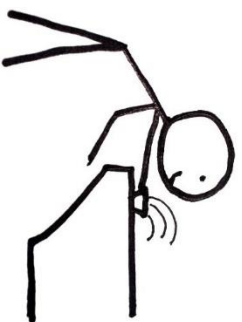


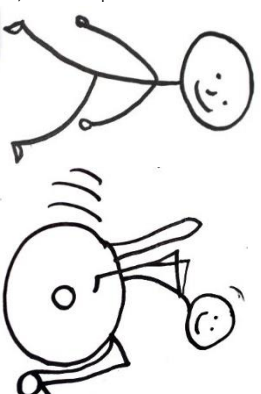
Lee

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Toma agua

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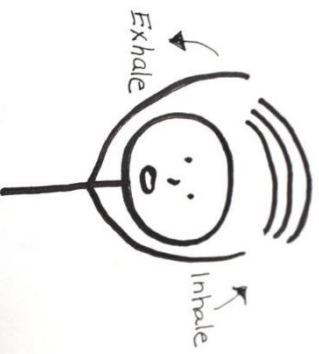
Camina/pasea

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Colorea

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Respiraciones de
arcoíris

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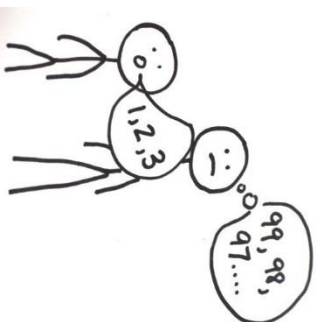
Escucha música

© 2021, Sound Discipline



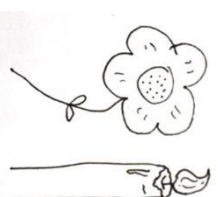
Escucha la campana
luego levanta la mano
cuando no puedas
escucharla

© 2021, Sound Discipline



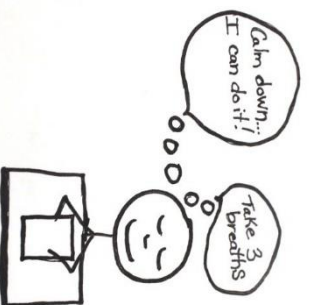
Cuenta

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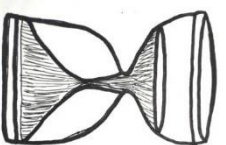
Respira
huele la flor y
apaga la vela

© 2021, Sound Discipline



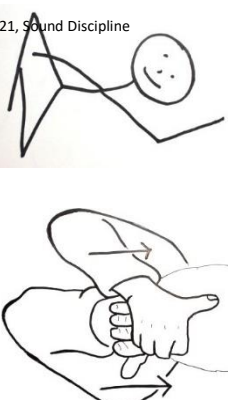
Díálogo interno

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Toma un
descanso

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Pide ayuda

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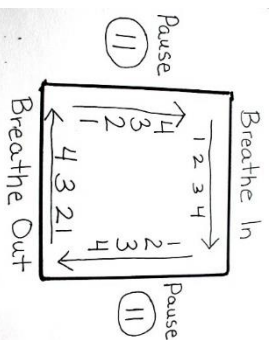


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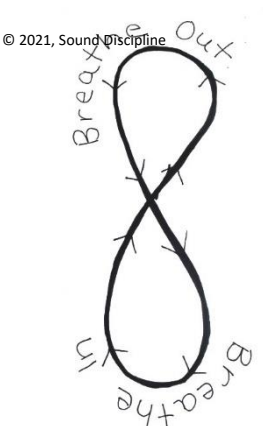
Respiración cuadrada



Manos o pies en forma de 8



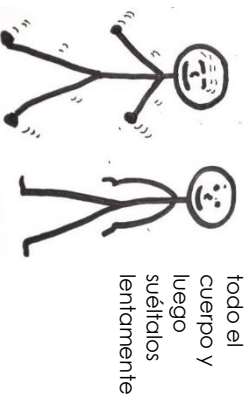
Respiración de figura 8



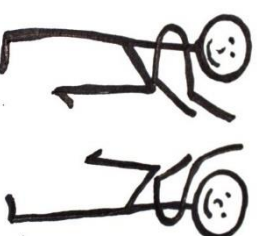
Busca tu color favorito en la habitación



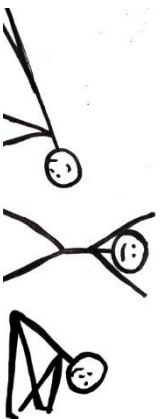
Aprieta los músculos y suéltalos lentamente



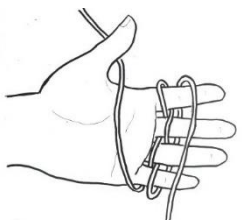
Cruza los codos hasta las rodillas



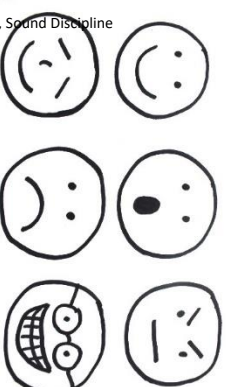
Movimientos de todo el cuerpo



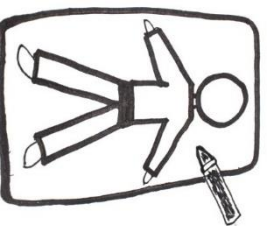
Tejer con los dedos



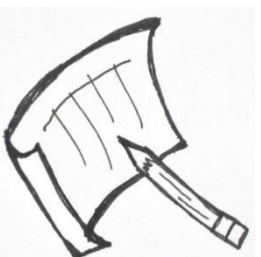
Enumera tus sentimientos



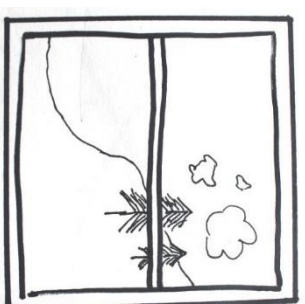
Colorea sentimientos en el contorno de un cuerpo



Escribe una nota a alguien que te importa



Mira hacia afuera





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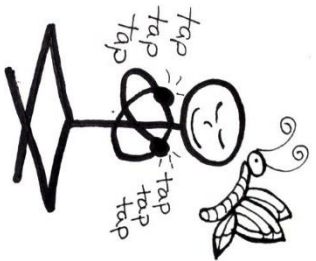


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Golpecitos de mariposa



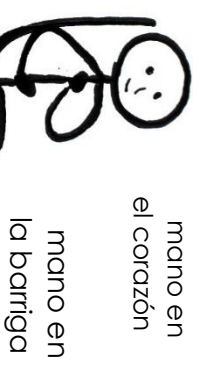
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Dibuja



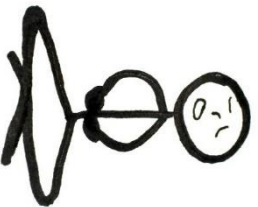
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Respira



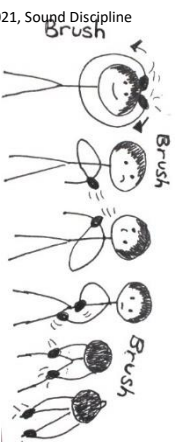
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Respira
Siente tu barriga



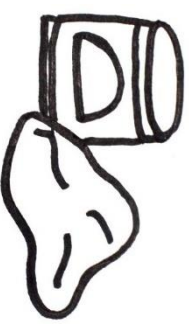
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Elimina el estrés



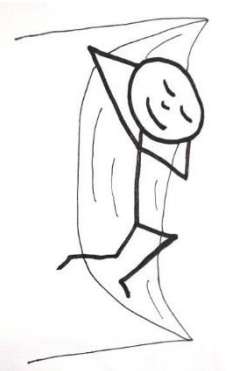
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Plastilina



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Recuéstate



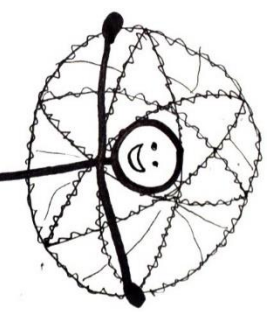
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Gatea cruzando las rodillas y los codos



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Esfera
Hoberman



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Piensa en las ramas de un árbol que apuntan al cielo



Tronco fuerte arraigado en el suelo

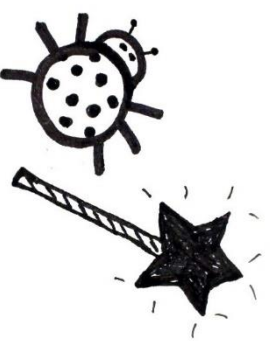
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Haz un trabajo útil en tu salón de clases (¡o en tu casa!)



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Insectos (bugs) y deseos



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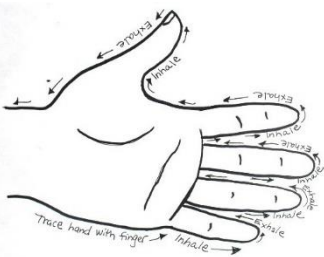


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Respiración con los dedos



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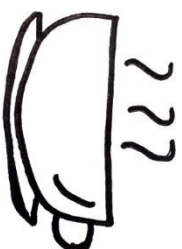
Enfoca con los dedos



presiona las palmas de las manos juntas. Separa cada par de dedos sin mover los demás. Empieza despacio. Luego aumenta la velocidad.

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Huele un chocolate caliente (o sopa)



Audífonos



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Usa un tiempo fuera de manera positiva (para tranquilizarte)



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Mueve tu cuerpo



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Aviso...

3 cosas que ves
3 cosas que escuchas
3 texturas que puedes tocar



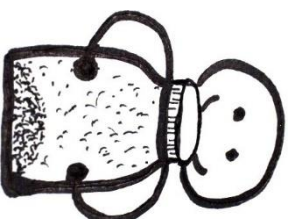
© 2021, Sound Discipline

Imagina un lugar tranquilo



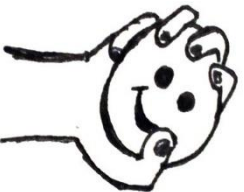
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Botella de brillantina



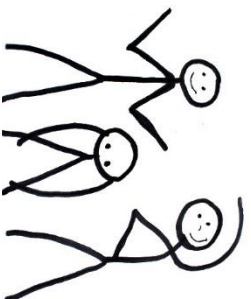
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Pelota antiestrés



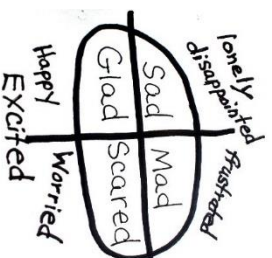
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Estírate



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Nombra tus sentimientos



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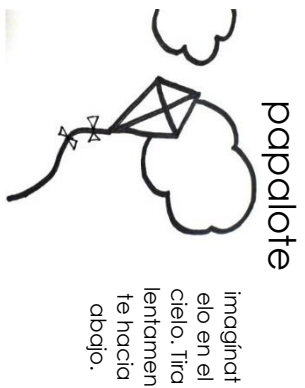
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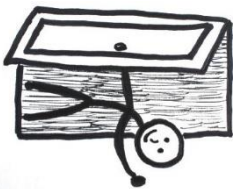


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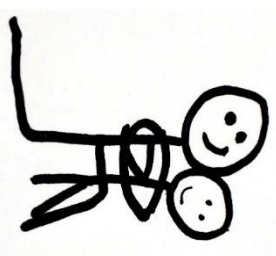
Imagina
volar un
papalote

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Cambia la escena
(descansa en un lugar
diferente)

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Pide un abrazo

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Abbrázate

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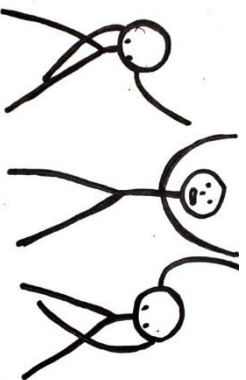
Haz una lista de
molestias (bugs) y
deseos

© 2021, Sound Discipline



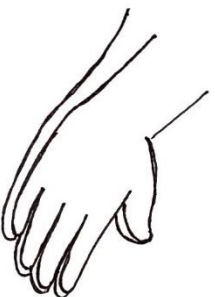
Escribes una nota de
agradecimiento
a alguien a quien
aprecies

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Molinos de viento

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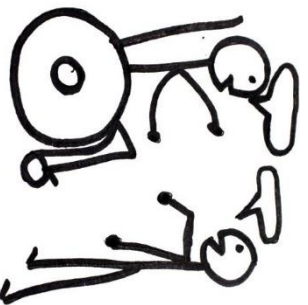
Aplaudir al ritmo

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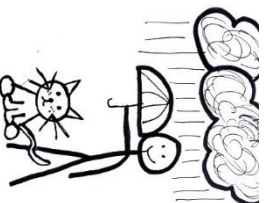
Sacúdete come un
perro mojado

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Habla con alguien

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Acto de bondad al
azar

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Equilibrarte
sobre un pie o presiona
los pies contra el suelo

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Crea el tuyo

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