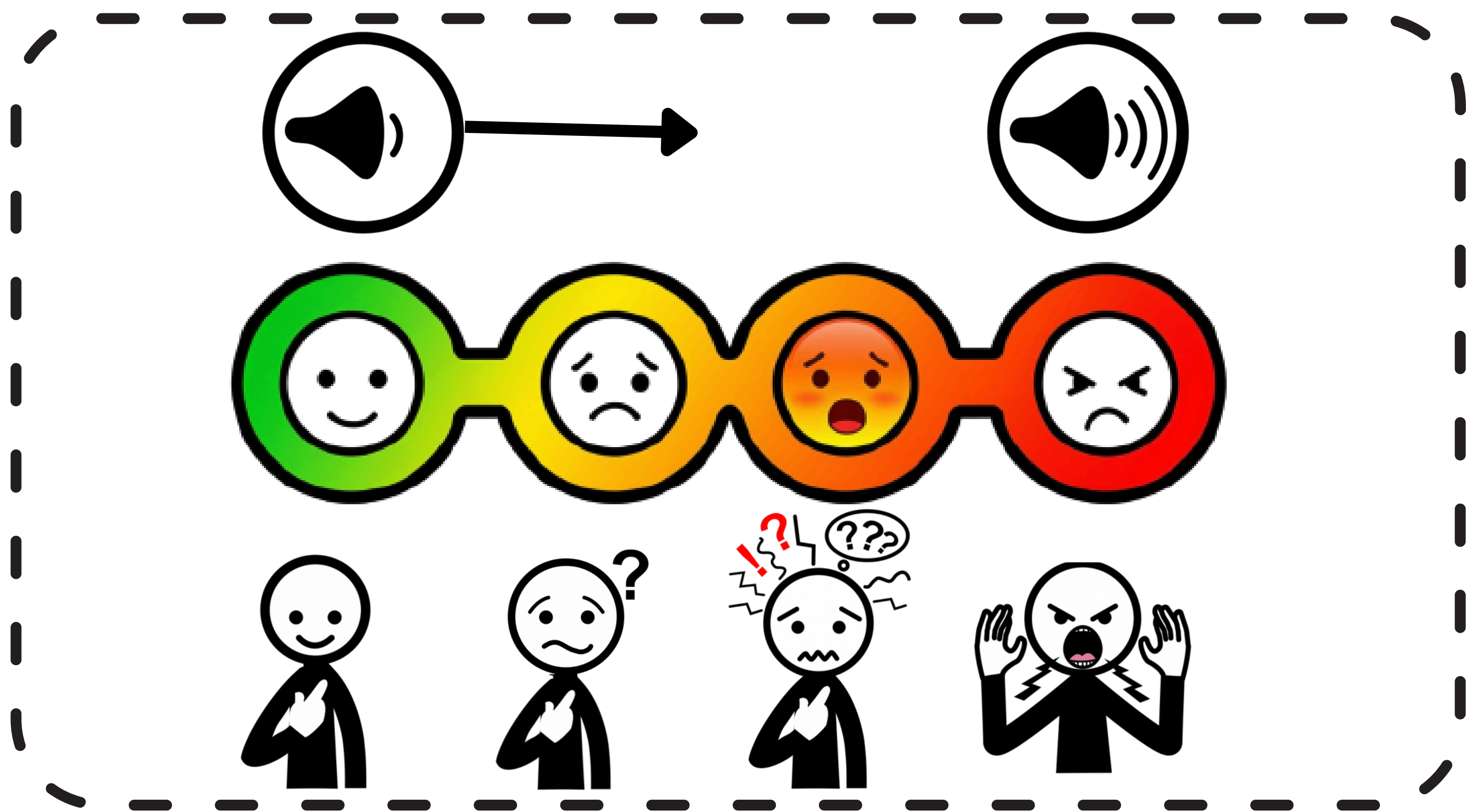




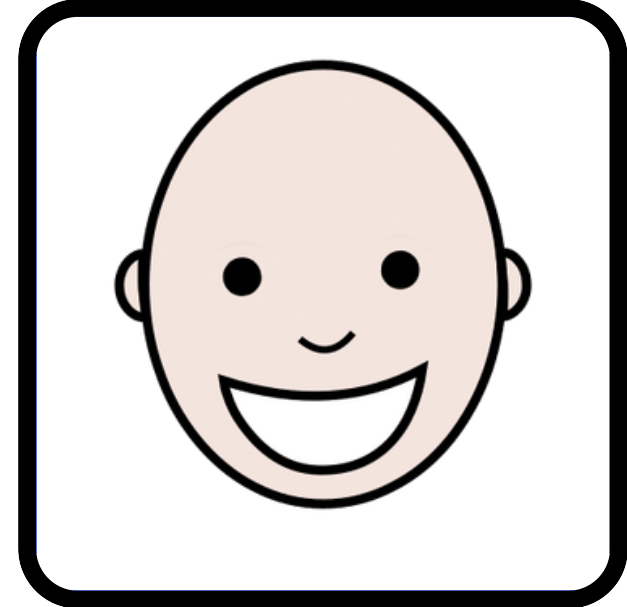
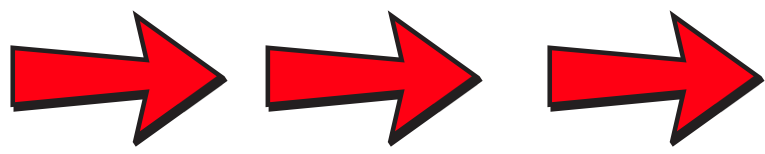
?



Si el sonido del cole me molesta, cojo los cascos y
estoy mejor



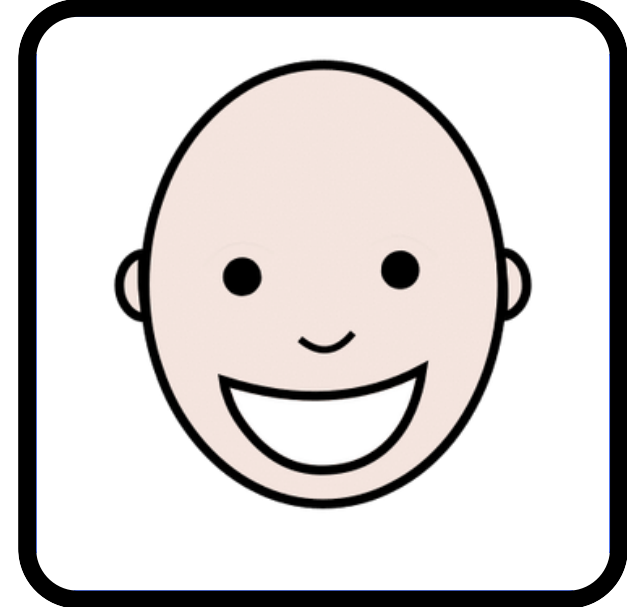
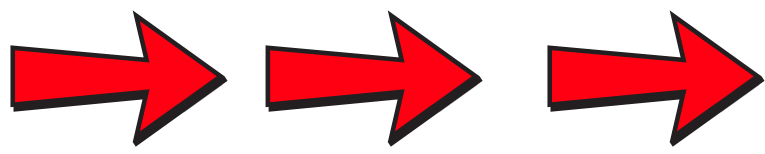
SITUACIONES Y ESTRATEGIAS



SITUACIONES

ESTRATEGIAS

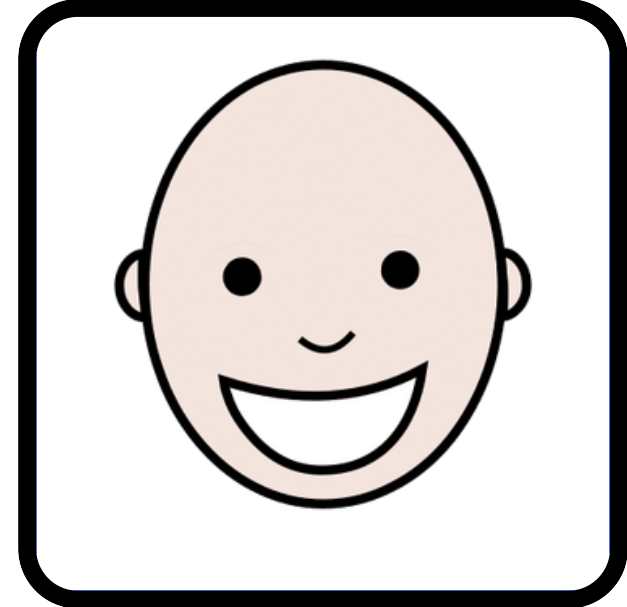
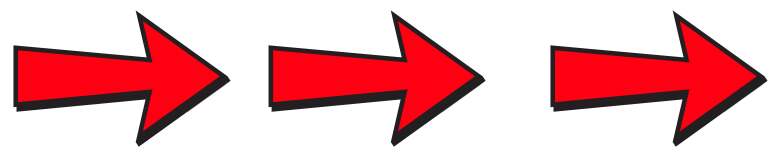
SITUACIONES Y ESTRATEGIAS



SITUACIONES

ESTRATEGIAS

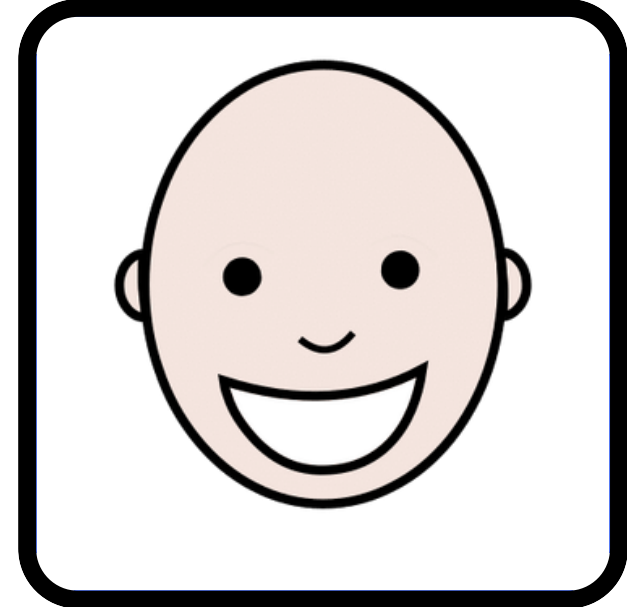
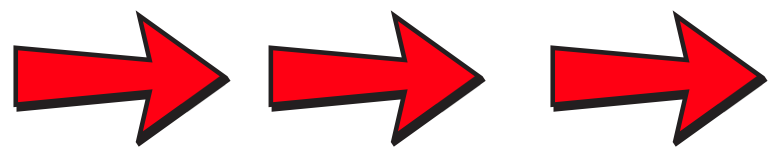
SITUACIONES Y ESTRATEGIAS



SITUACIONES

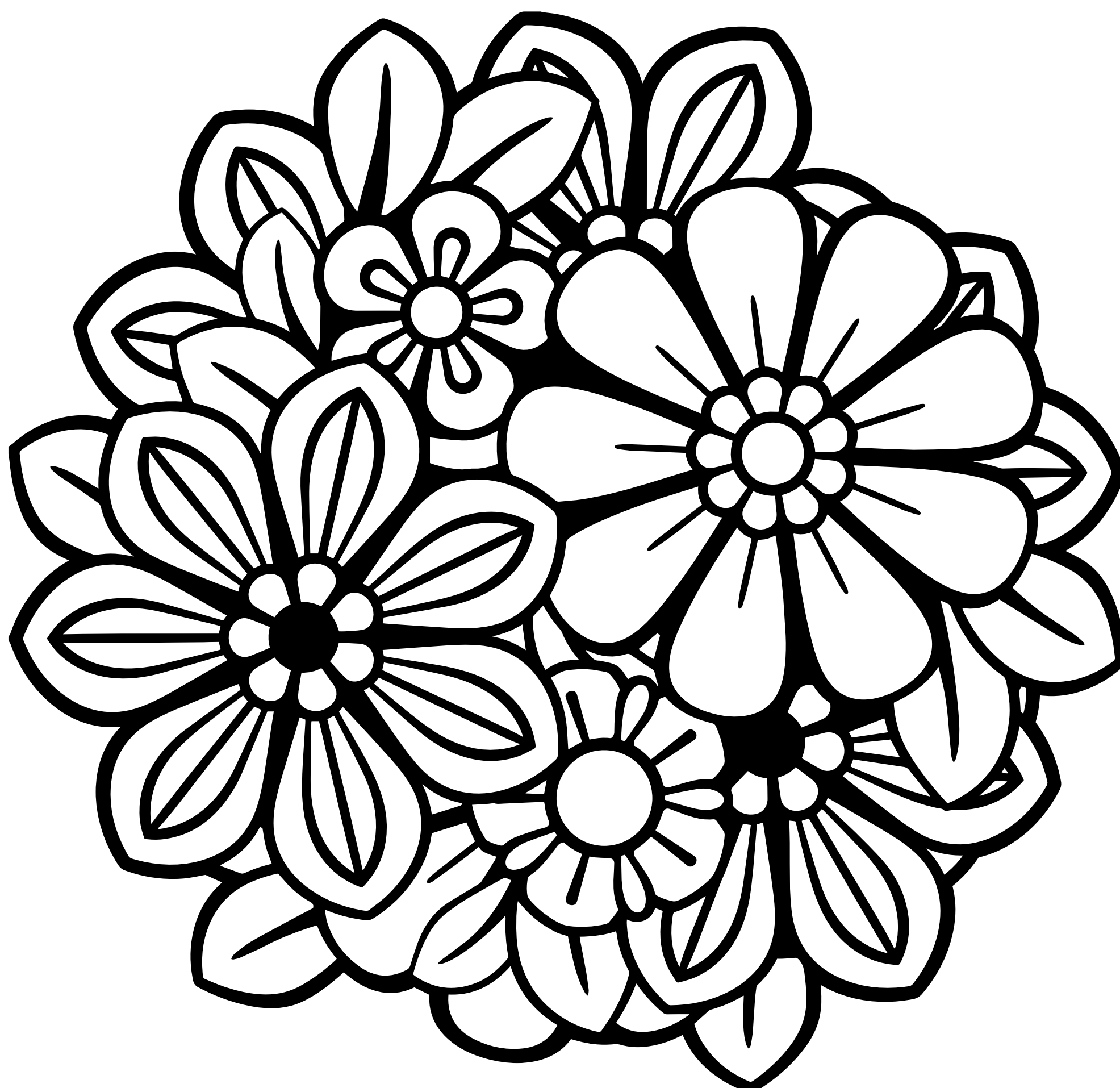
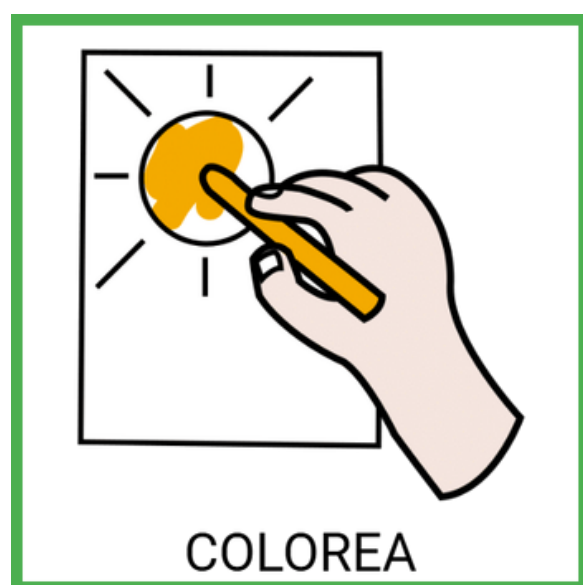
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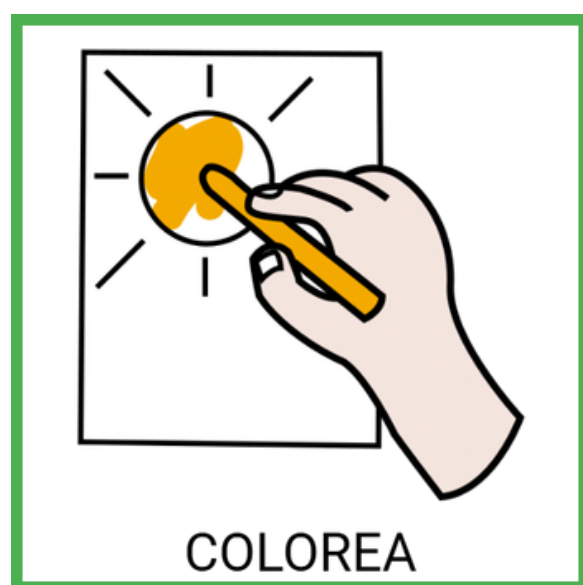
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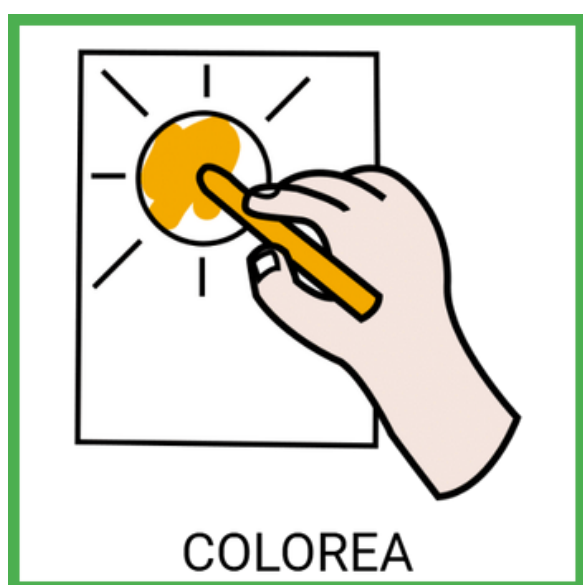


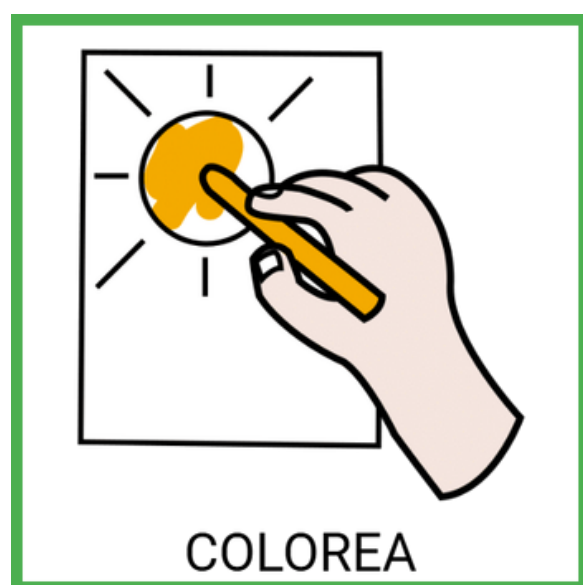
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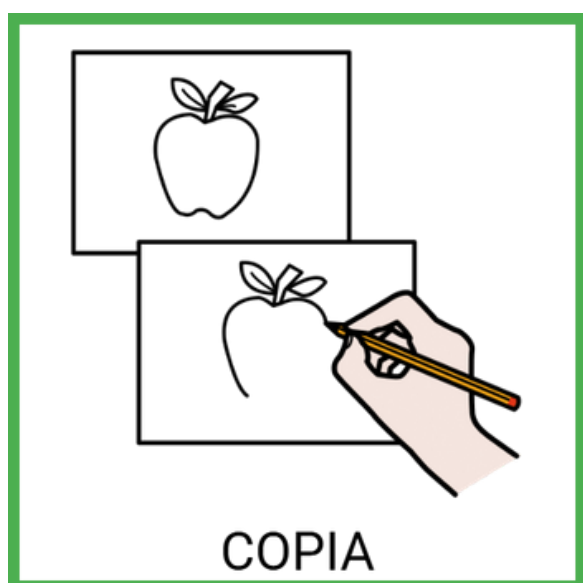
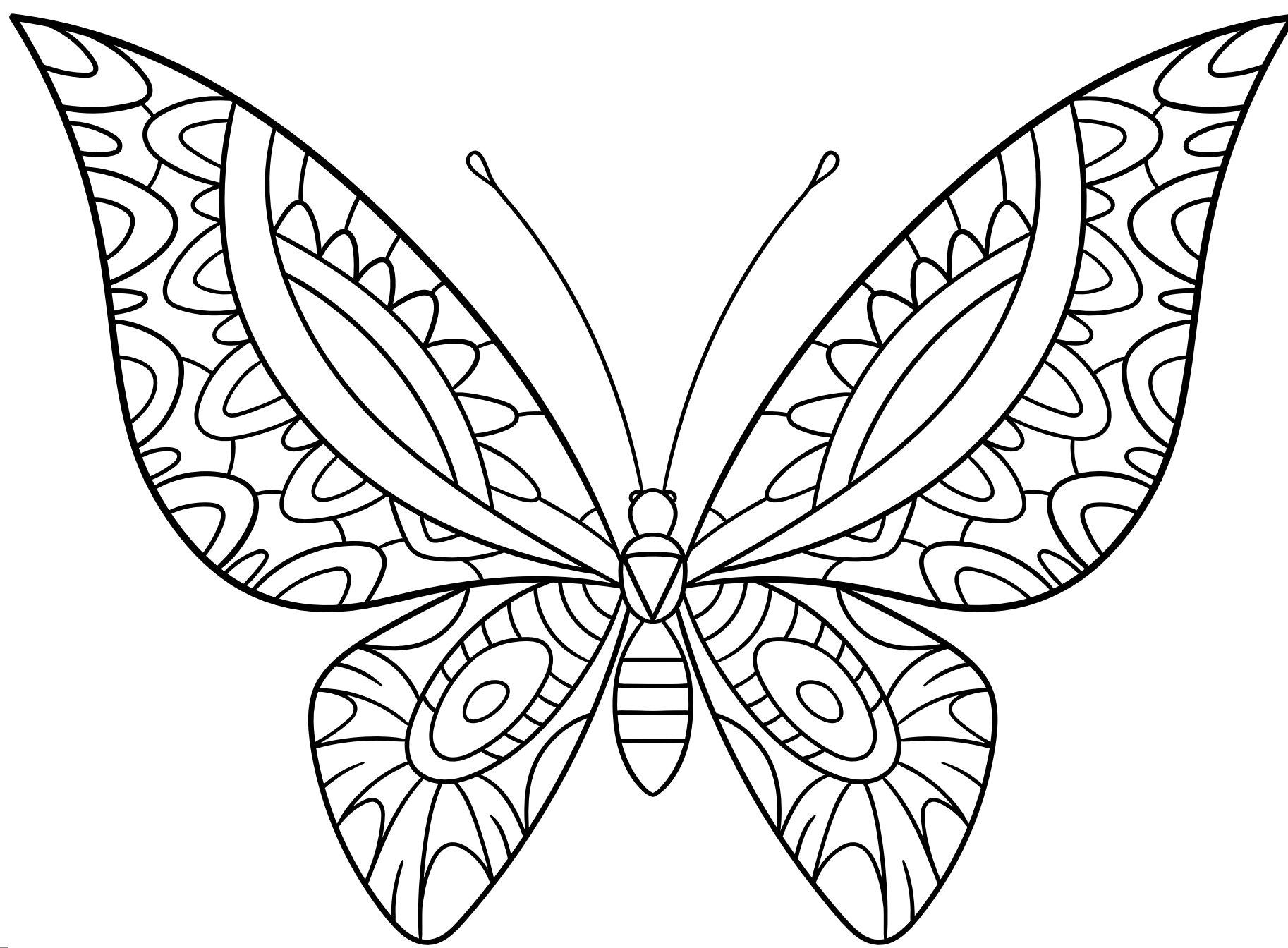
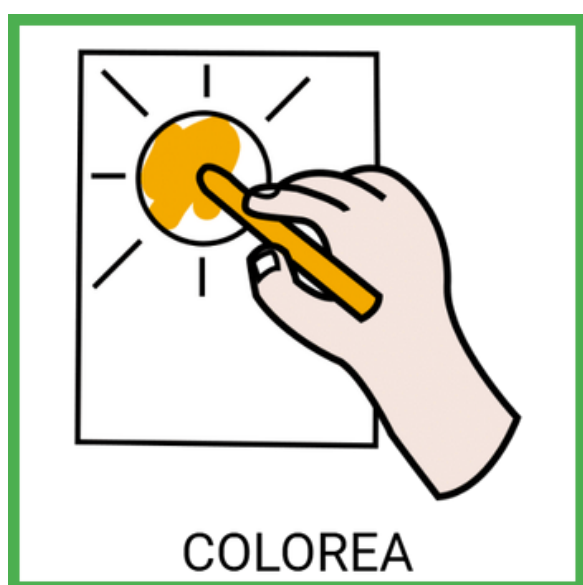
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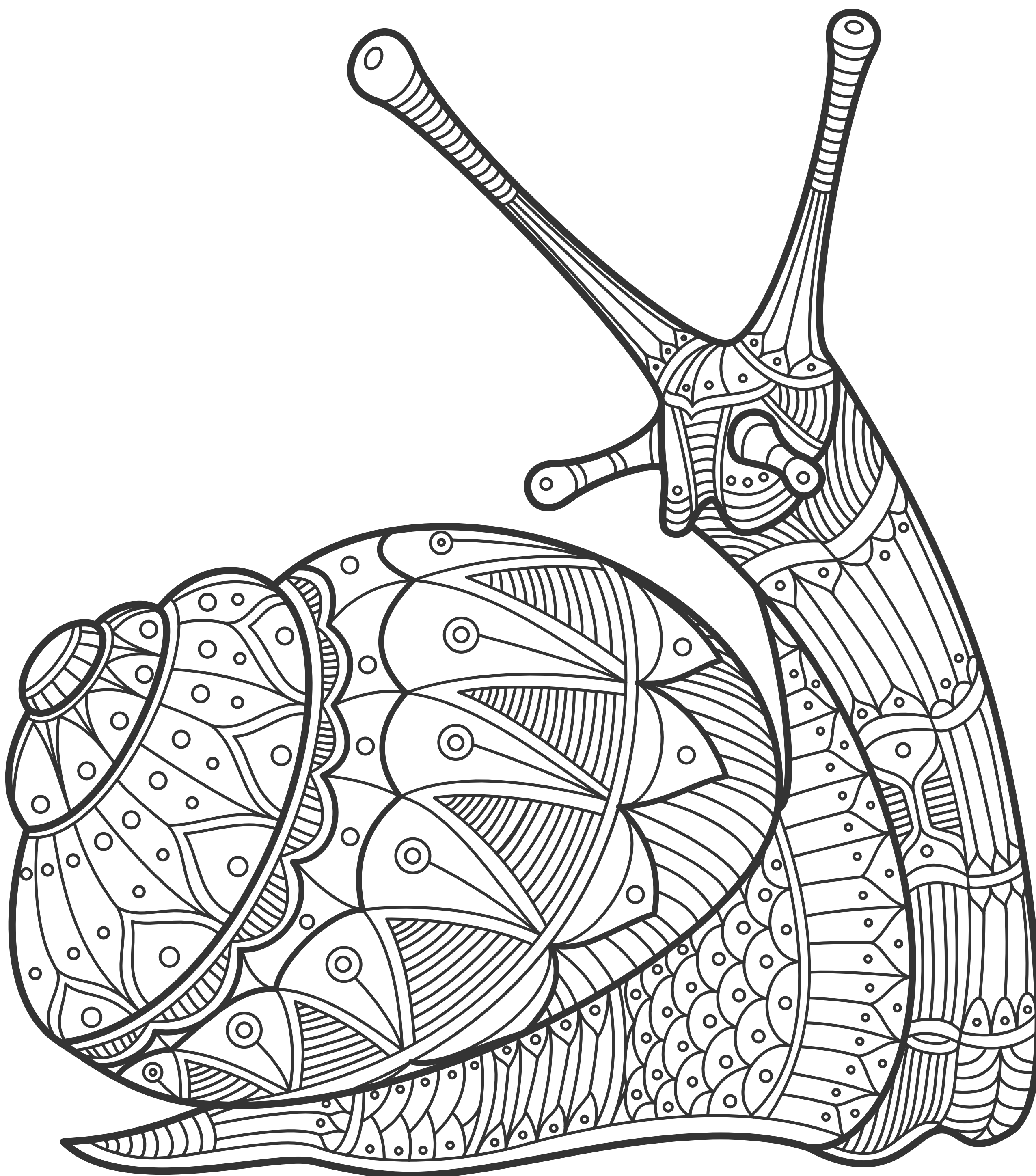
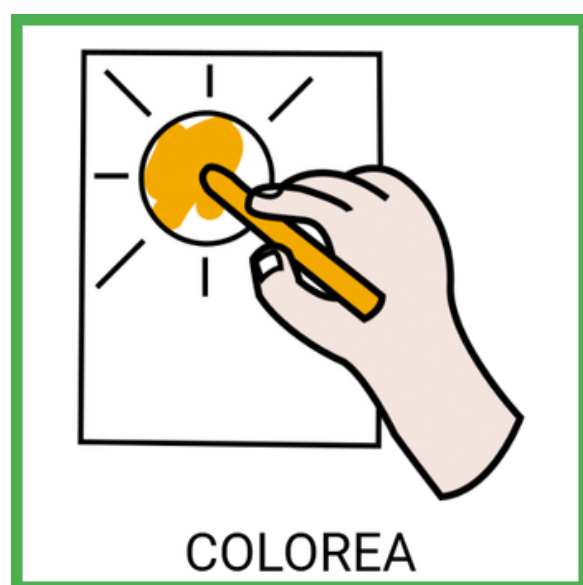


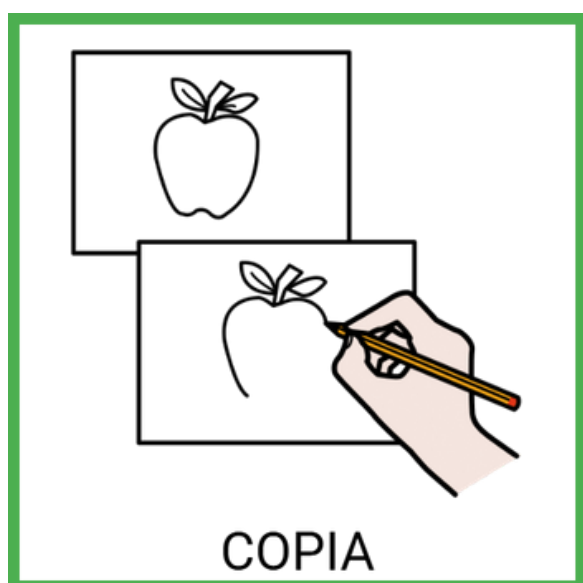
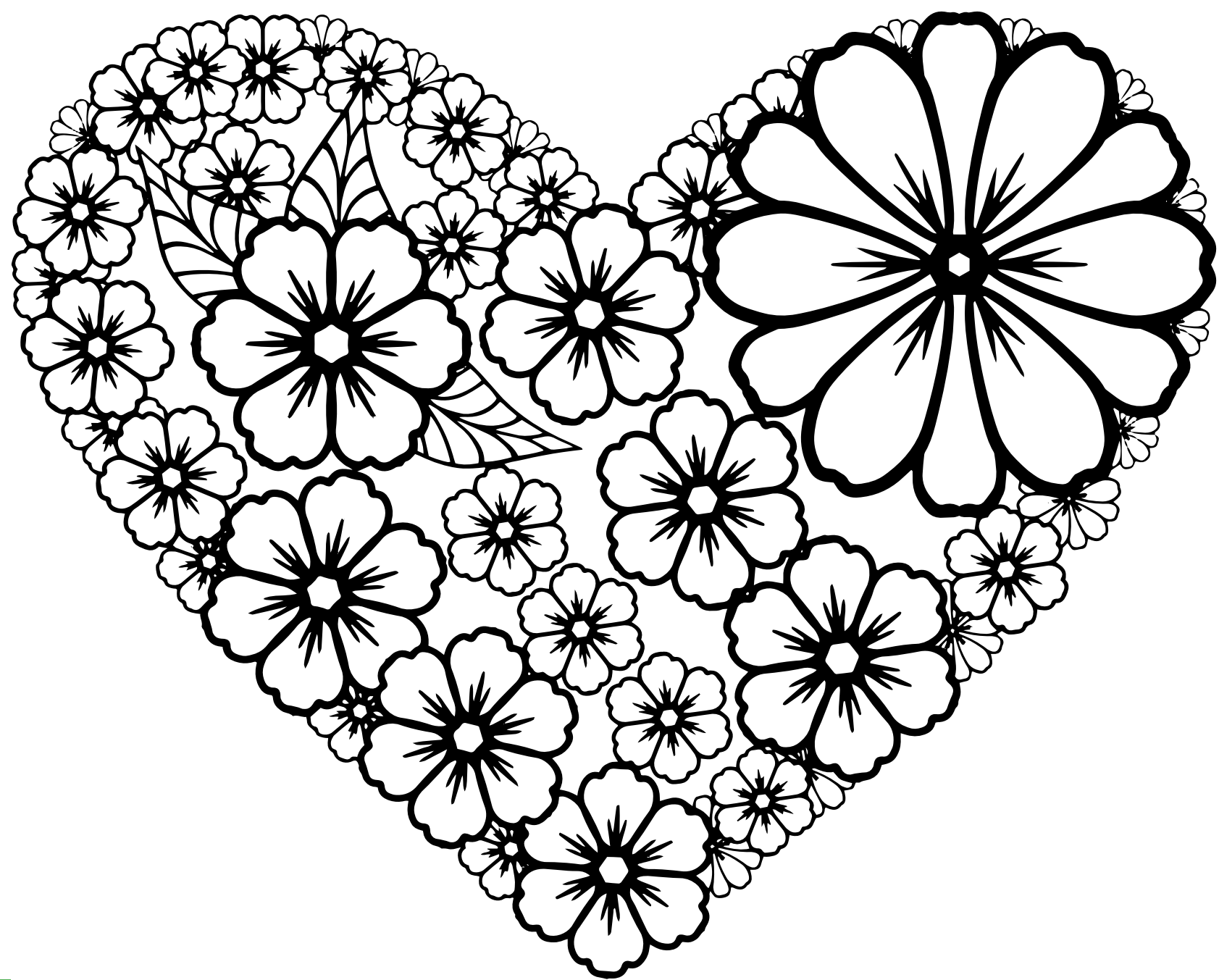
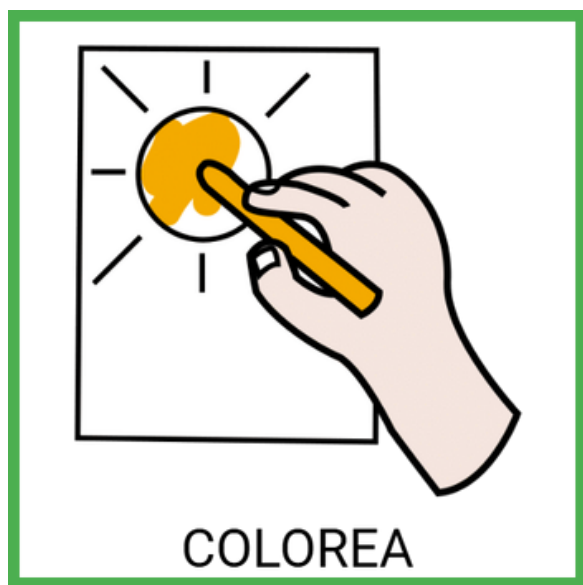


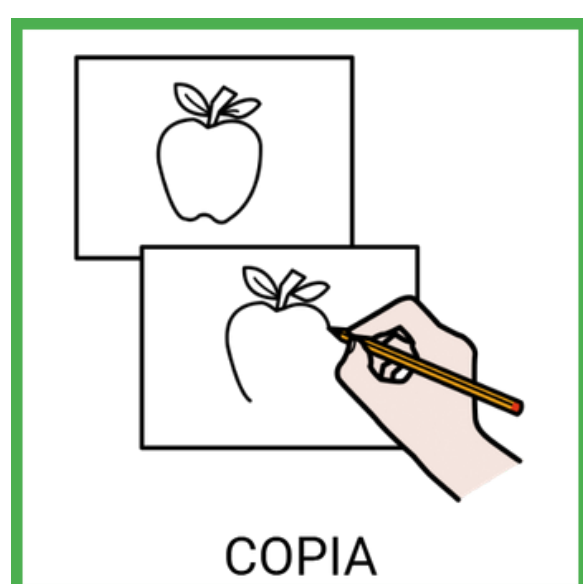
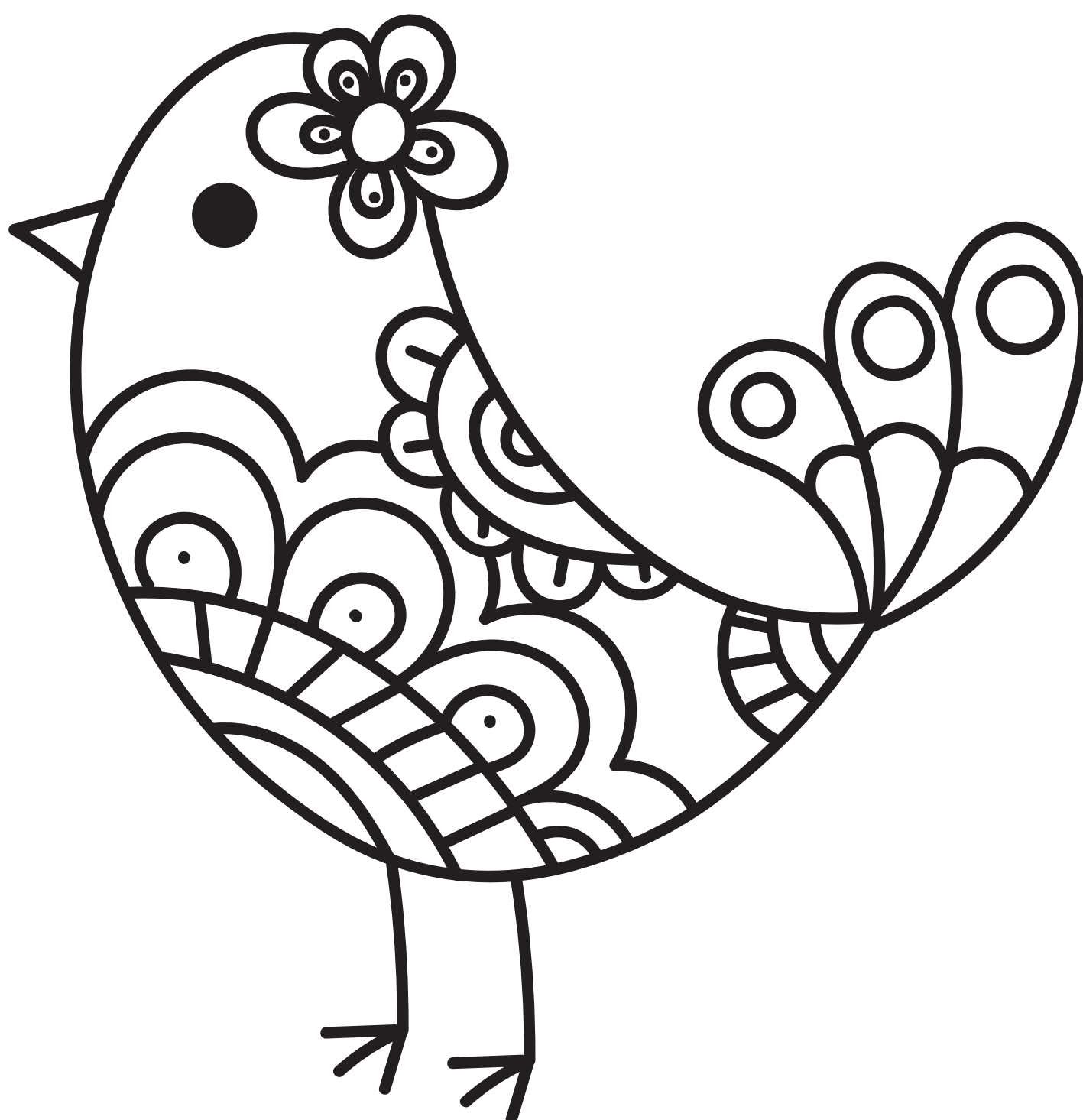
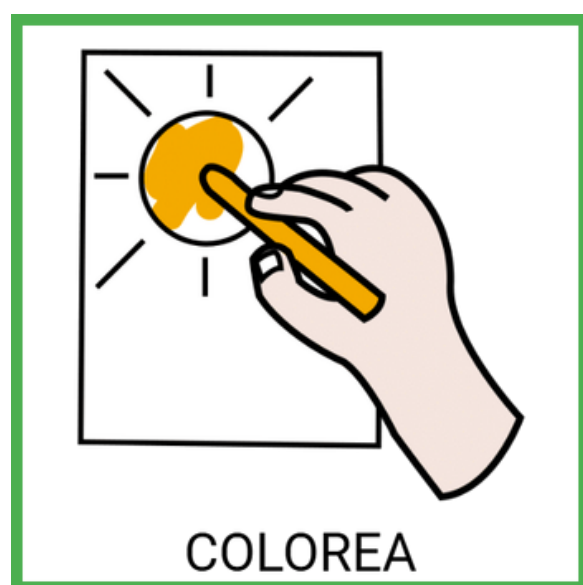


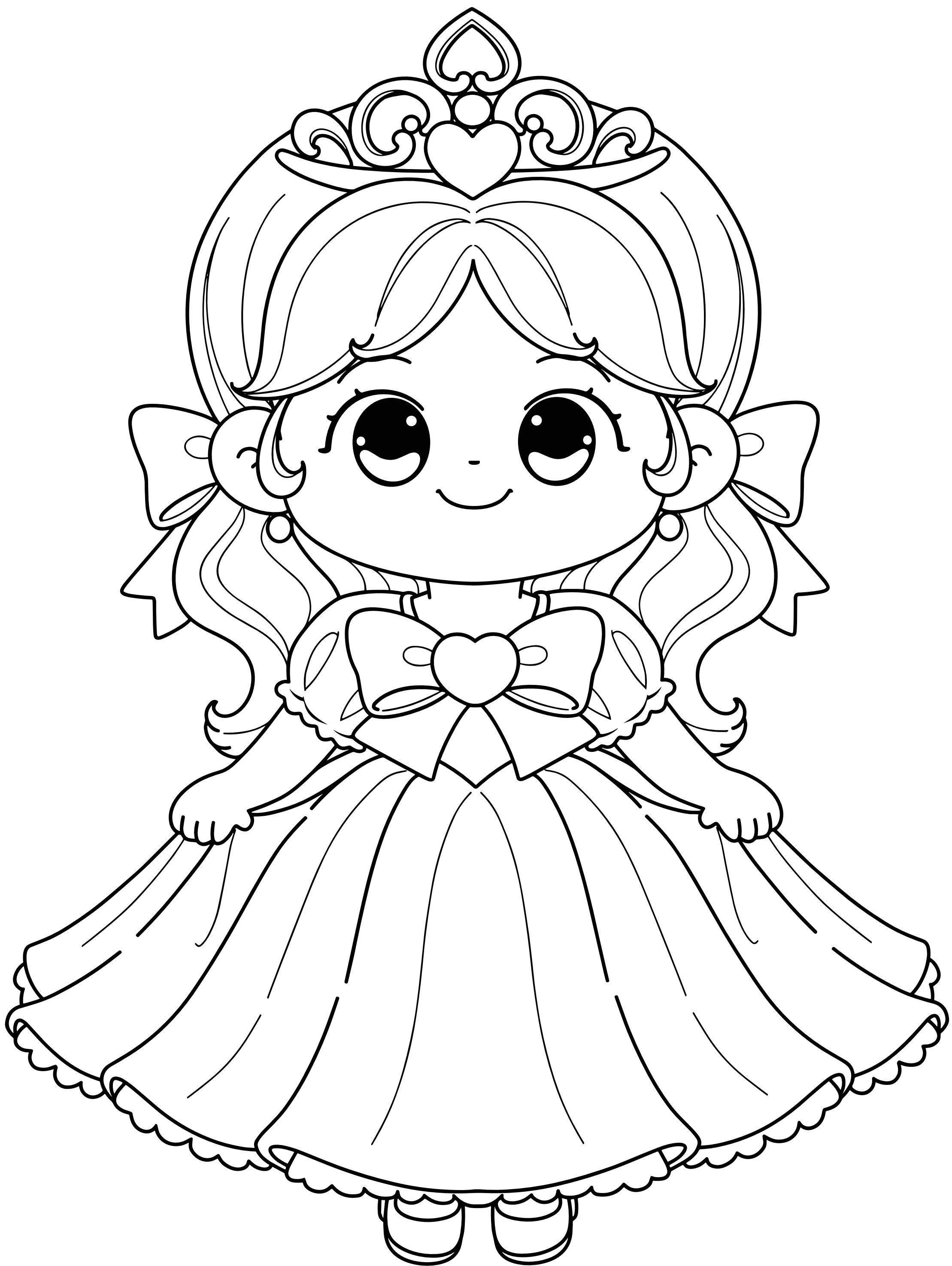
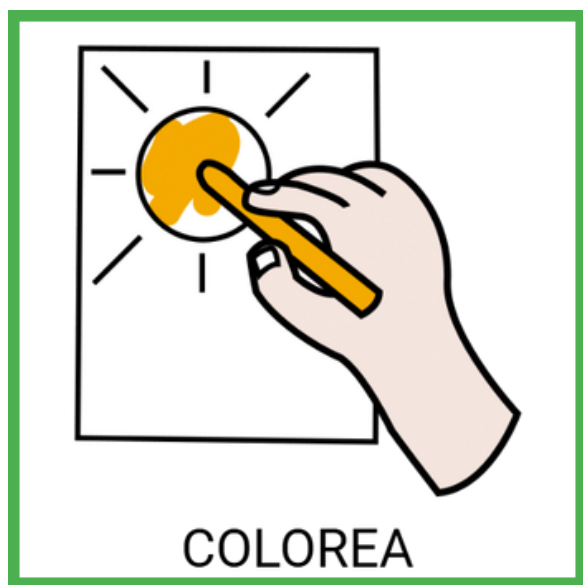


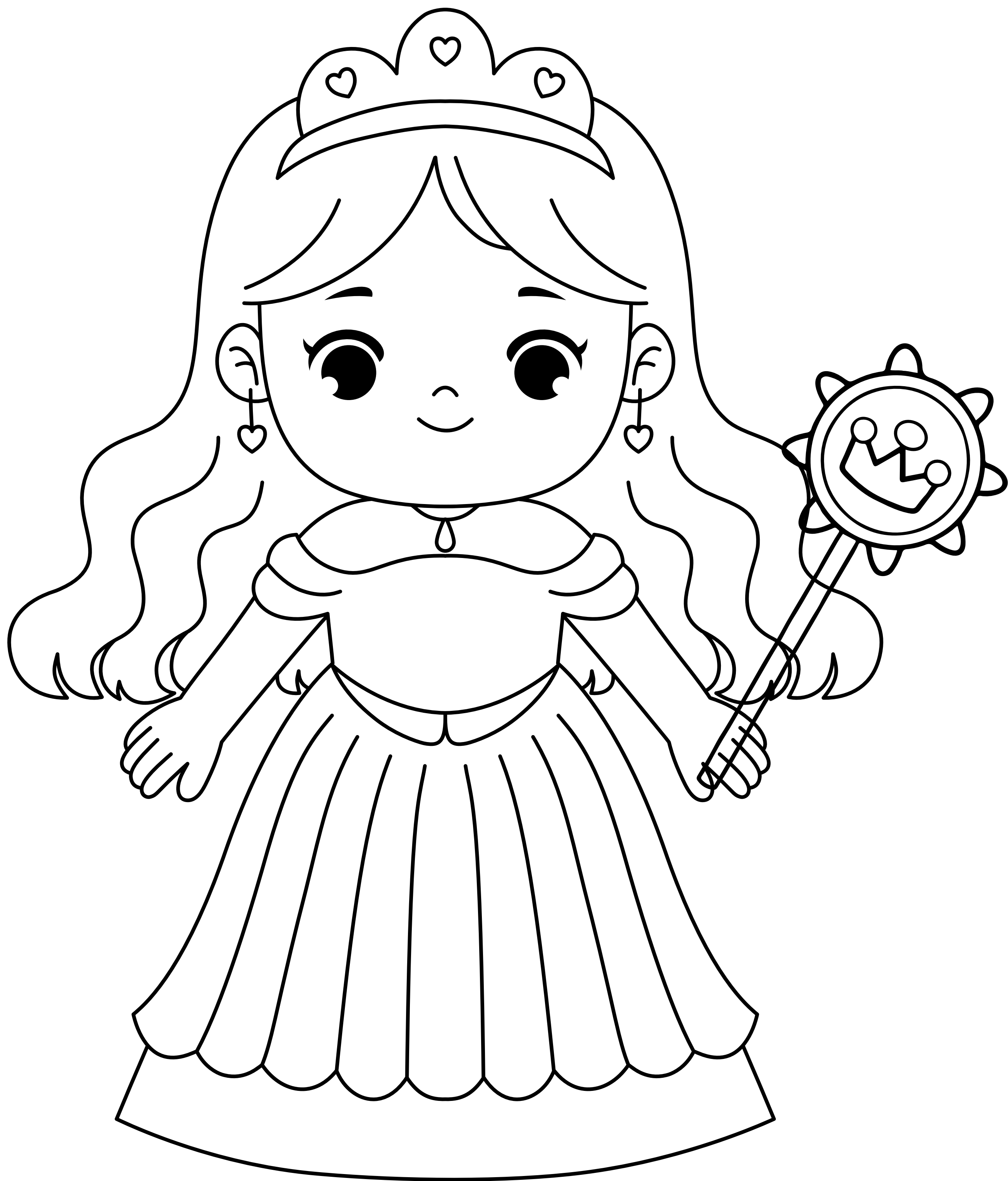
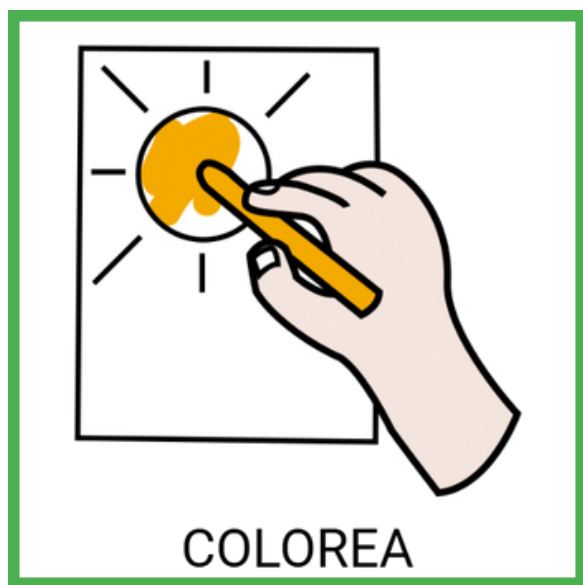


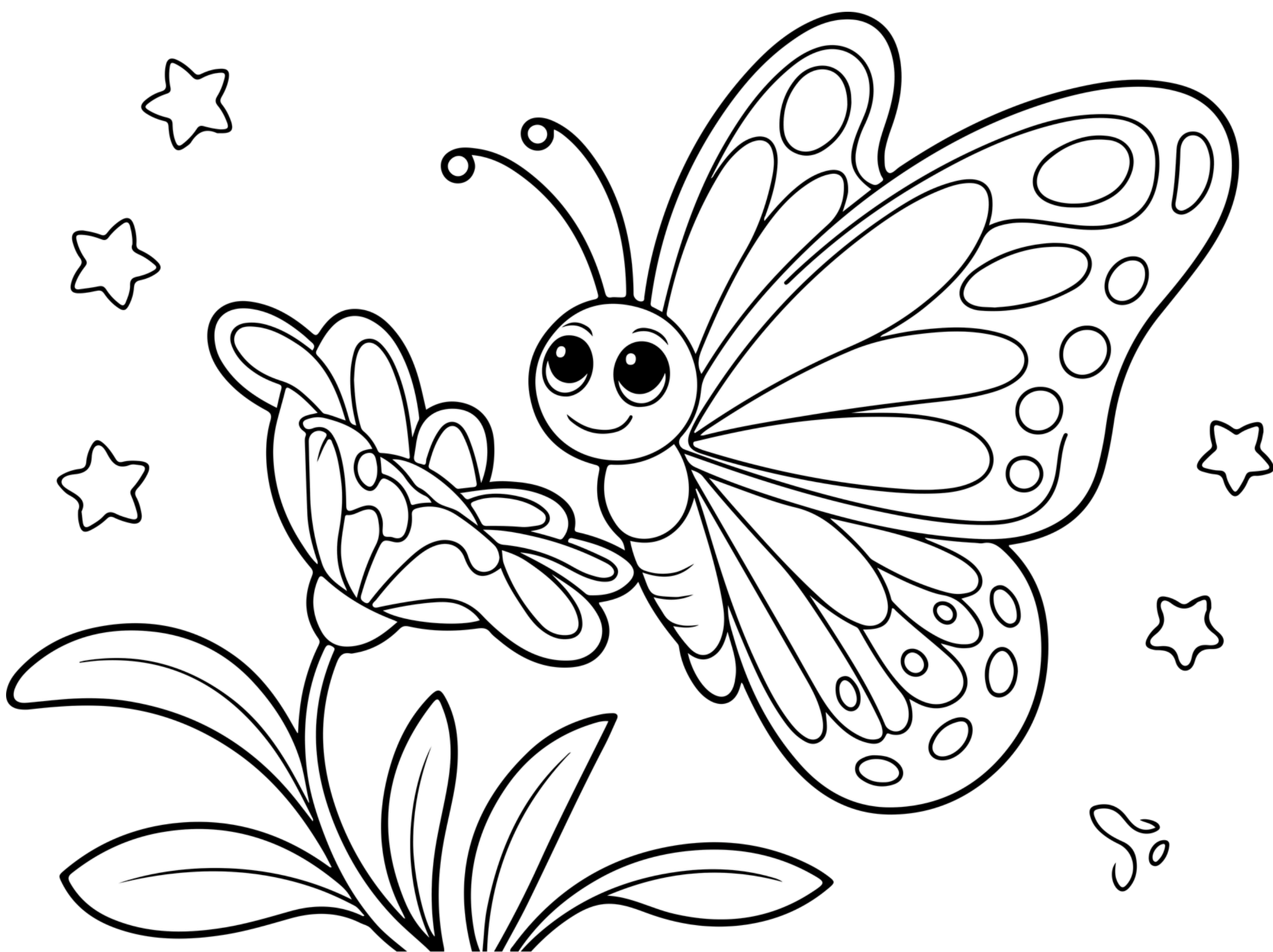
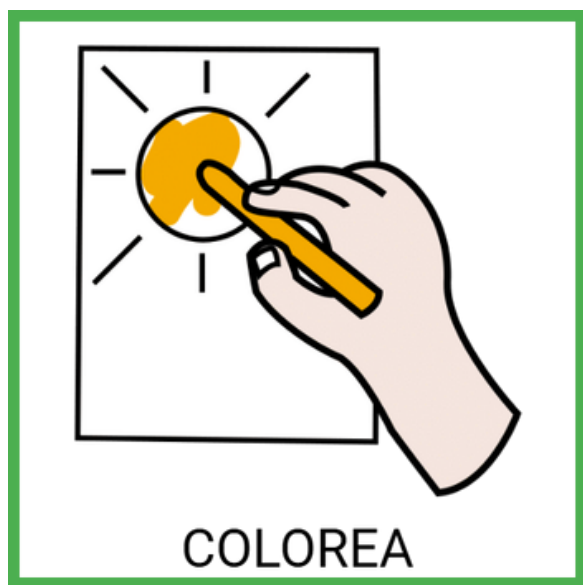


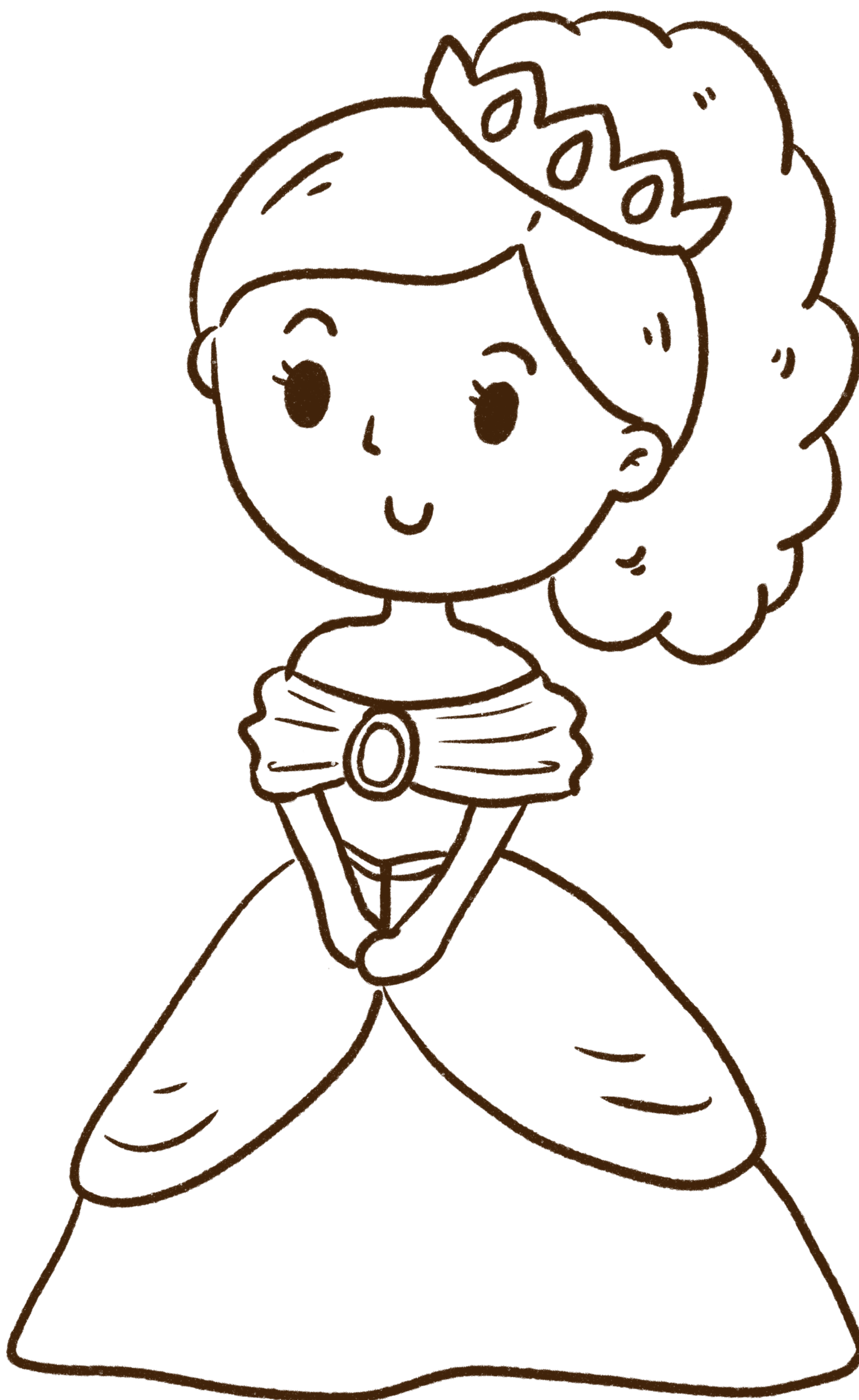
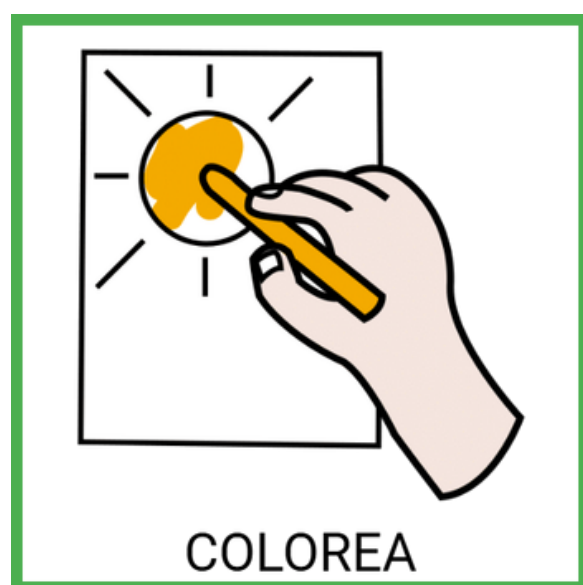


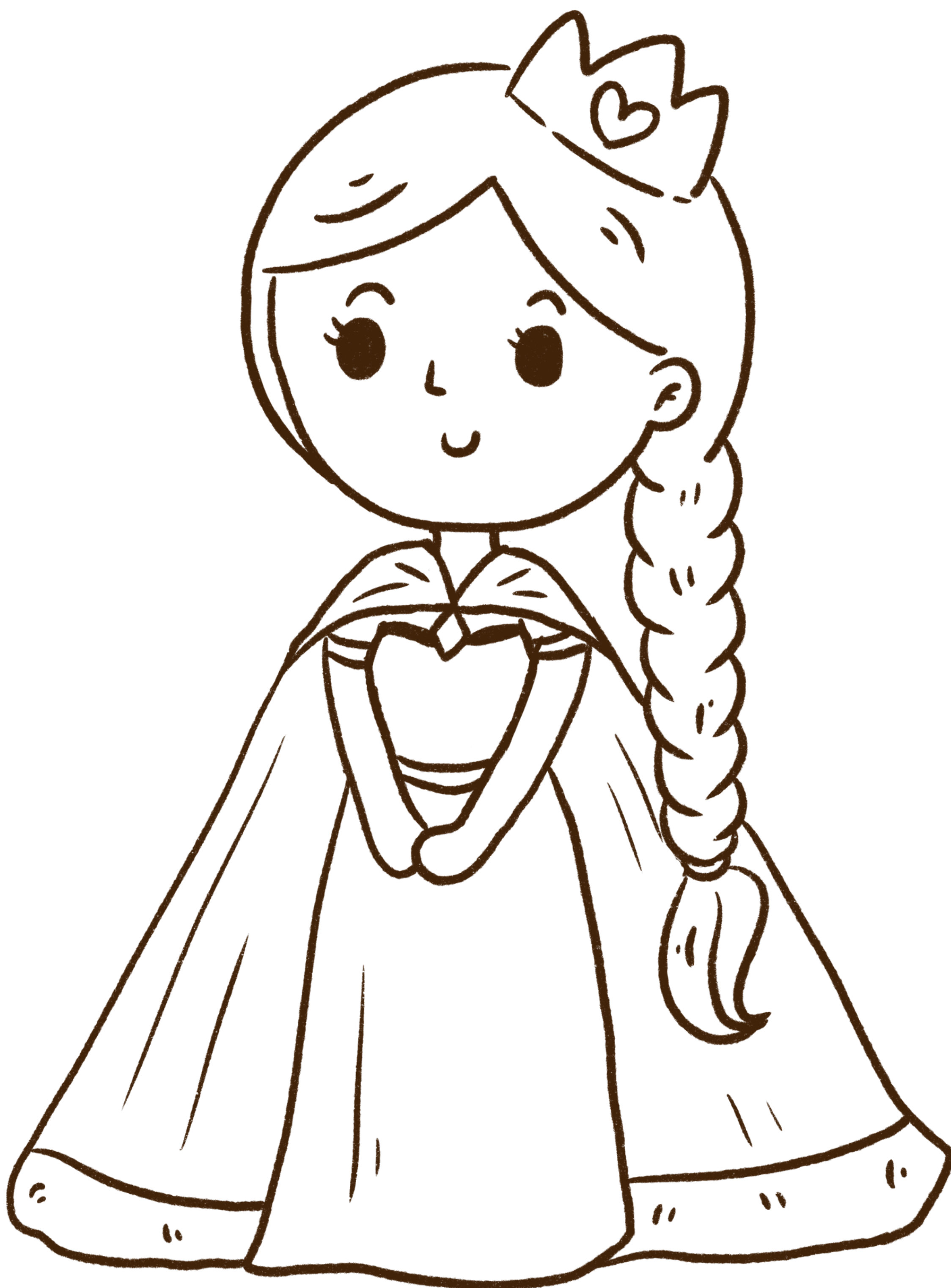
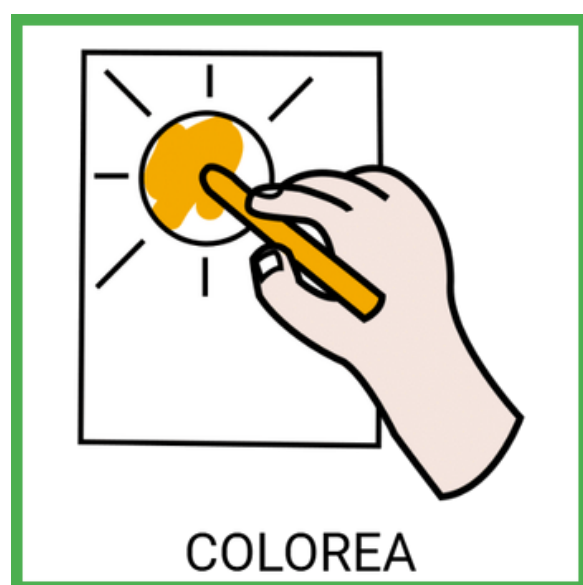


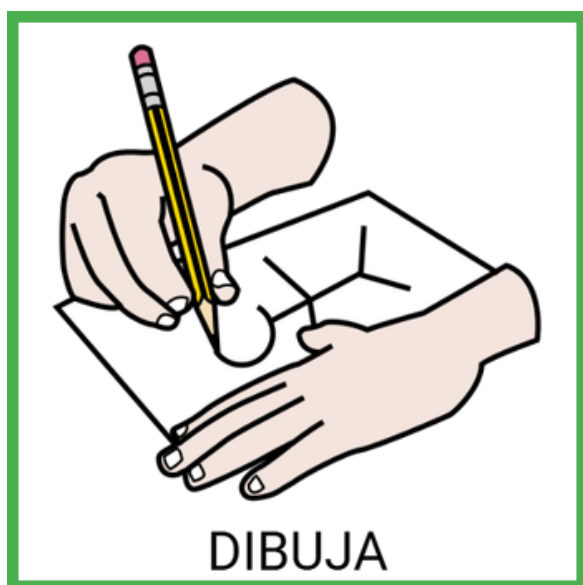
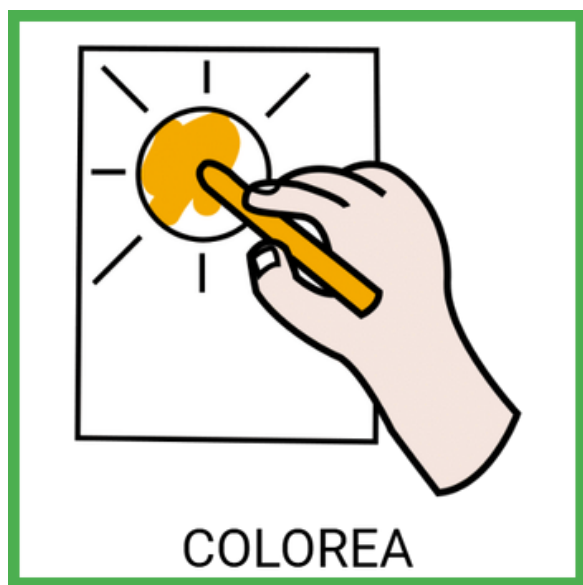


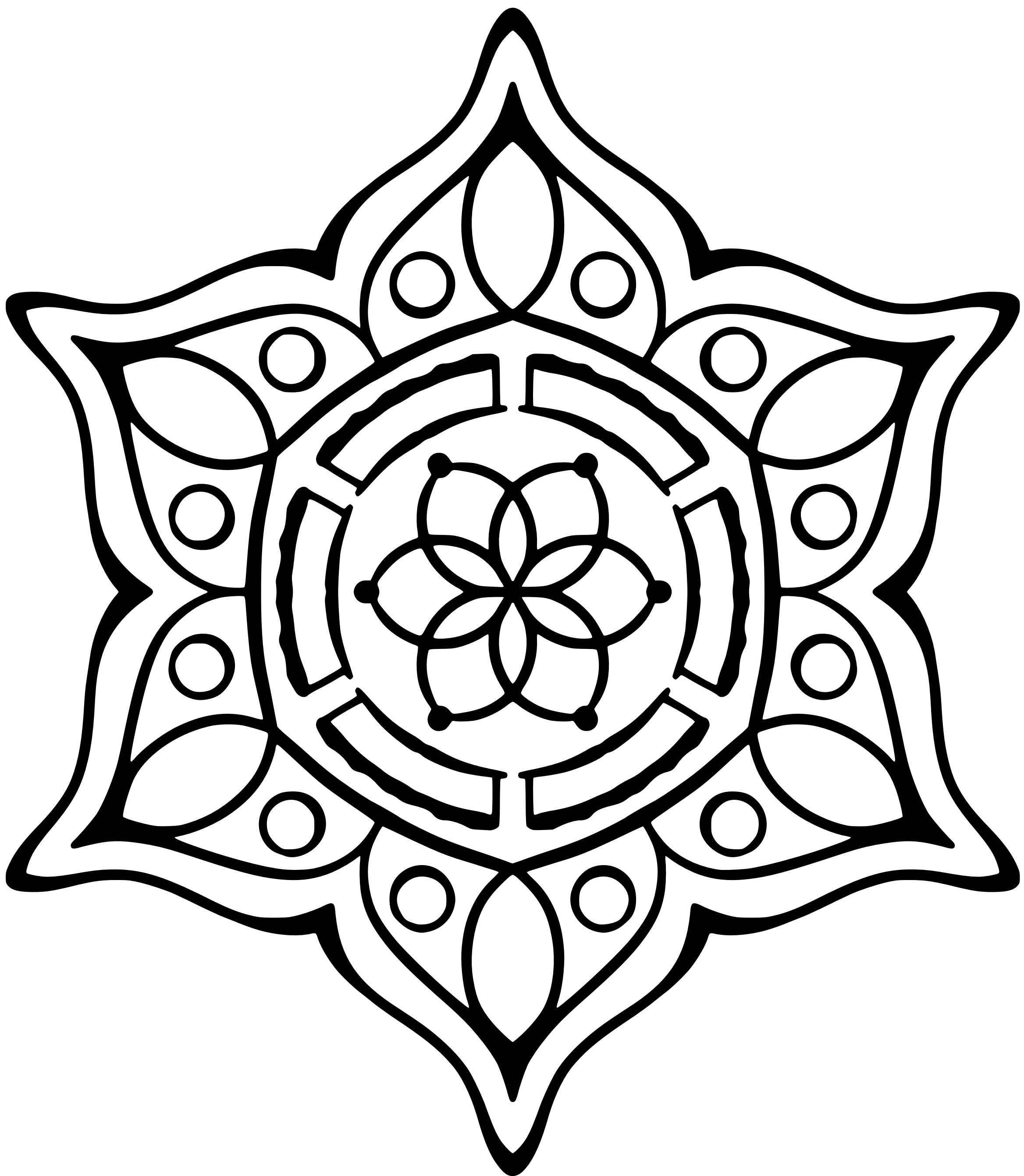
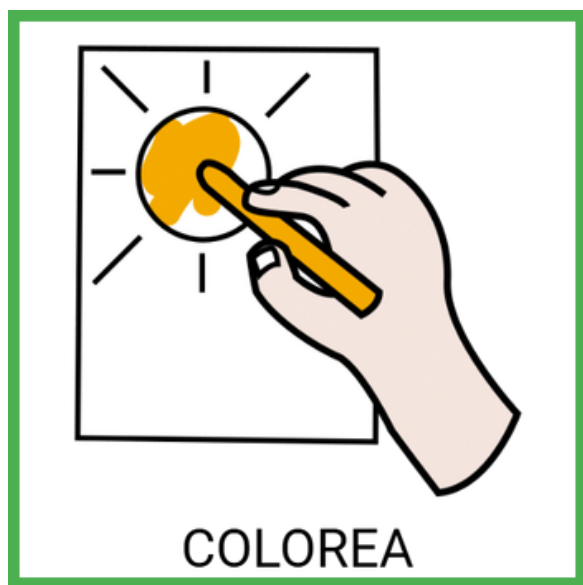


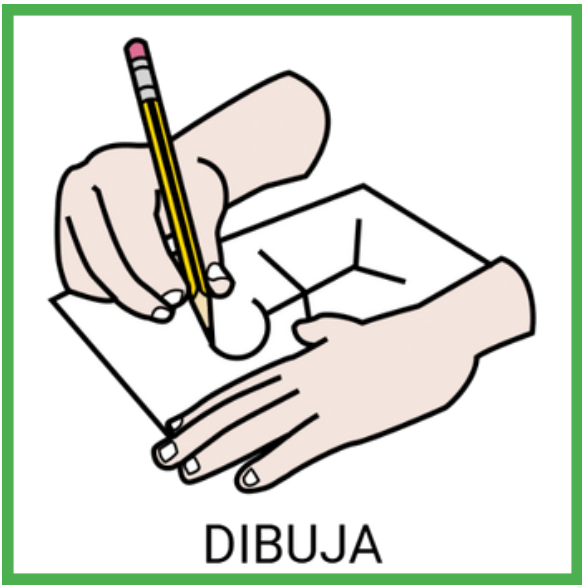






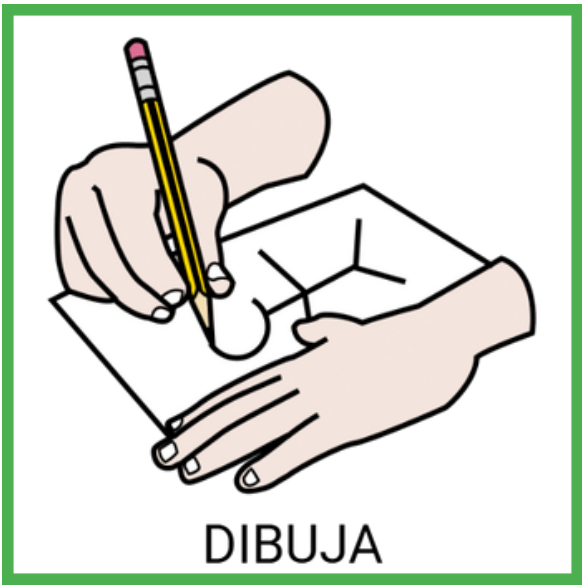






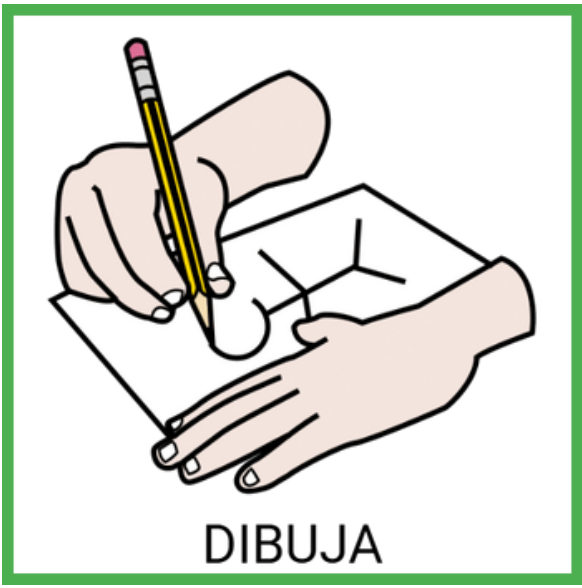
DIBUJA

A large, empty rectangular area with rounded corners, outlined by a thick black border, intended for drawing.



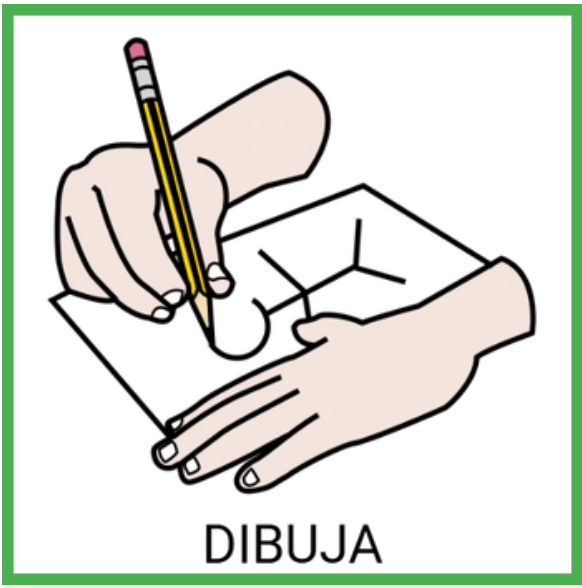
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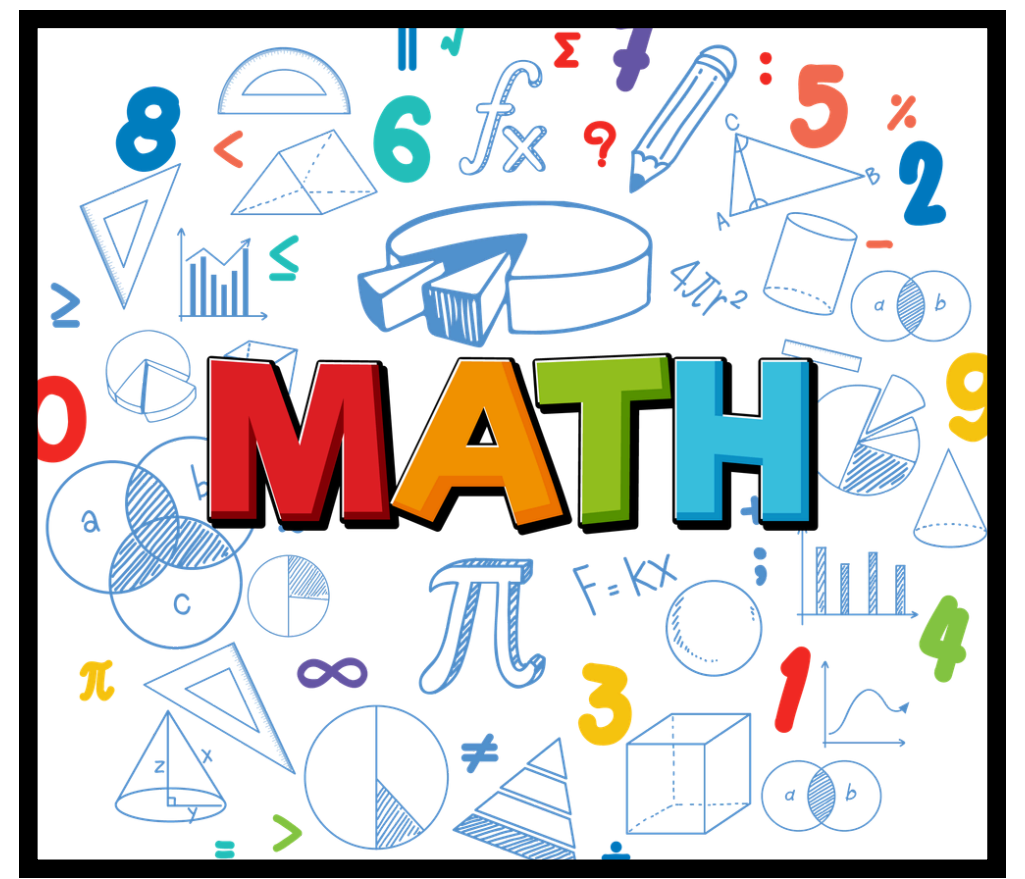
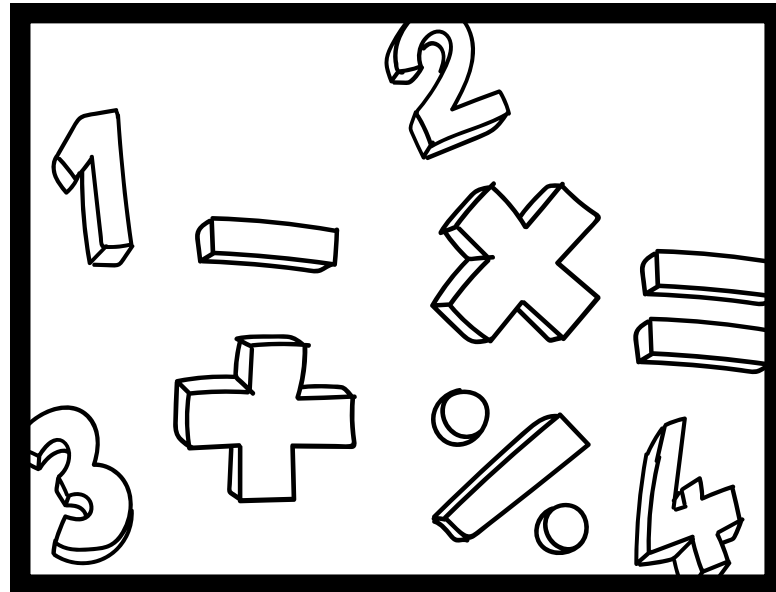
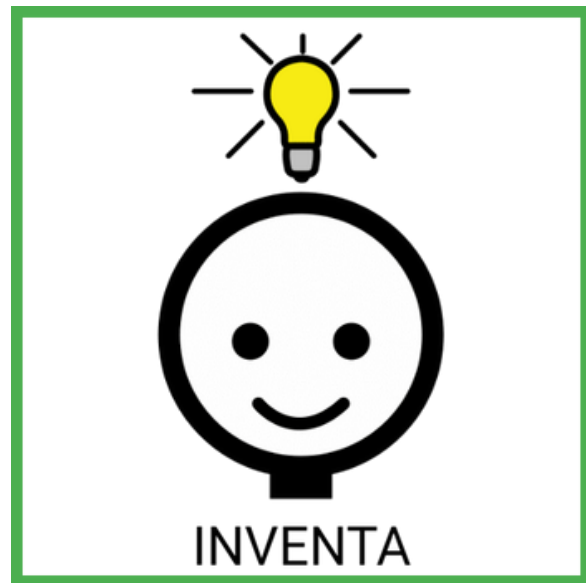
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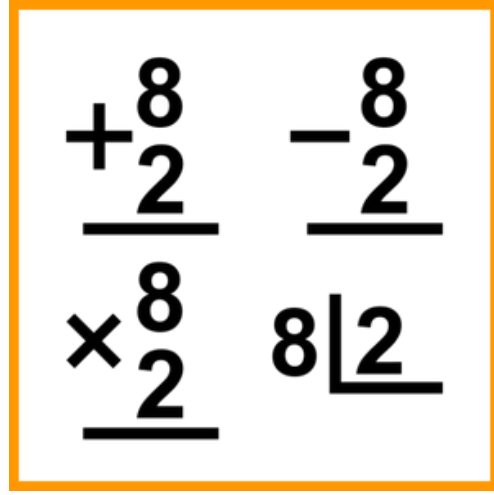


DIBUJA

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Inventa operaciones de matemáticas



Calcula el resultado de las operaciones

