



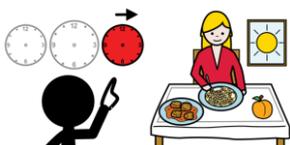
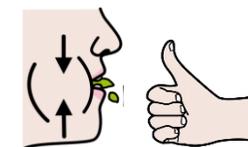
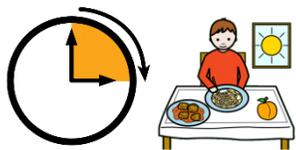
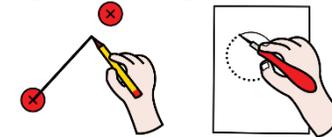
# EDUCACIÓN PARA LA SALUD: HÁBITOS DE VIDA SALUDABLE



SOMOS CAPACES  
VOLAMOS ALTO

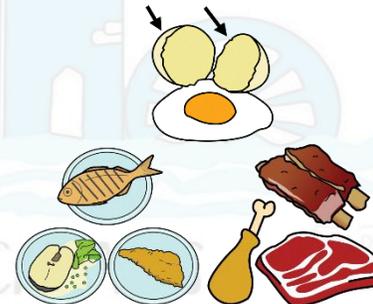
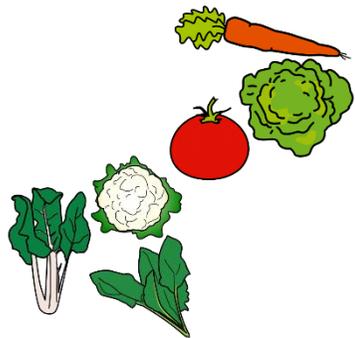
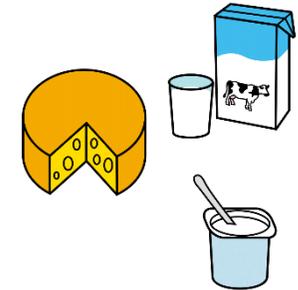
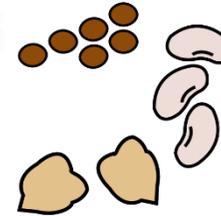
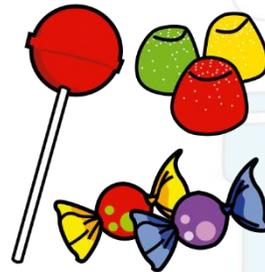
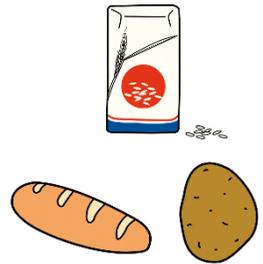
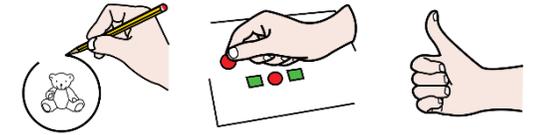
LARA  
ROMERO

# PICA Y UNE LOS PUNTOS



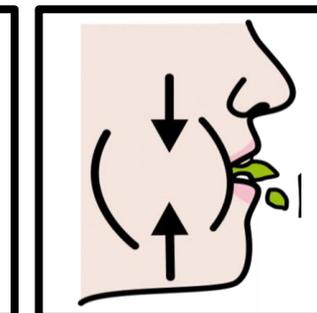
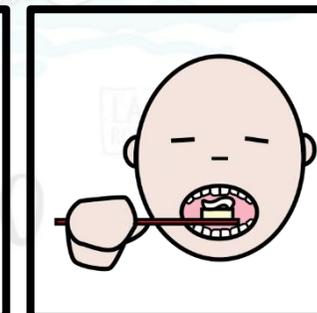
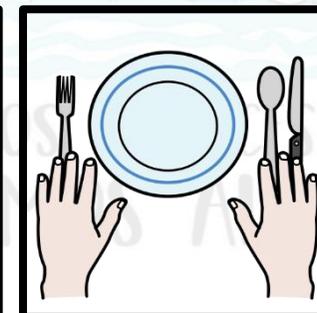
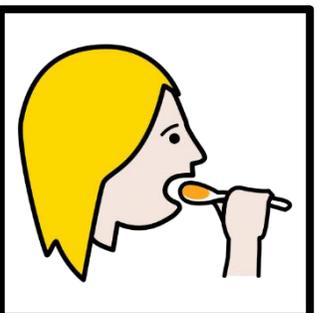
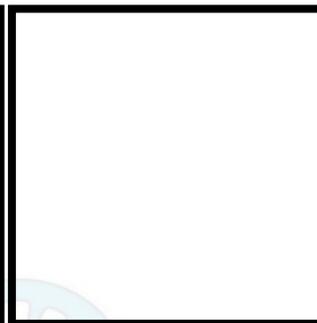
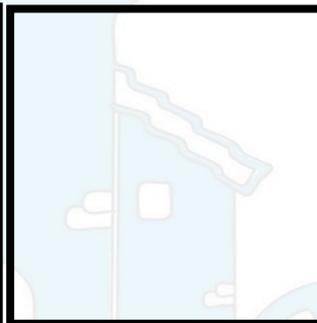
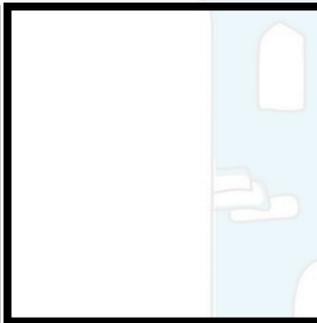
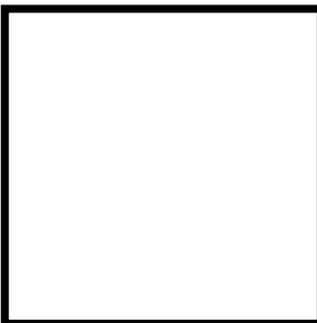
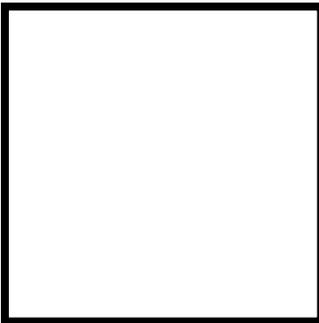
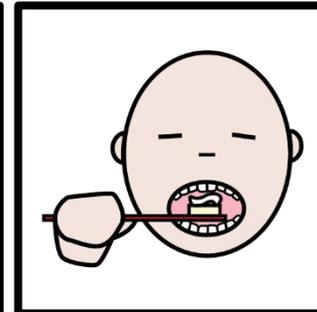
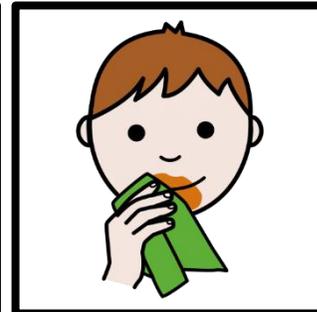
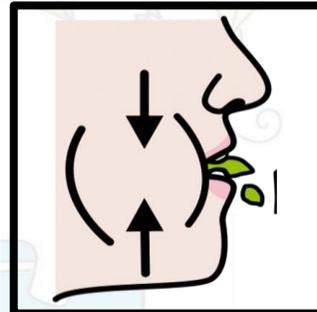
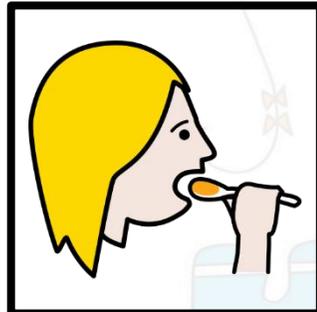
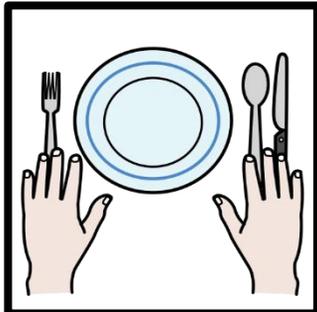
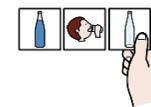
SOMOS CAPACES  
VOLAMOS ALTO

# RODEA O PEGA UN GOMET VERDE EN LOS ALIMENTOS SALUDABLES

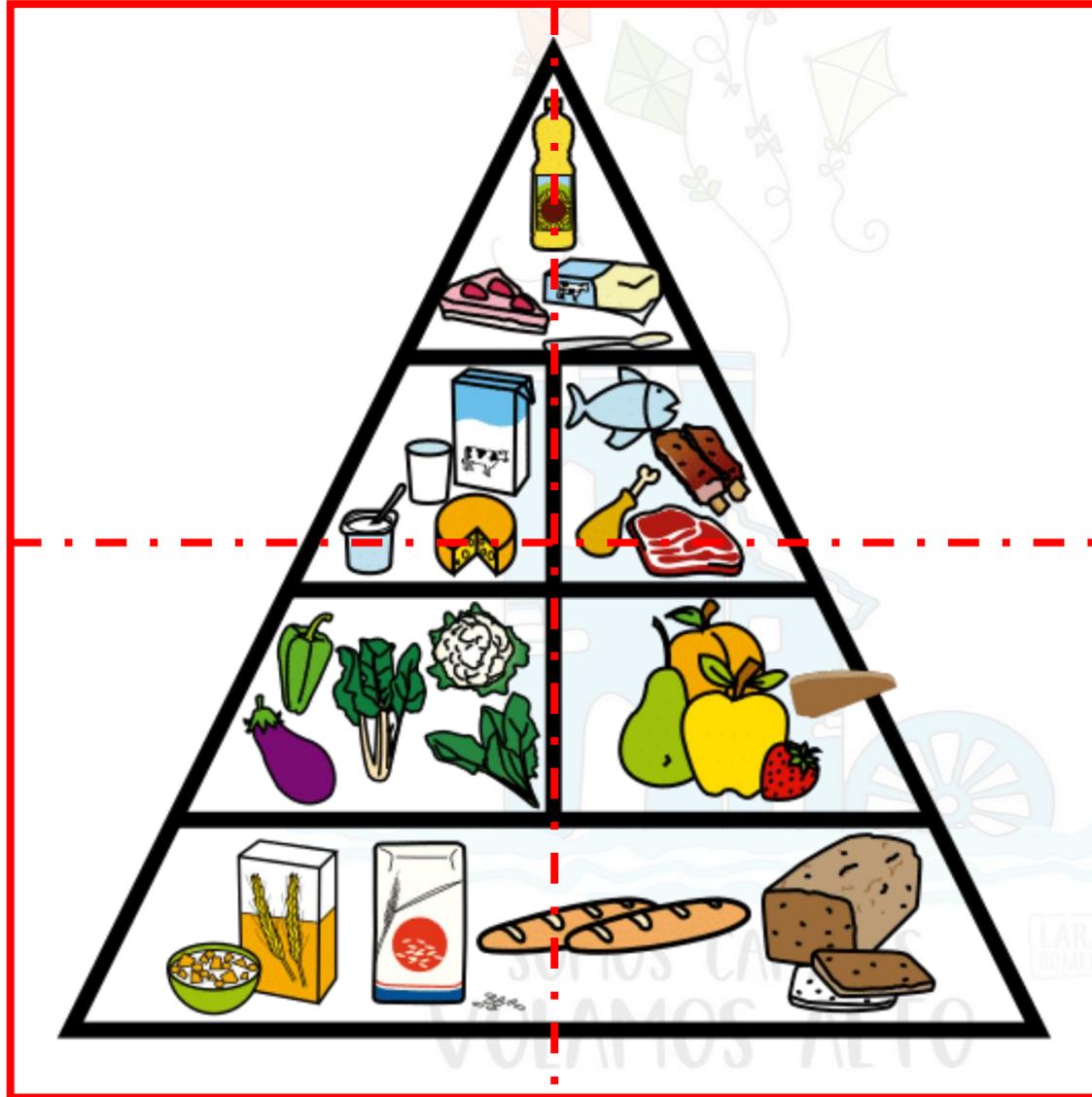
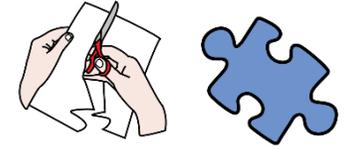


SOMOS COMO UN AVIÓN  
VOLAMOS ALTO

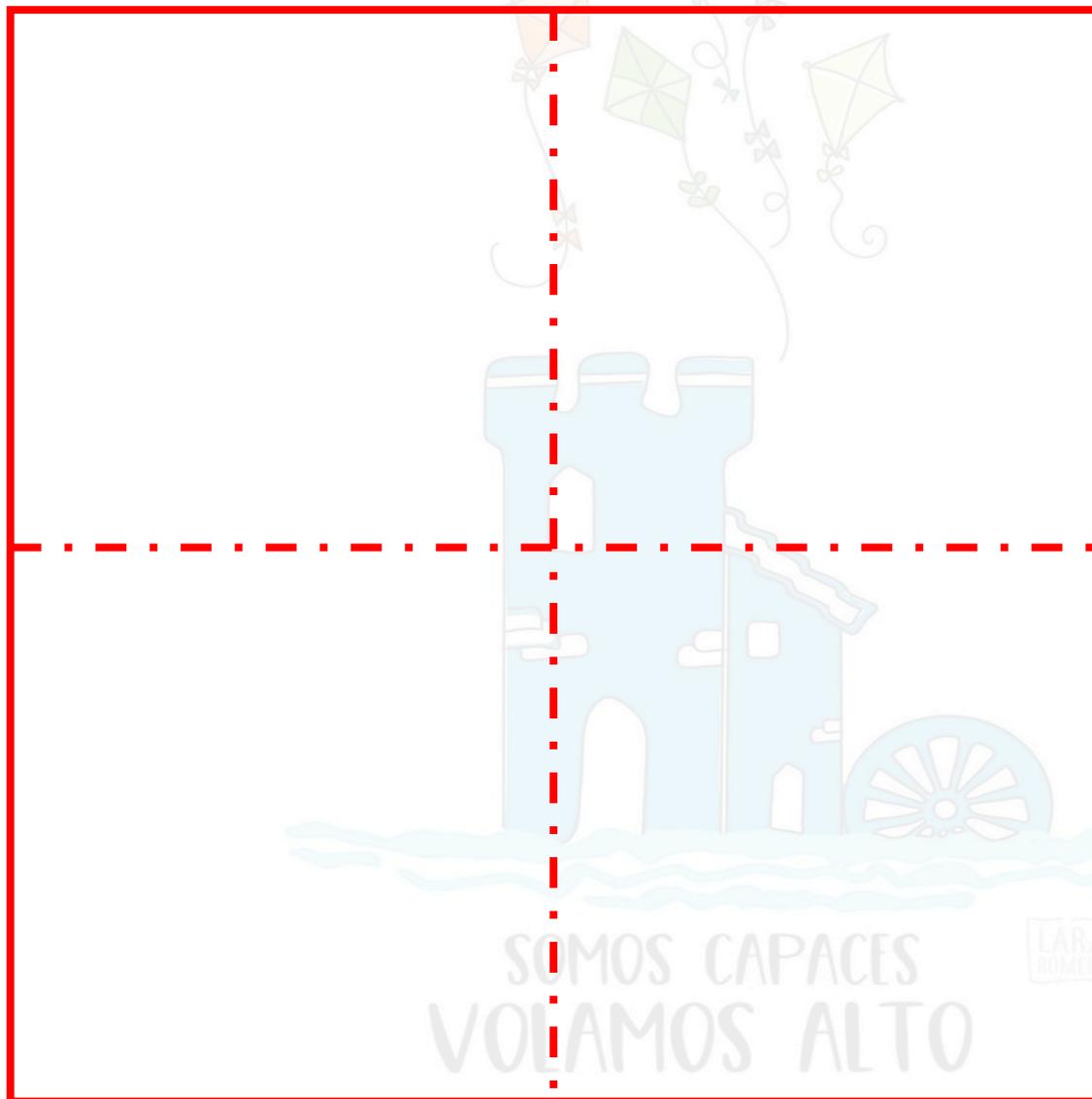
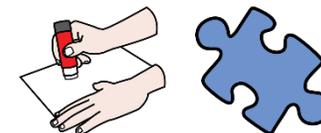
# RECORTA, ORDENA Y PEGA

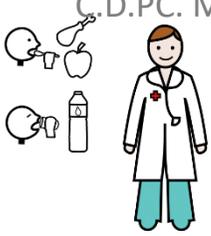


# RECORTA EL PUZZLE

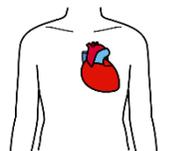
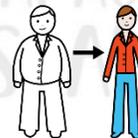
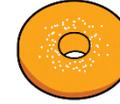
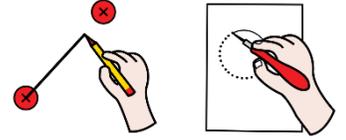


# PEGA EL PUZZLE EN ESTA PÁGINA

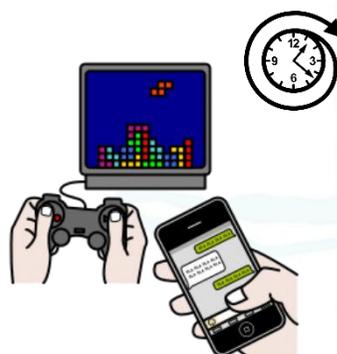
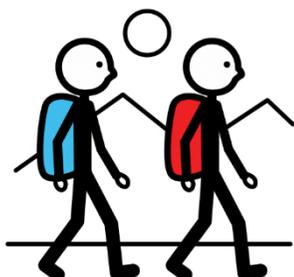
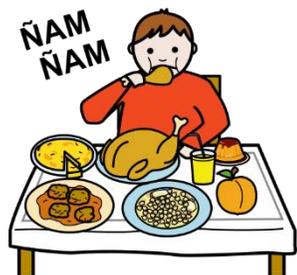
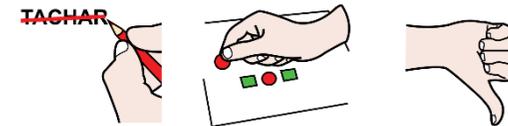




# PICA Y UNE LOS PUNTOS

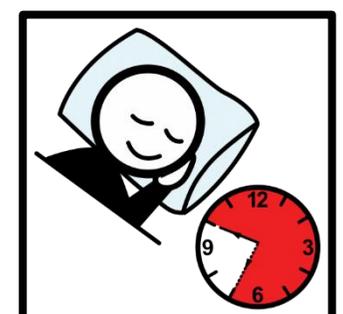
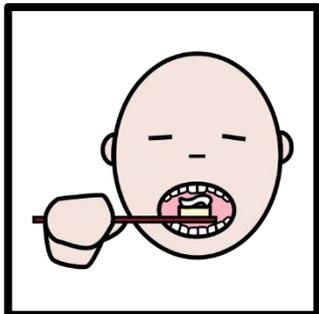
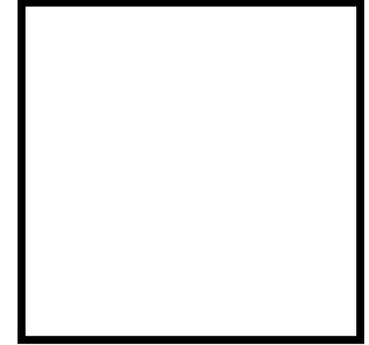
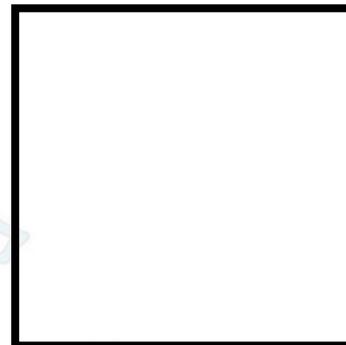
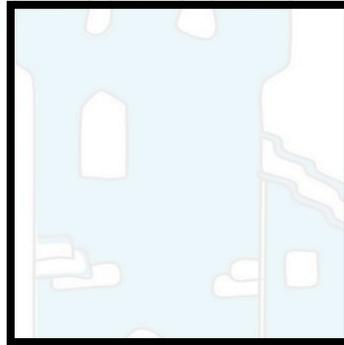
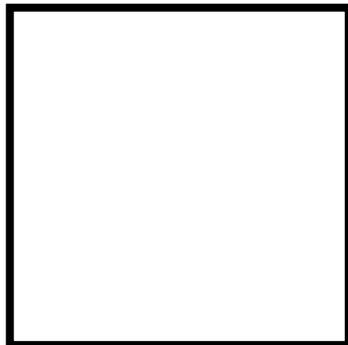
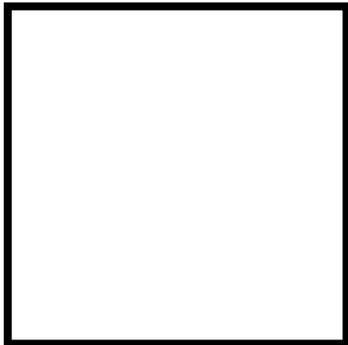
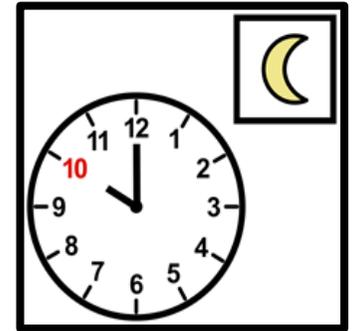
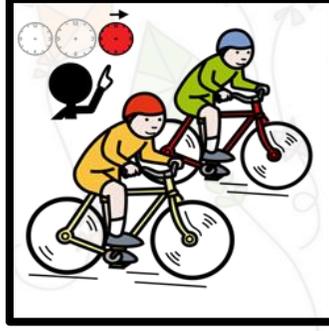
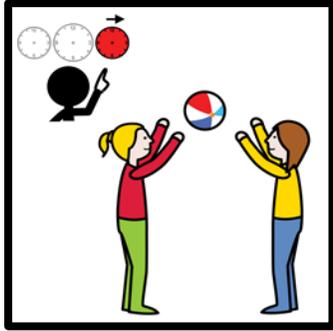


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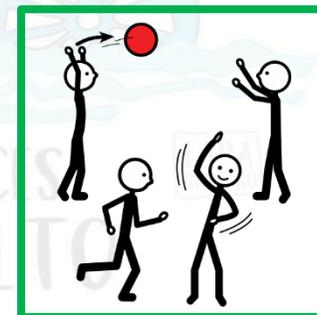
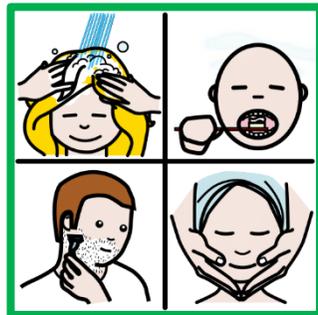
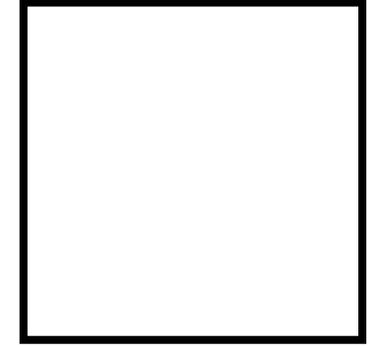
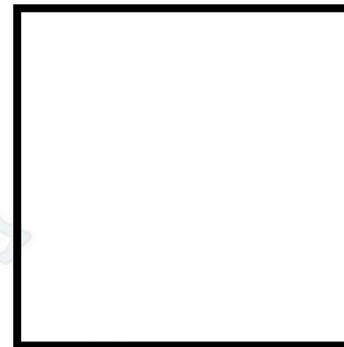
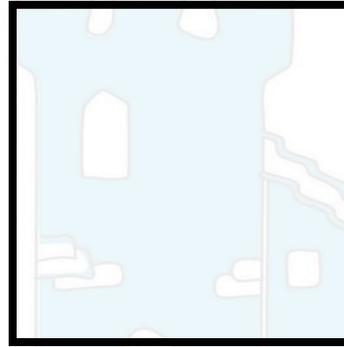
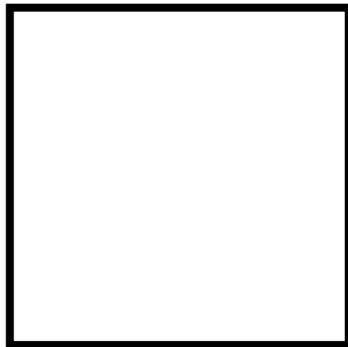
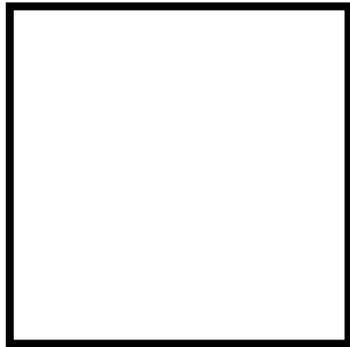
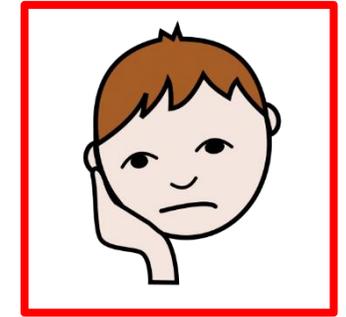
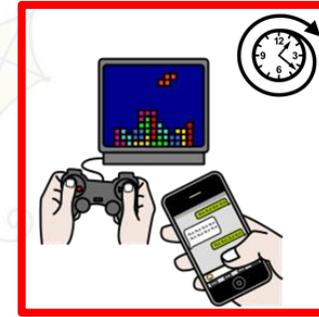
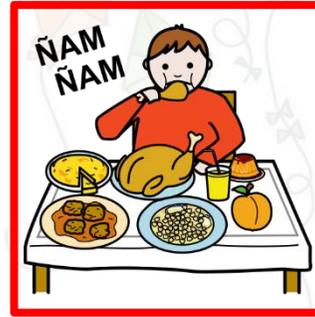
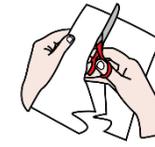


SOMOS CAP...  
VOLAMOS ALTO

# RECORTA, ASOCIA Y PEGA



# RECORTA, ASOCIA Y PEGA



# EDUCACIÓN PARA LA SALUD

## EJERCICIO FÍSICO

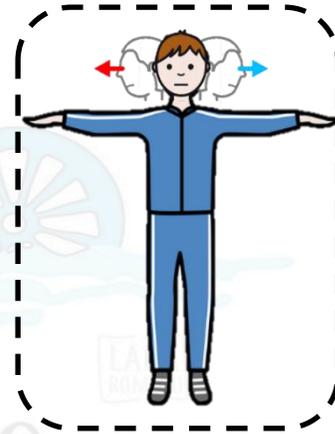
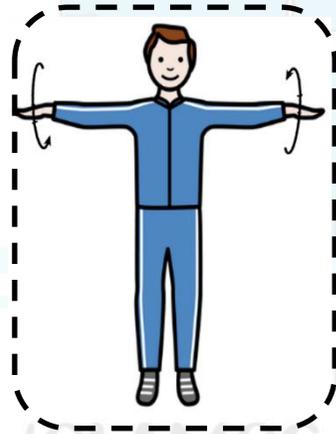
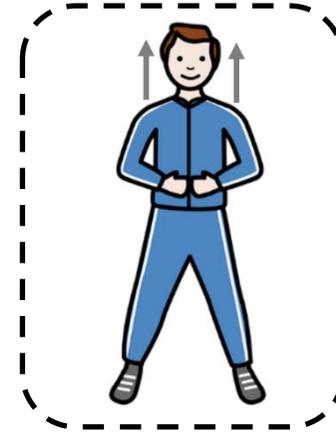
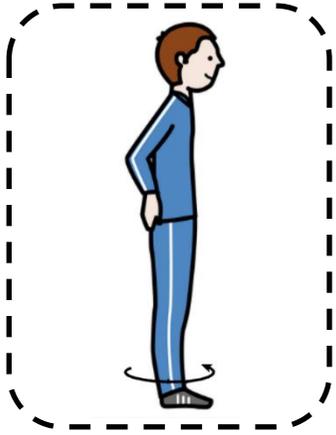


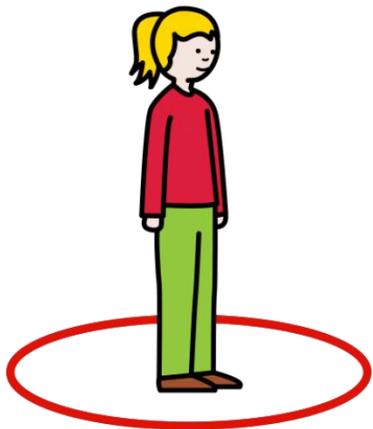
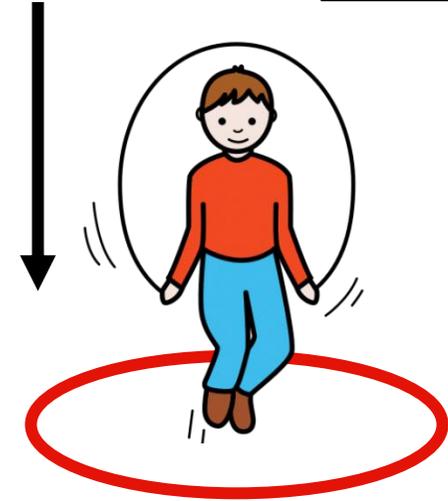
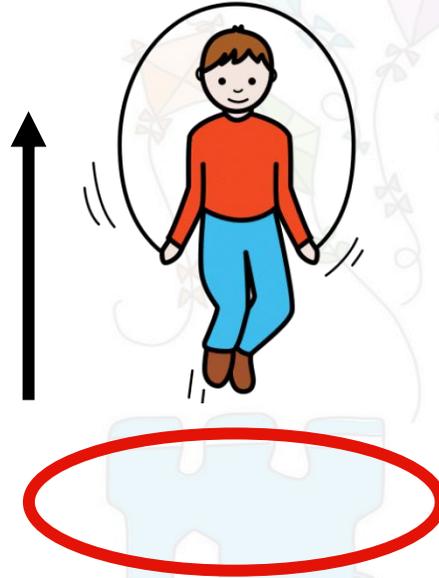
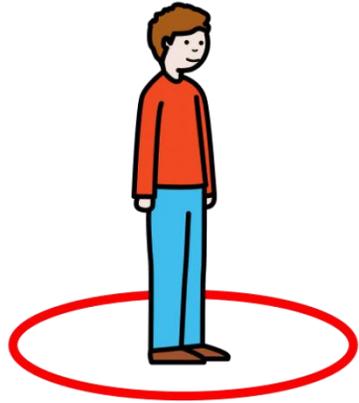
SOMOS CAPACES  
VOLAMOS ALTO

LARA  
ROMERO

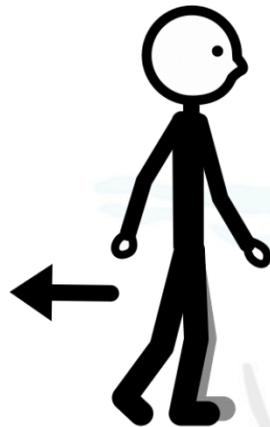
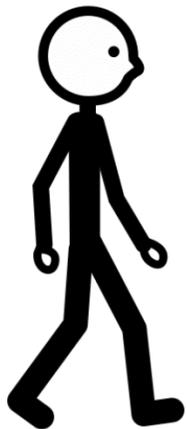
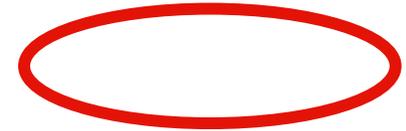
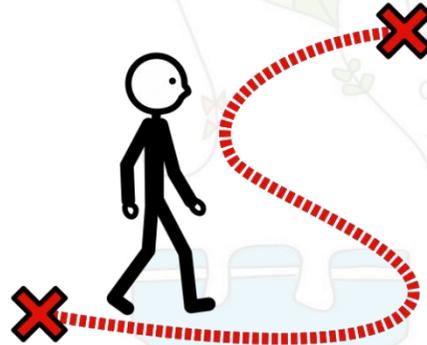
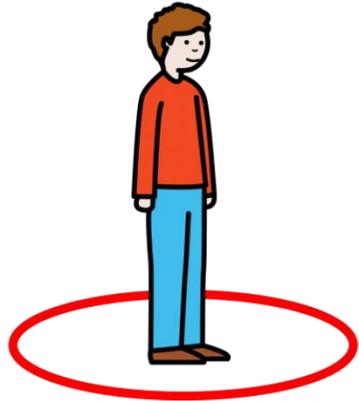


# RUTINA DE CALENTAMIENTO

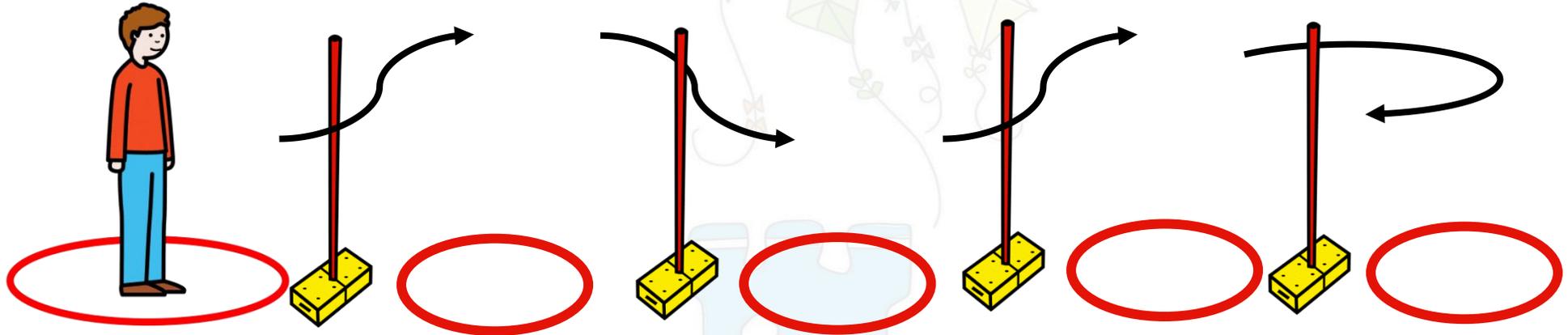
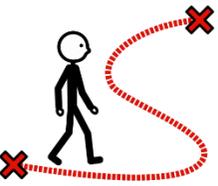




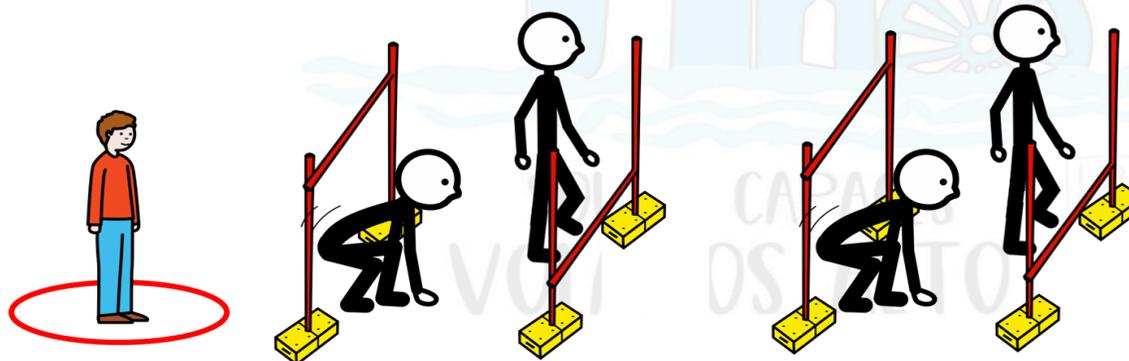
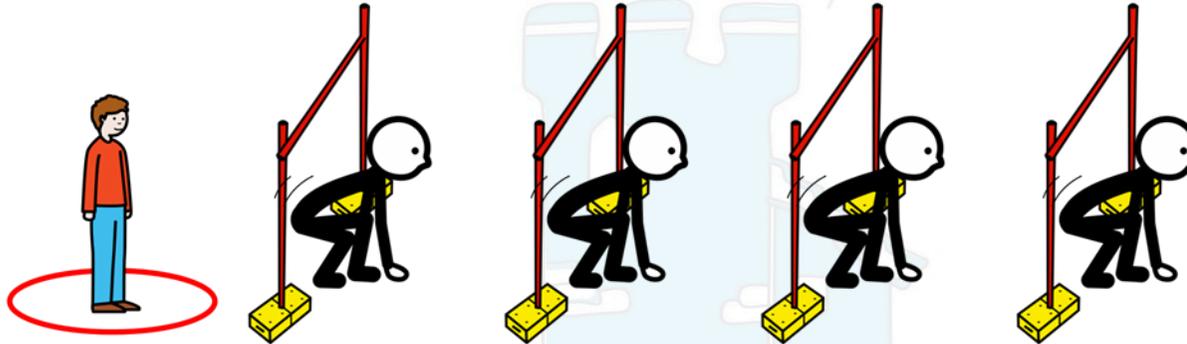
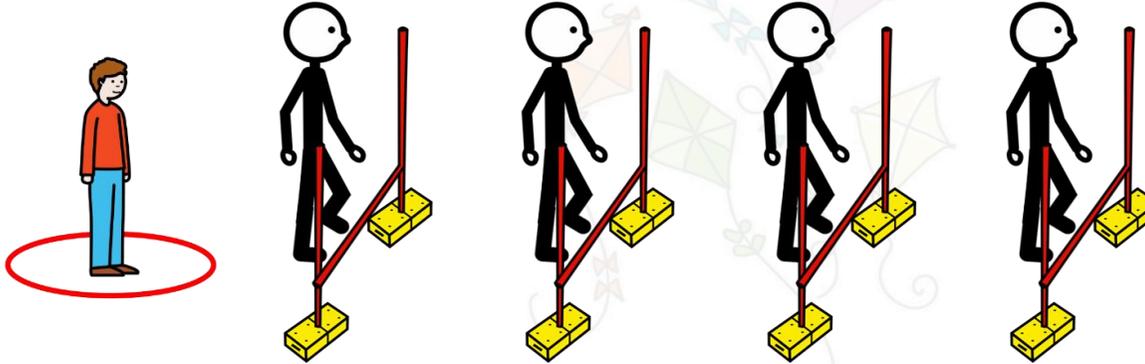
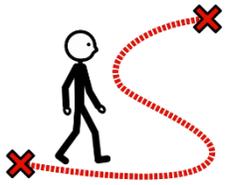
# DESPLAZAMIENTO



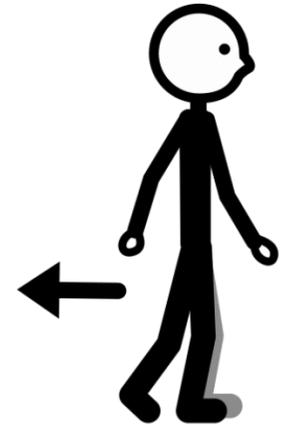
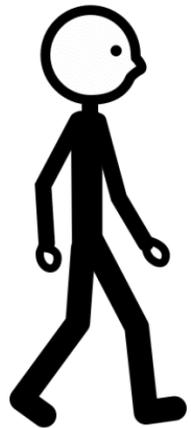
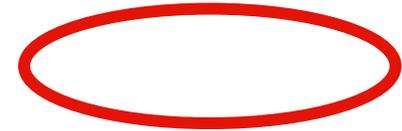
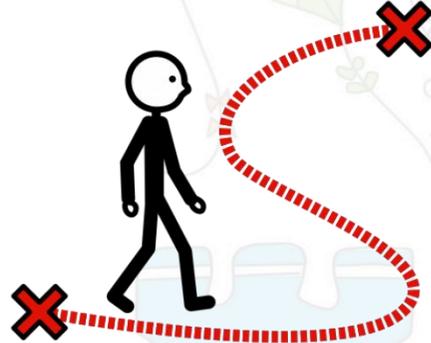
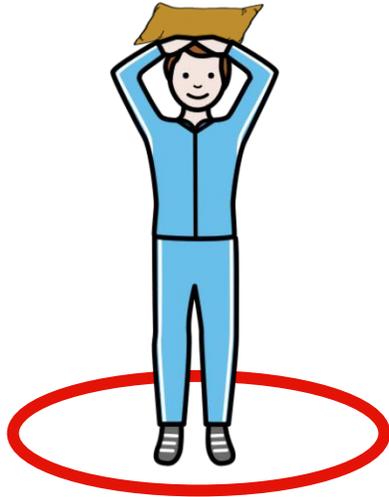
# CIRCUITOS: IZQUIERDA-DERECHA



# CIRCUITOS ARRIBA-ABAJO



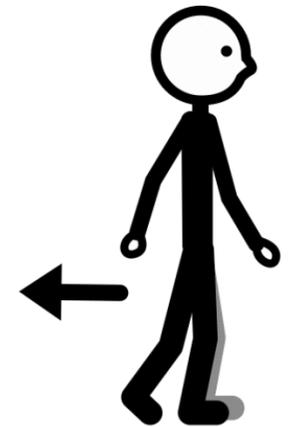
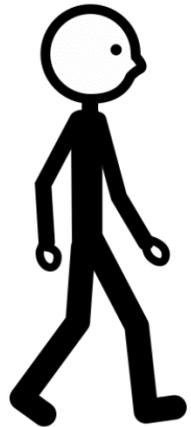
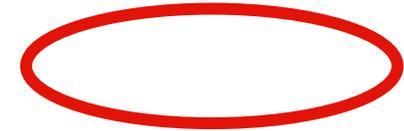
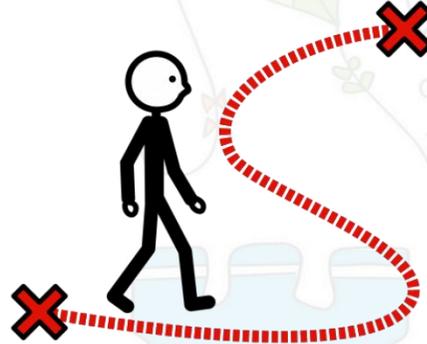
# DESPLAZAMIENTO Y EQUILIBRIO



SOMOS CAPACES  
VOLAMOS ALTO

LARA  
ROMERO

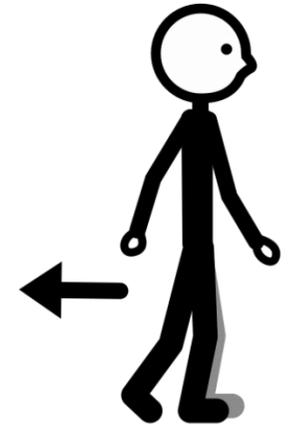
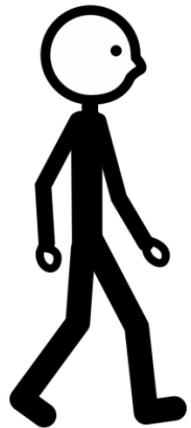
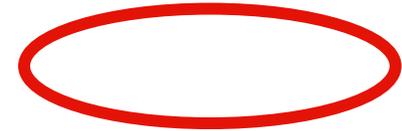
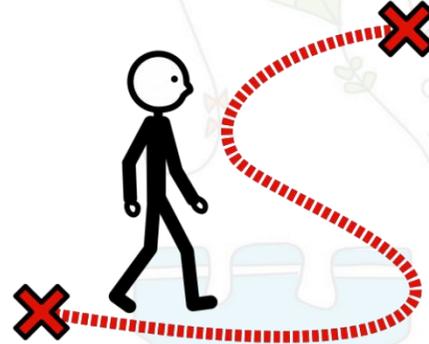
# DESPLAZAMIENTO Y EQUILIBRIO



SOMOS CAPACES  
VOLAMOS ALTO

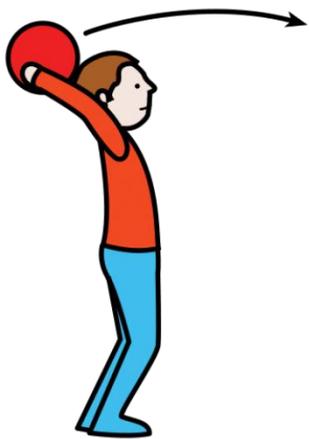
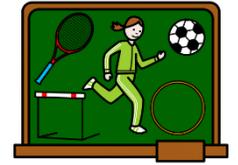
LARA  
ROMERO

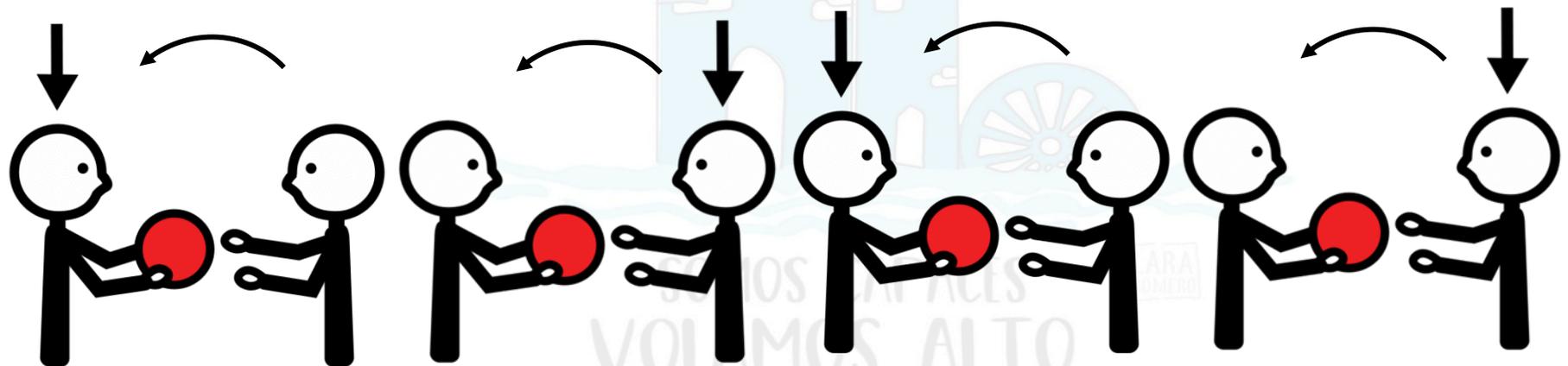
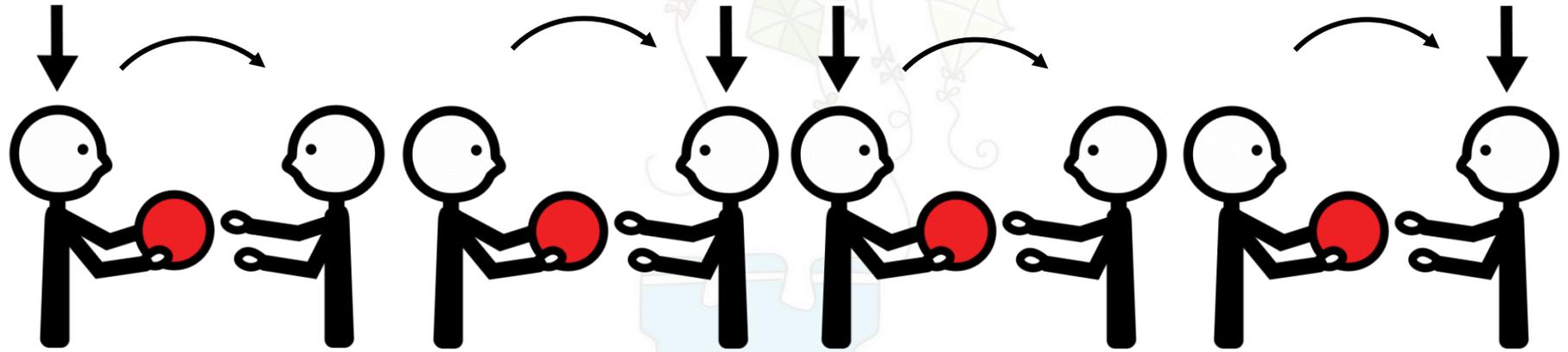
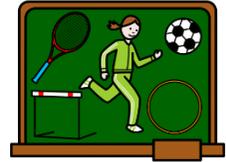
# DESPLAZAMIENTO Y EQUILIBRIO



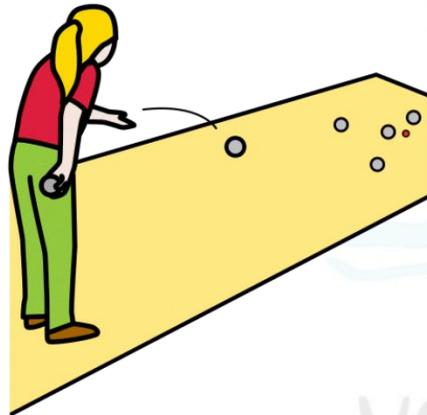
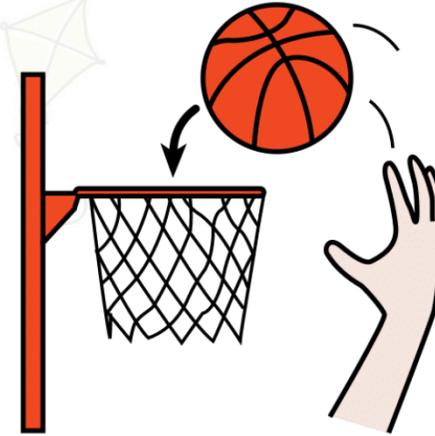
SOMOS CAPACES VOLAMOS ALTO

LARA ROMERO







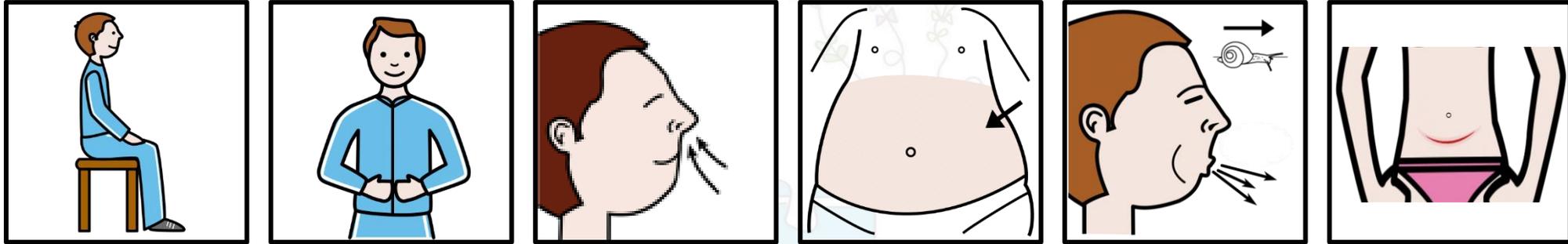


SOMOS CAPACES  
VOLAMOS ALTO

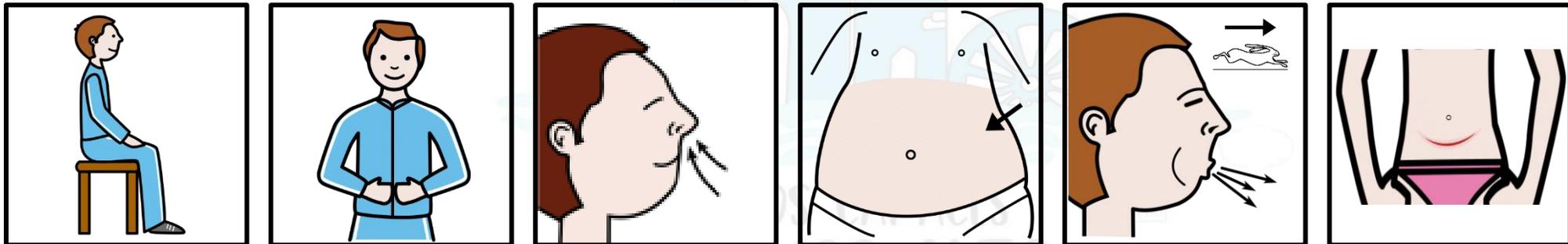
# TÉCNICAS DE RESPIRACIÓN



## TÉCNICA DE LA SERPIENTE



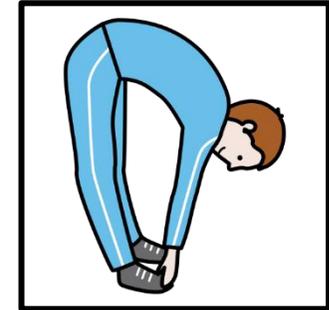
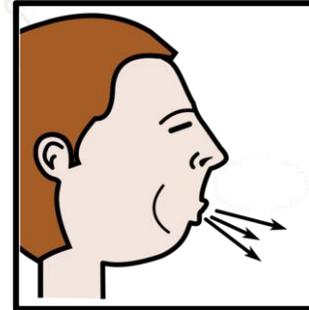
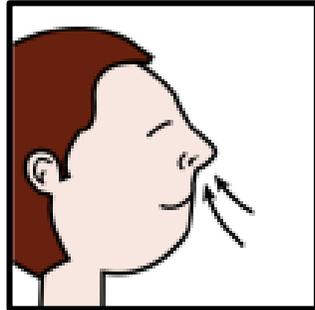
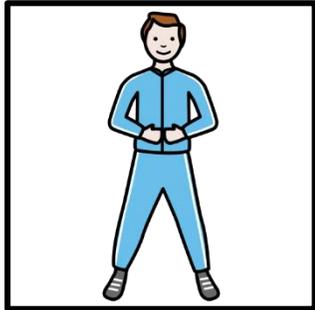
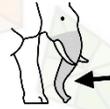
## TÉCNICA DEL GLOBO



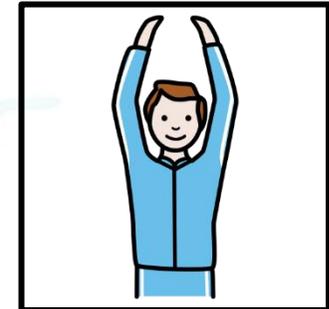
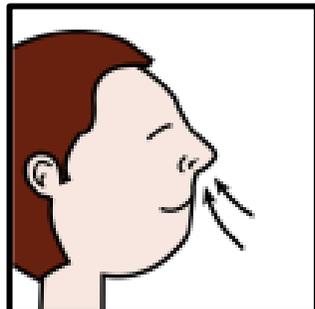
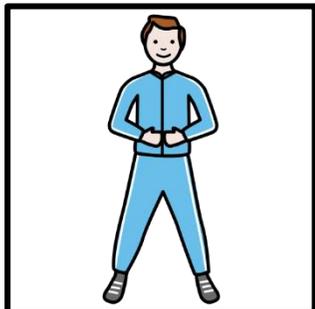
# TÉCNICAS DE RESPIRACIÓN



## TÉCNICA DEL ELEFANTE



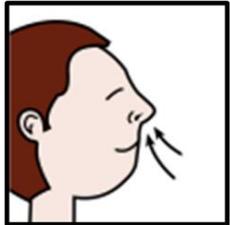
## TÉCNICA DEL AVE



# TÉCNICAS DE RELAJACIÓN



NOS SENTAMOS EN ESTA POSICIÓN



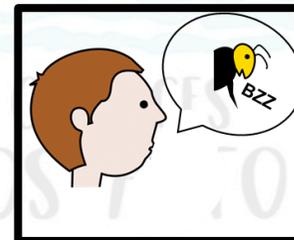
INSPIRAMOS Y MANTENEMOS EL AIRE UNOS SEGUNDOS



SOLTAMOS EL AIRE LENTAMENTE



TÁPATE LOS OÍDOS



EMITE UN ZUMBIDO

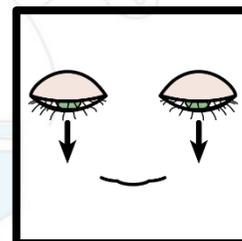
# TÉCNICAS DE RELAJACIÓN



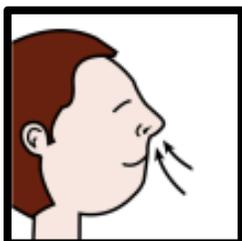
NOS SENTAMOS EN ESTA POSICIÓN



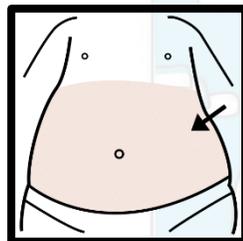
ALARGAMOS LA ESPALDA



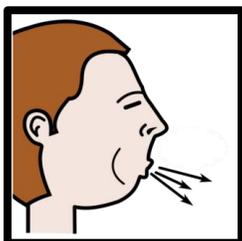
CERRAMOS LOS OJOS



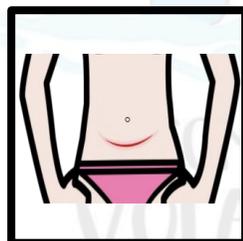
INSPIRAMOS



SENTIMOS COMO SE INFLA LA BARRIGA



ESPIRAMOS



SENTIMOS COMO SE VACIA LA BARRIGA

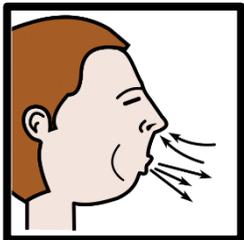
# TÉCNICAS DE RELAJACIÓN



NOS TUMBAMOS CON LAS PALMAS HACIA ARRIBA



CERRAMOS LOS OJOS



HACEMOS VARIAS RESPIRACIONES



ESCUCHAMOS



IMAGINAMOS

<https://www.youtube.com/watch?v=Ea6ykVh7Y7U>

