

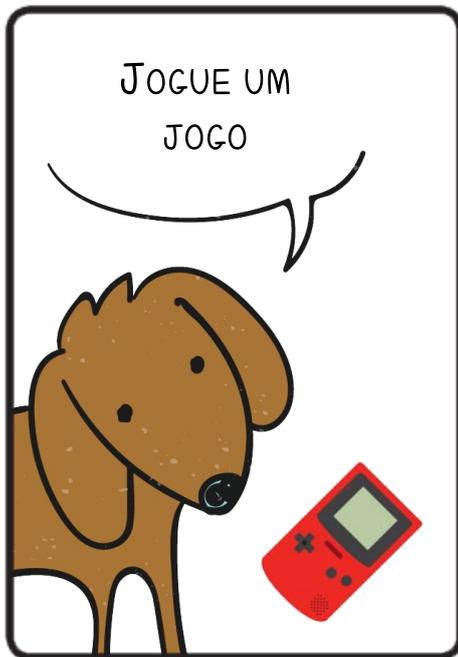
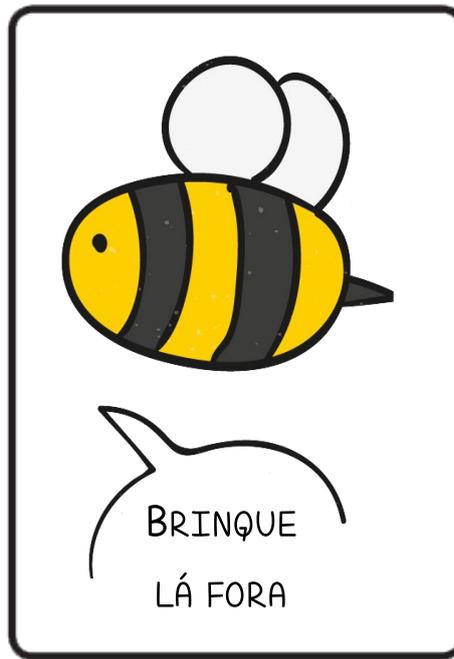
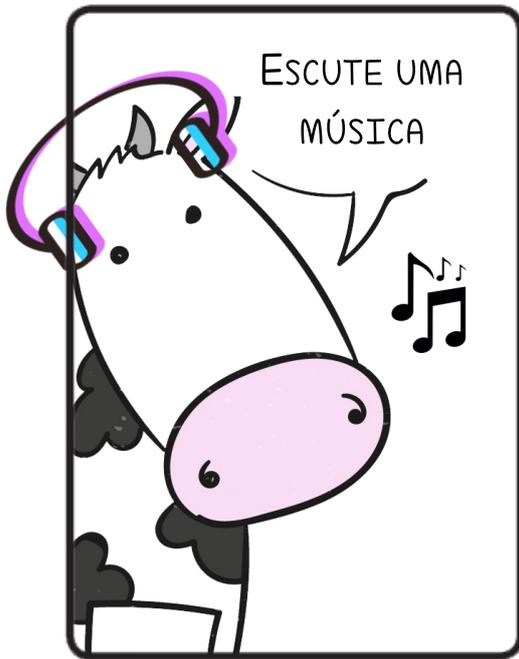


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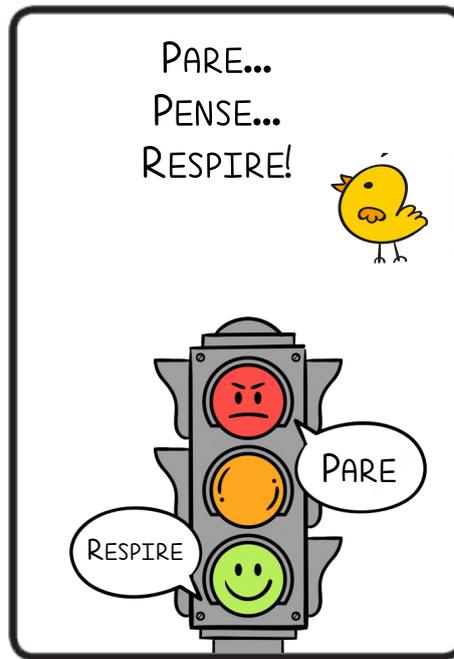
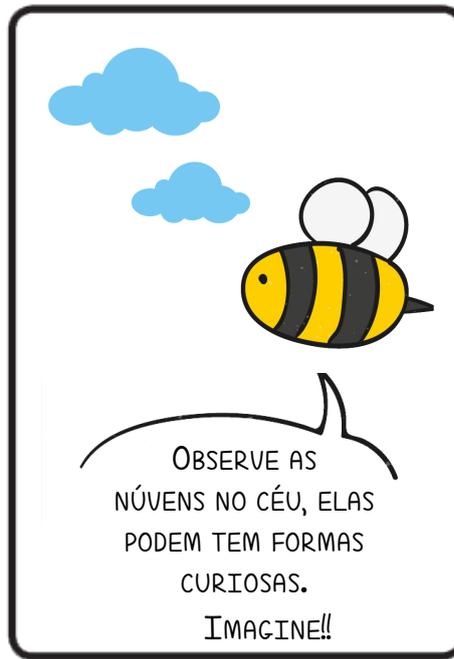
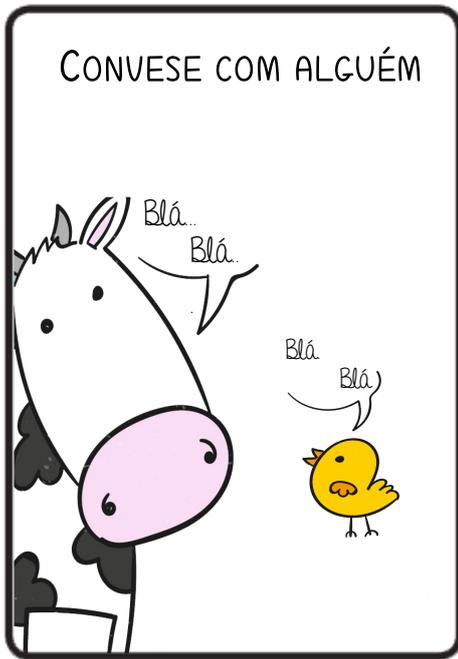


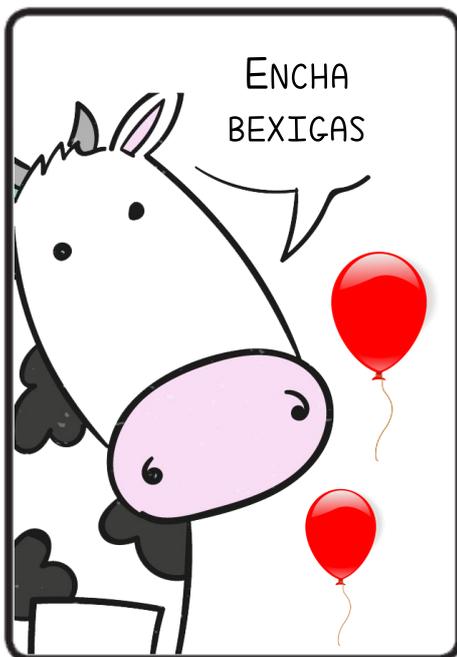
**OBRIGADA POR BAIXAR!  
IMPRIMA ESSE DOCUMENTO QUANTAS  
VEZES QUISER,  
É GRATUITO.**

**PROBIDO A VENDA E OU  
DISTRIBUIÇÕES SEM OS  
DEVIDOS CRÉDITOS.**



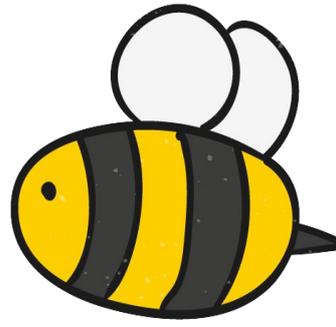
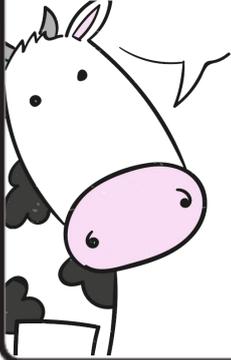
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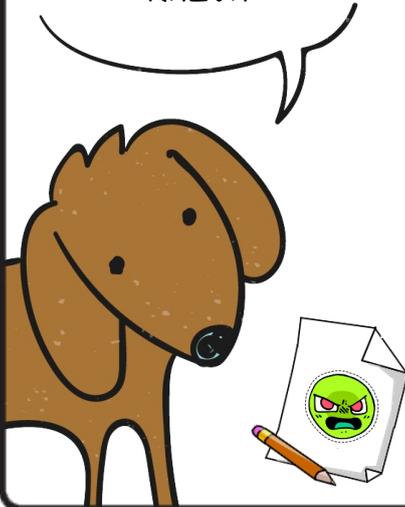
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QUAL SUA IDEIA?



DÊ 20 SALTOS  
NO MESMO LUGAR

DESENHE SUA  
RAIVA

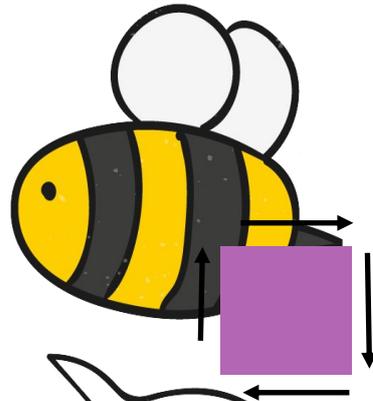
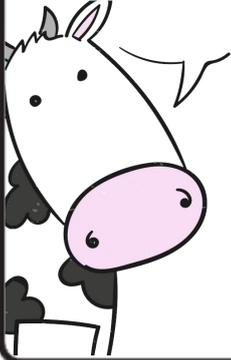


BEBA UM COPO  
DE ÁGUA



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Psicóloga

LEMBRE-SE PERDER O  
CONTROLE DA RAIVA  
PODERÁ CAUSAR PROBLEMAS  
PARA SI MESMO!



FAÇA  
RESPIRAÇÃO  
POR MEIO DAS  
FORMAS

FAÇA O  
EXERCÍCIO DA  
COBRA

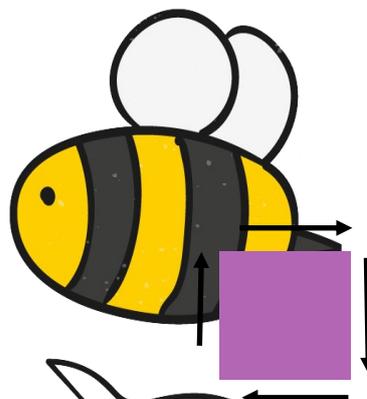
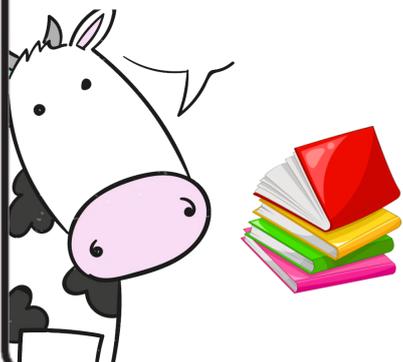


SE TORNE UM SUPER-HERÓI  
CRIE UM SUPER PODER  
PARA ENFRENTAR  
SUA RAIVA



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Psicóloga

FAÇA UMA TAREFA  
NO LIVRO DE ATIVIDADE



FAÇA  
RESPIRAÇÃO  
DAS FORMAS

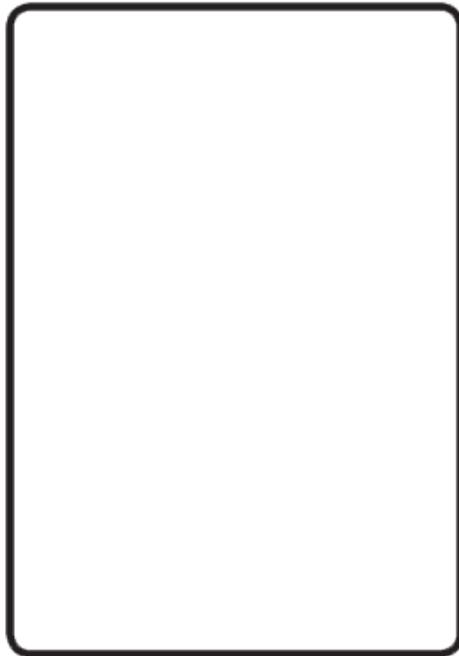
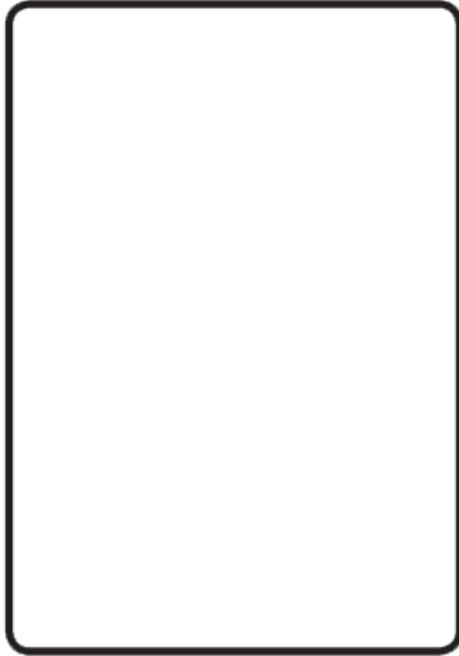
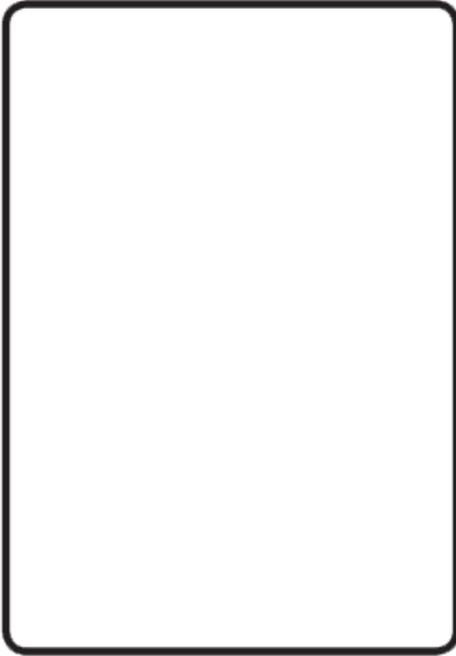
DANCE BEM  
RÁPIDO E SEM  
PARAR



HORA DO  
ABRAÇO



Isabella Bassetti  
Psicóloga



Isabella Bassetti  
Psicóloga