

# Aprendo a controlar mis emociones

**Autor pictogramas: Sergio Palao**

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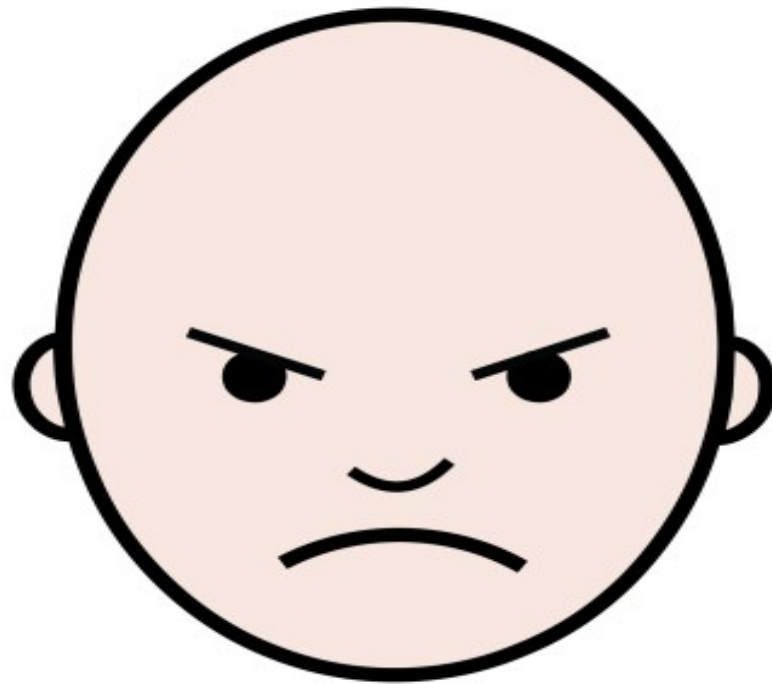
**MONTAJE:**

**Dana Horodetchi**

**La Vida Como Un Puzzle**

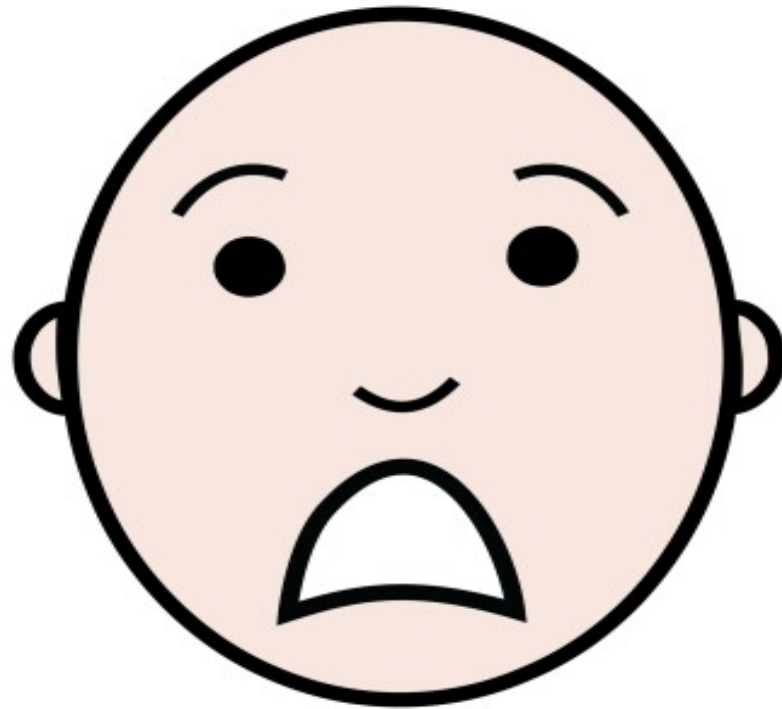
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**CUANDO ESTOY**



**ENFADADO**

**CUANDO ESTOY**



**ASUSTADO**

**CUANDO ESTOY**

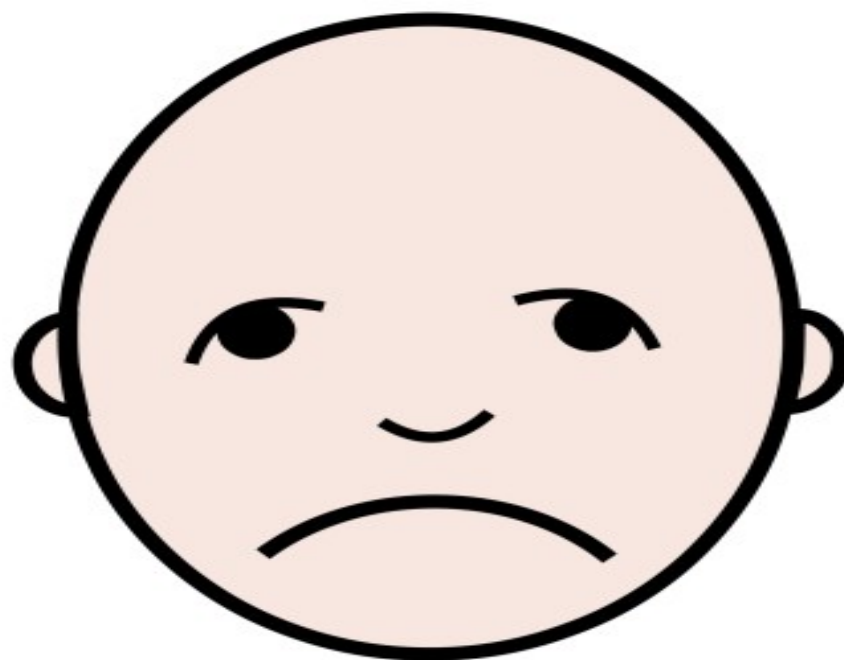


**NERVIOSO**

## CUANDO TENGO MIEDO

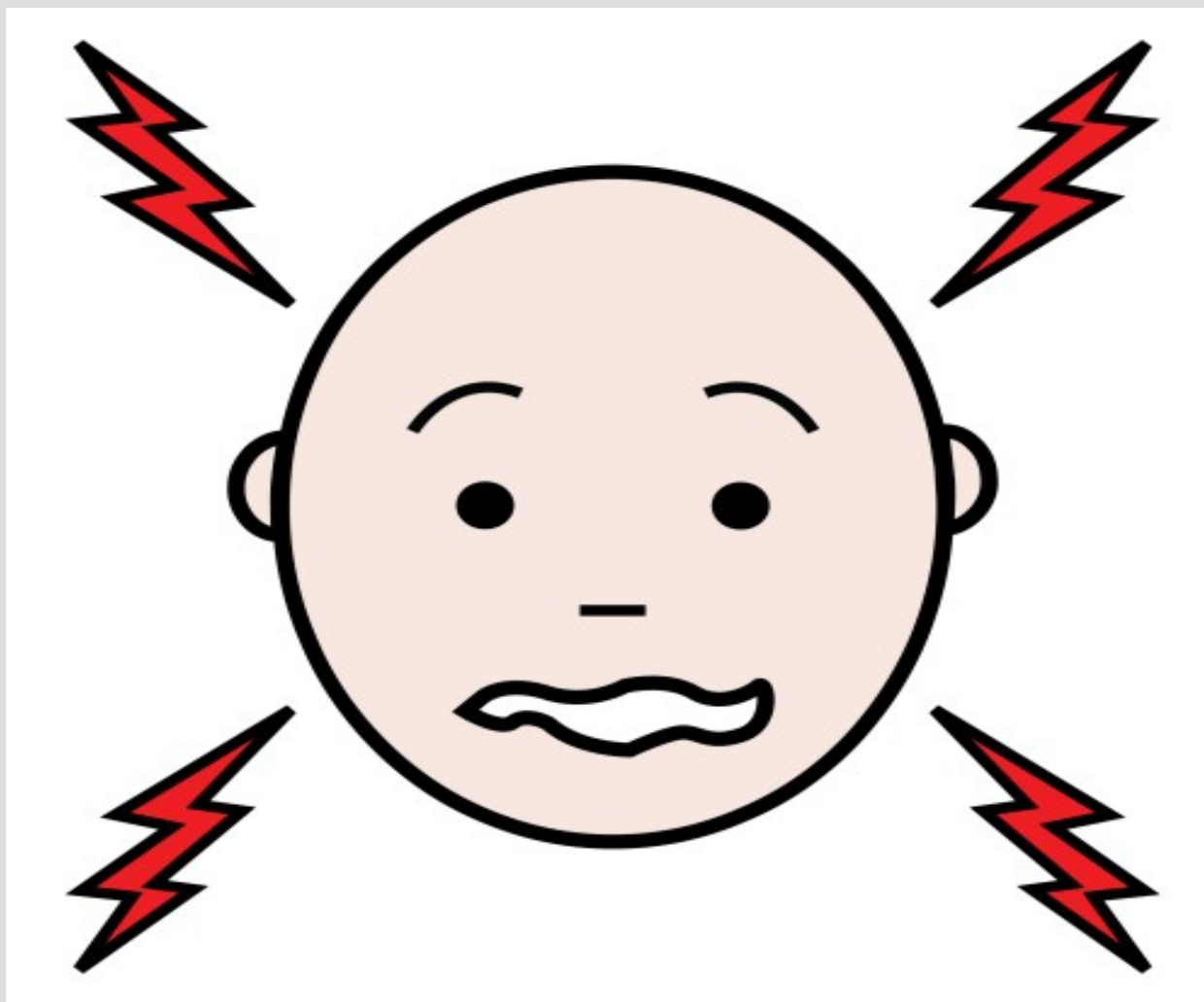


**CUANDO ESTOY**

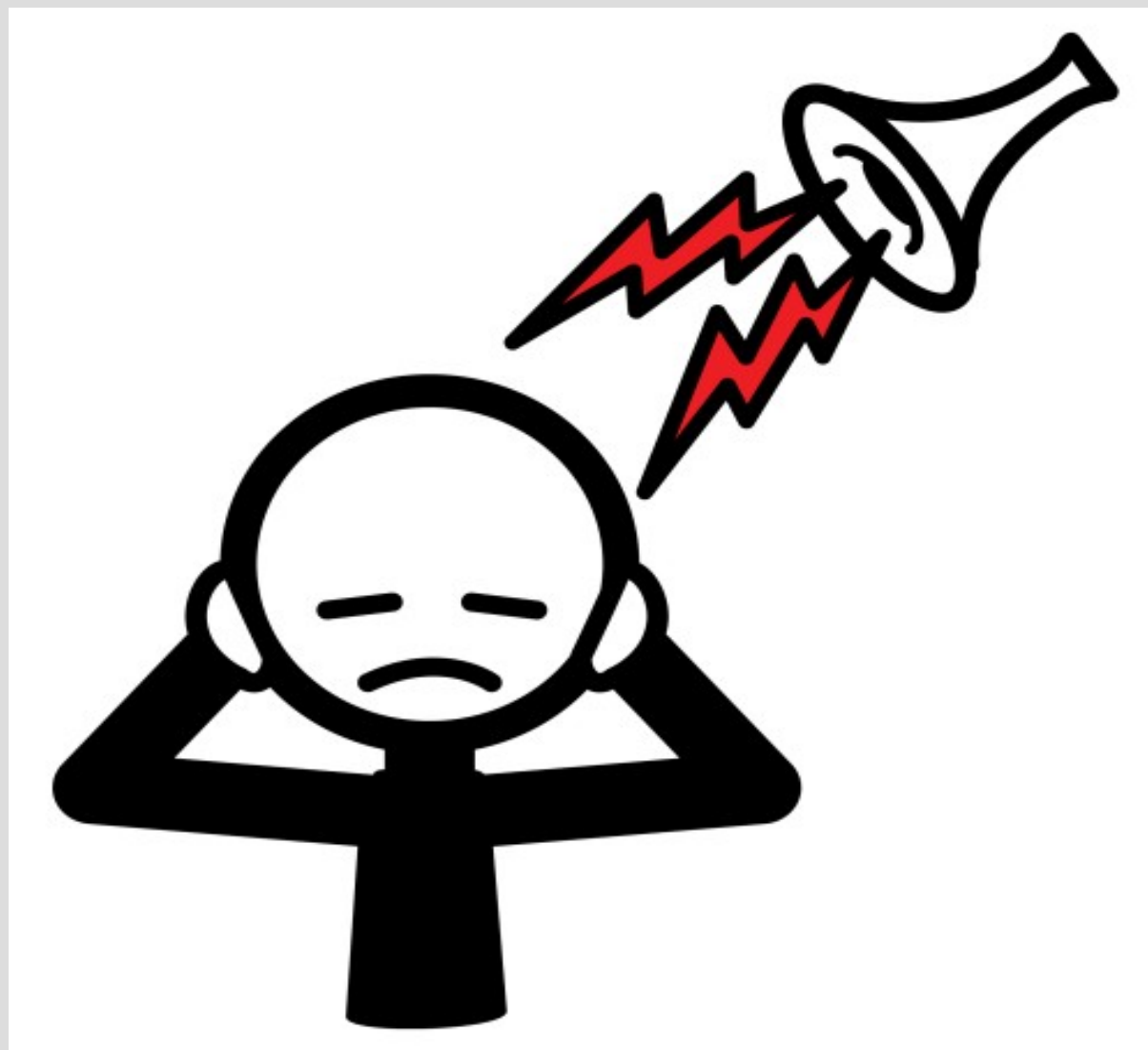


**TRISTE**

**CUANDO TENGO DOLOR**



## CUANDO ME MOLESTA EL RUIDO



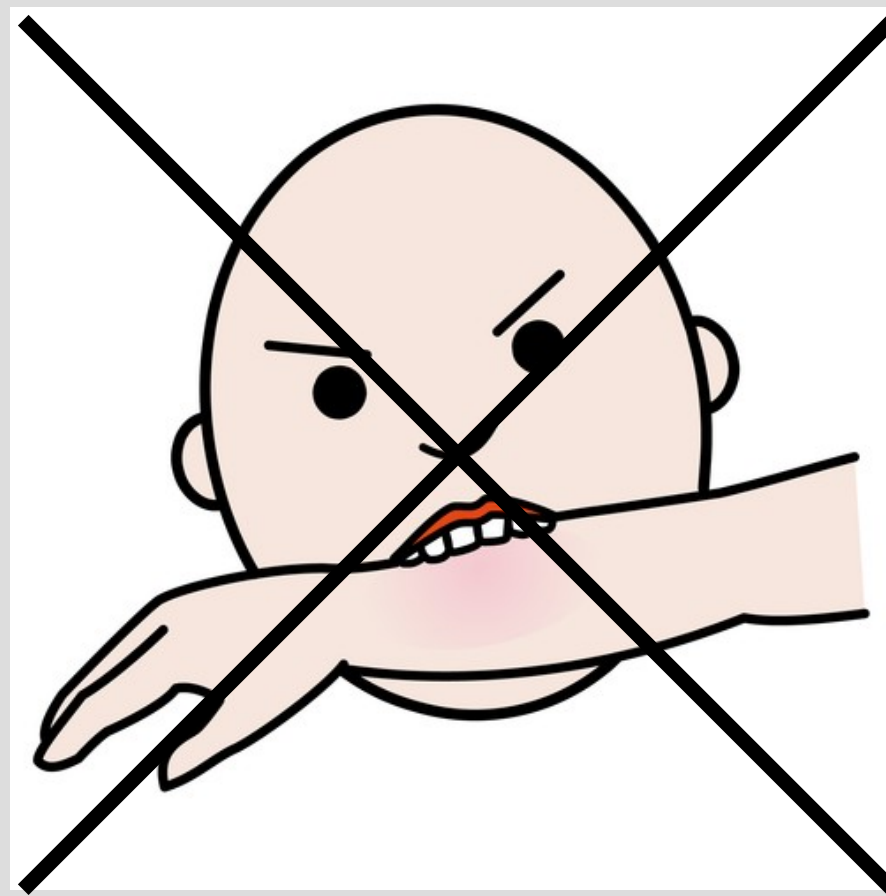
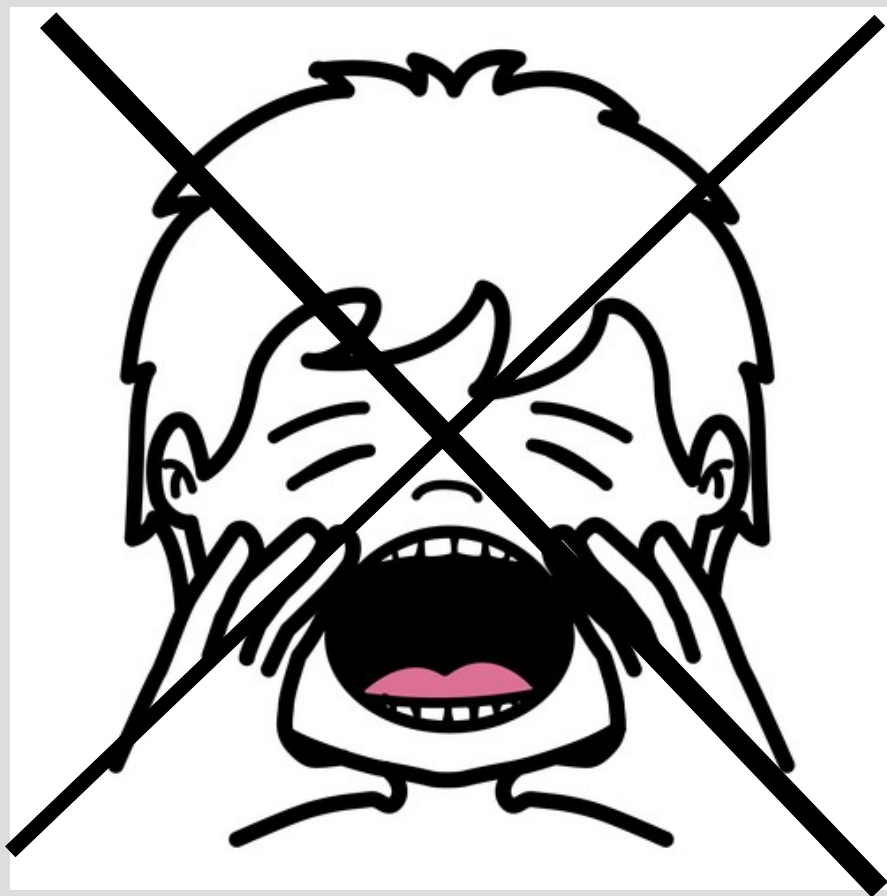


**CUANDO NO ENTIENDO LO QUE TENGO QUE HACER**

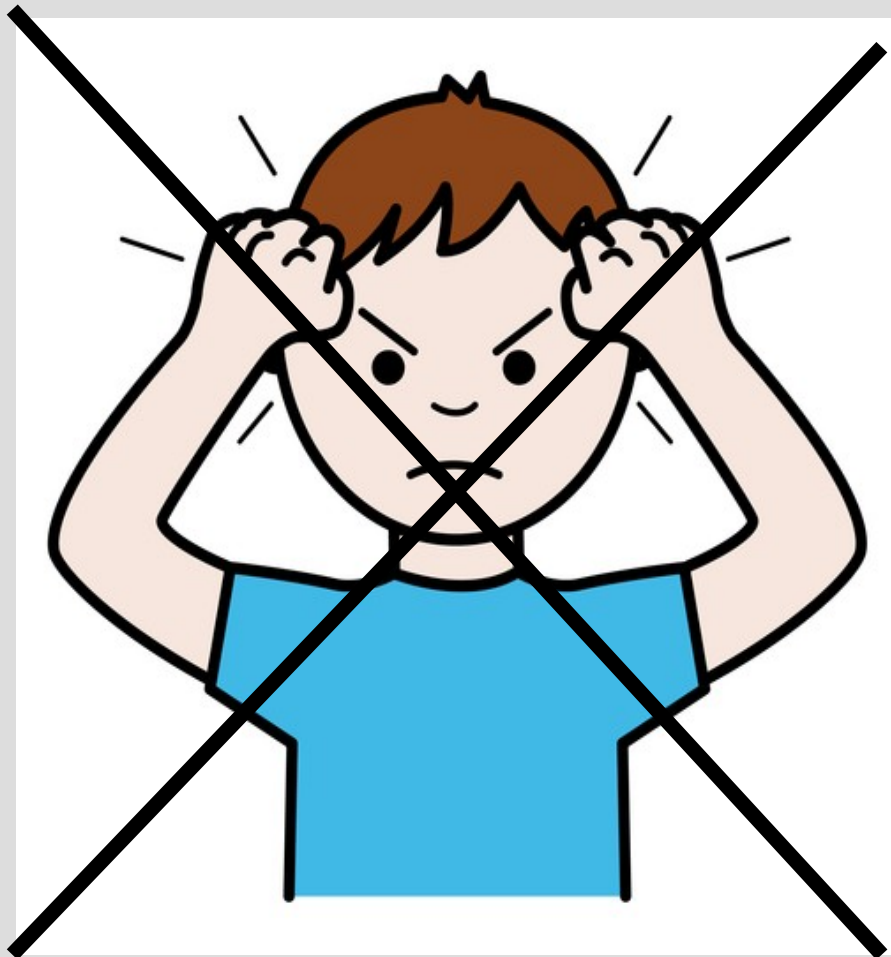


**NO GRITO**

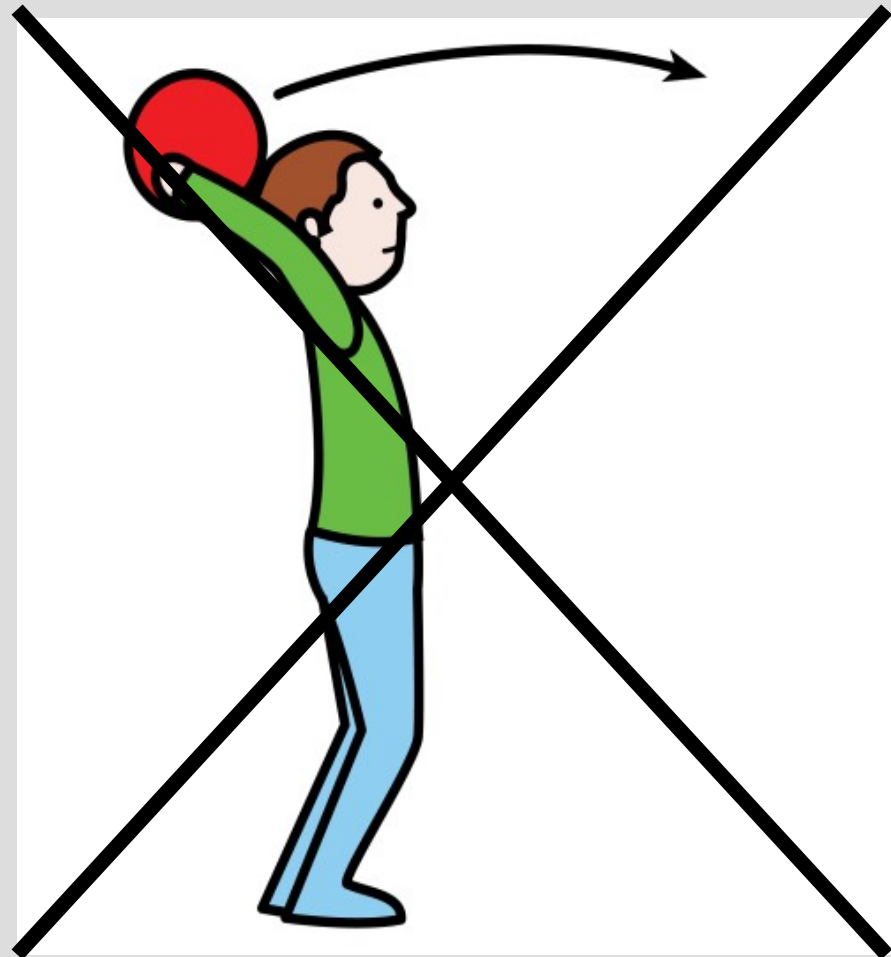
**NO MUERDO**



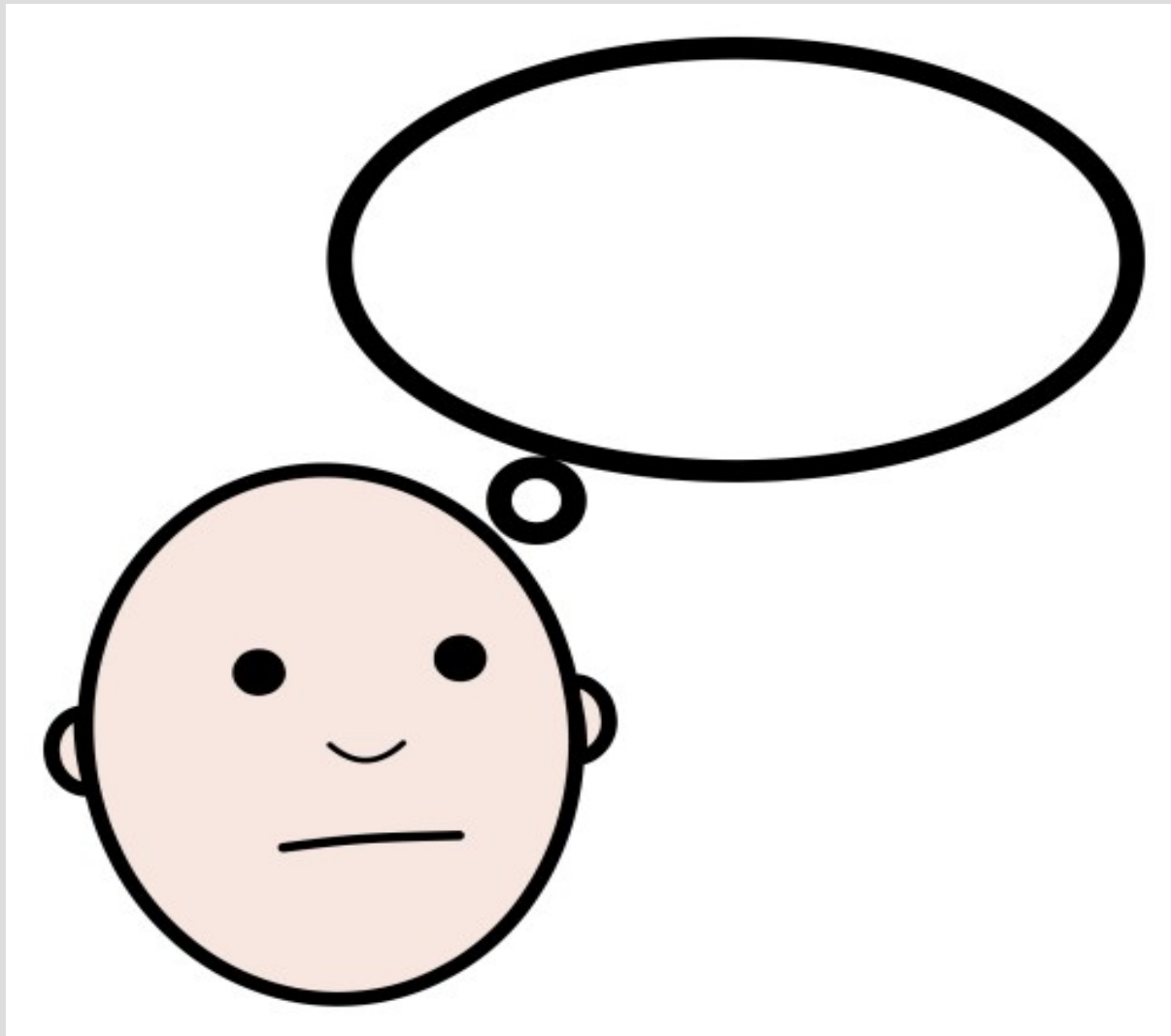
**NO ME GOLPEO**



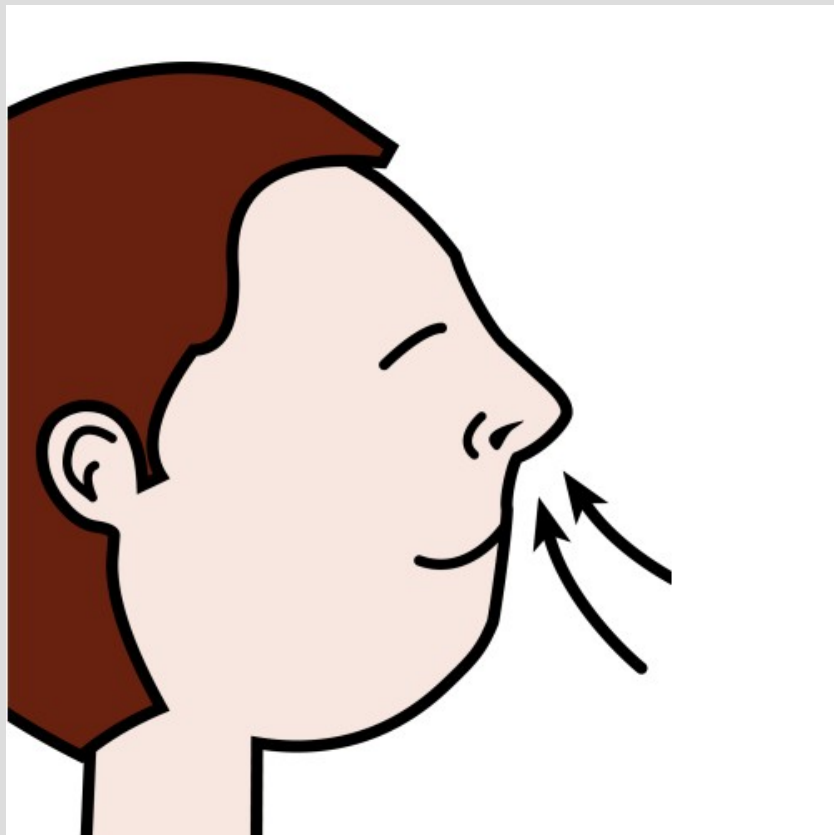
**NO TIRO LAS COSAS**



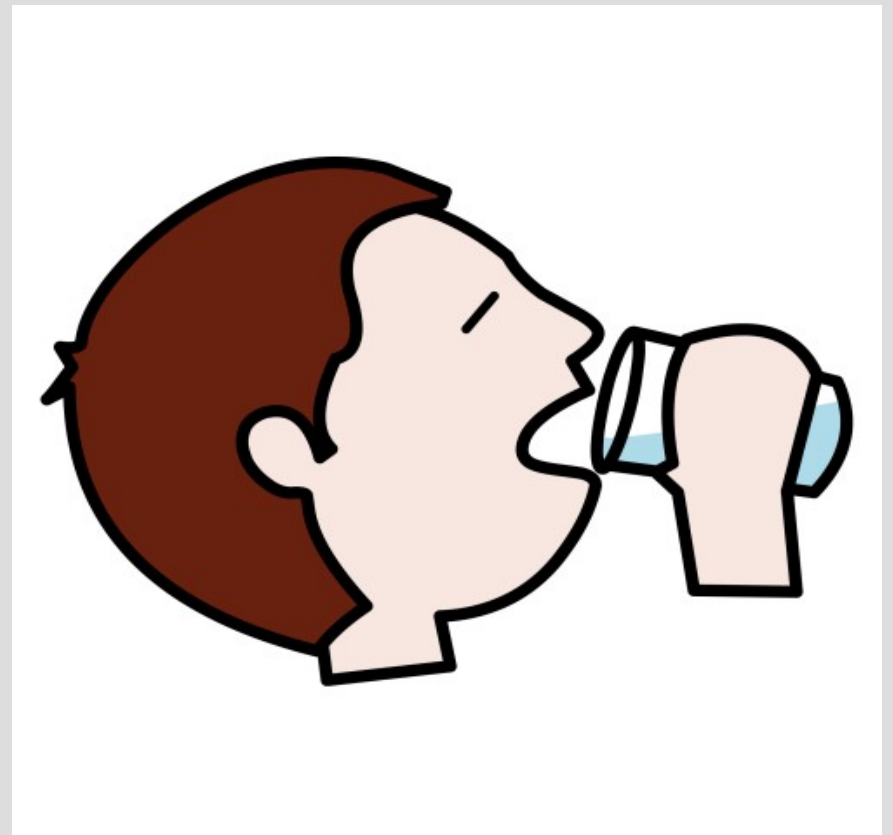
# ¿QUÉ PUEDO HACER?



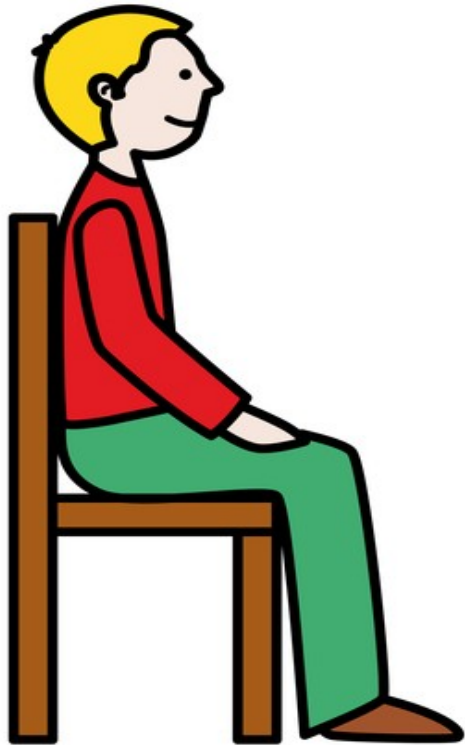
- **RESPIRO HONDO**



- **TOMO AGUA**



- **ME SIENTO**



- **PIDO AYUDA**



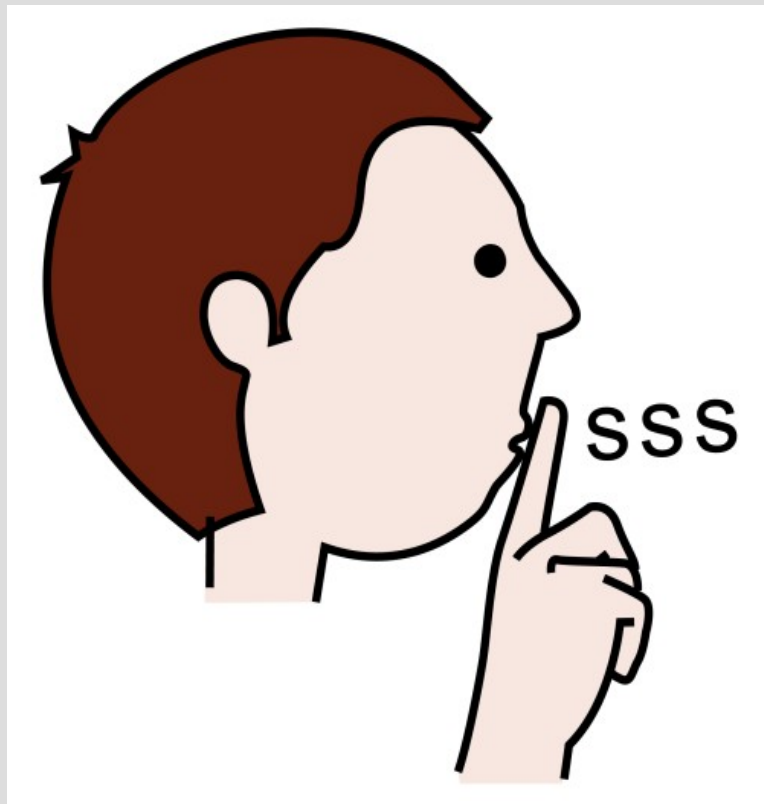
- **ME PONGO CÓMODO**



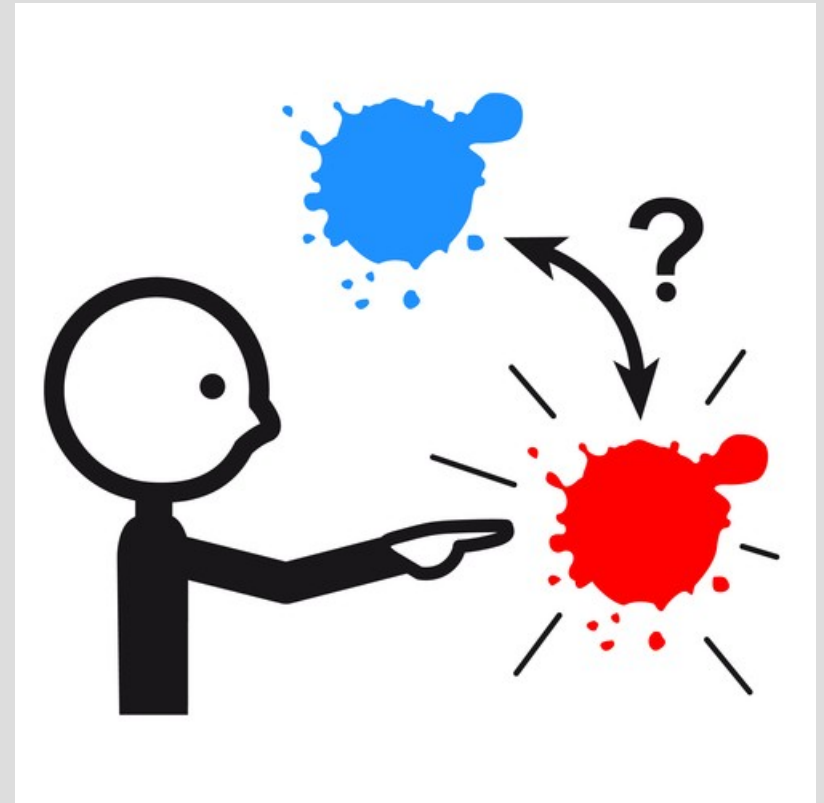
- **ME DOY UN MASAJE**



## GUARDO SILENCIO

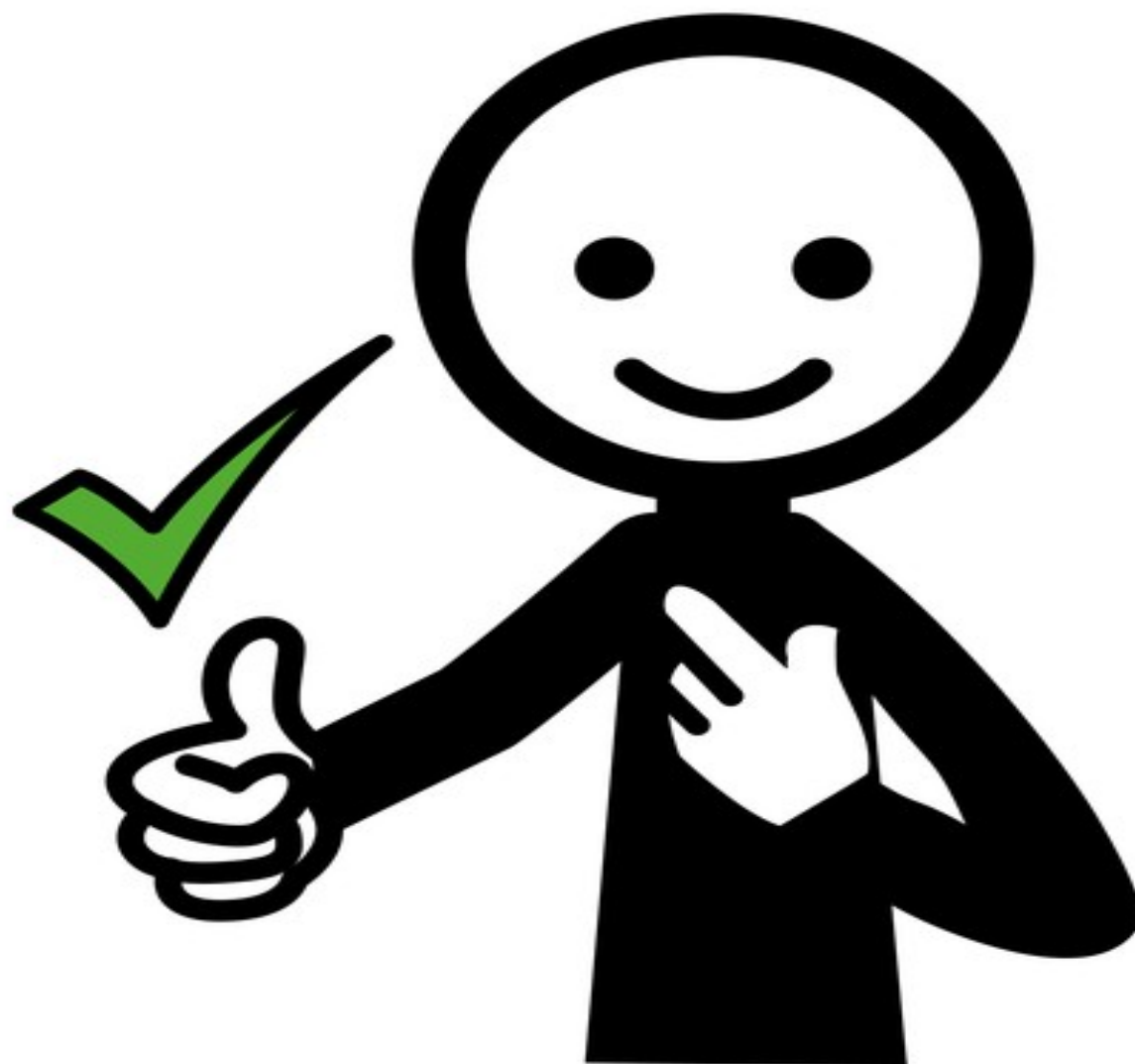


## ELIJO BIEN





**Y AHORA...¡ESTOY BIEN!**



**¡GENIAL!**



## MATERIALES:

PICTOGRAMAS ARASAAC  
<http://www.arasaac.org/index.php>

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