

# CURSA DE RELLEUS

Handwriting practice area with 15 horizontal dotted lines.

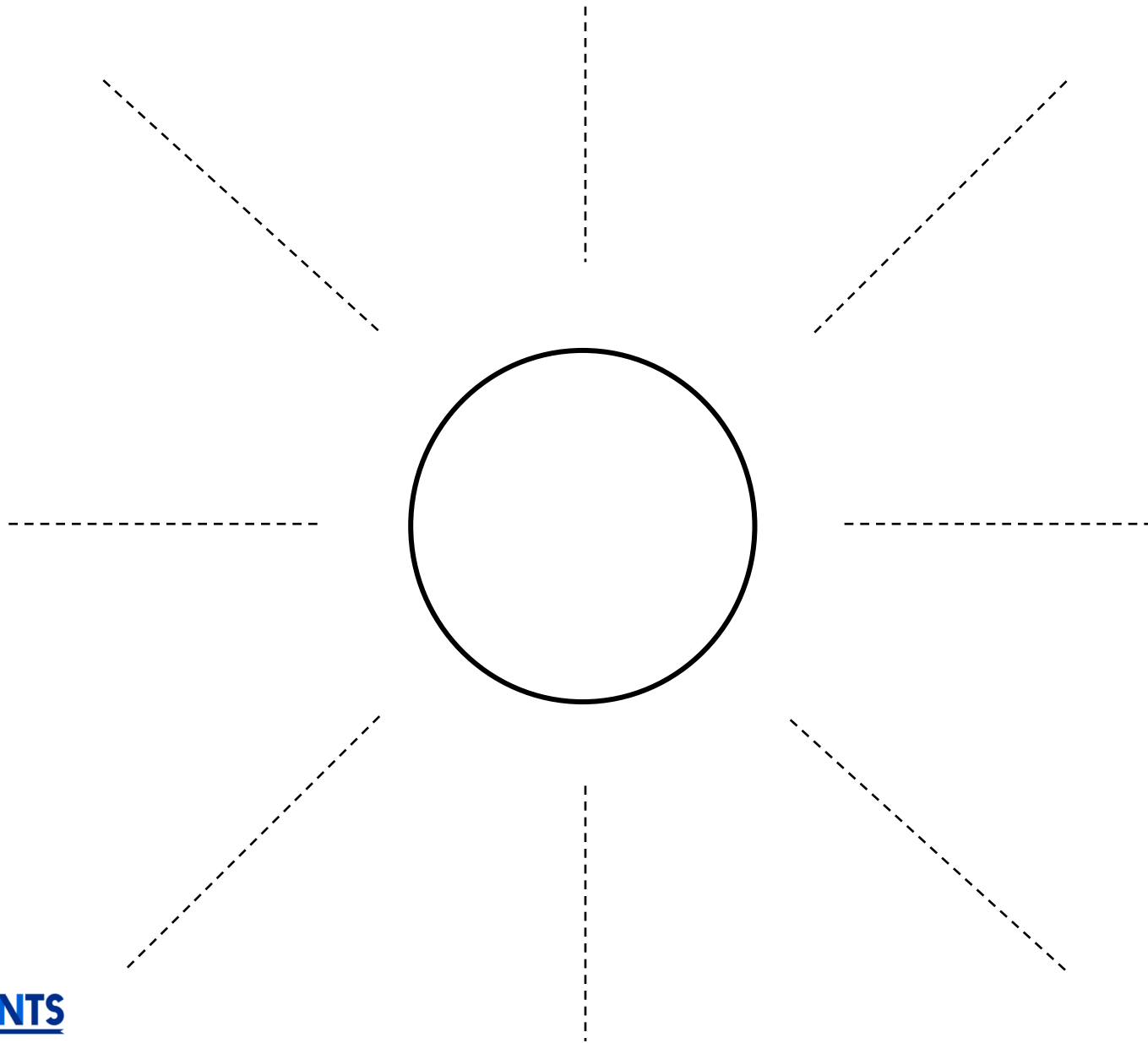


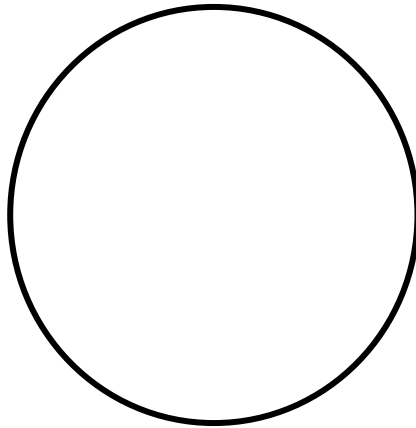
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# SOTA EL MATEIX SOL







ALEGRIA

[SOMDOCENTS](#)



TRISTESA

[SOMDOCENTS](#)



POR

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IRA

[SOMDOCENTS](#)





SORPRESA

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FÀSTIC

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CALMA

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MOTIVAT

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ALEGRIA



IRA



TRISTESA



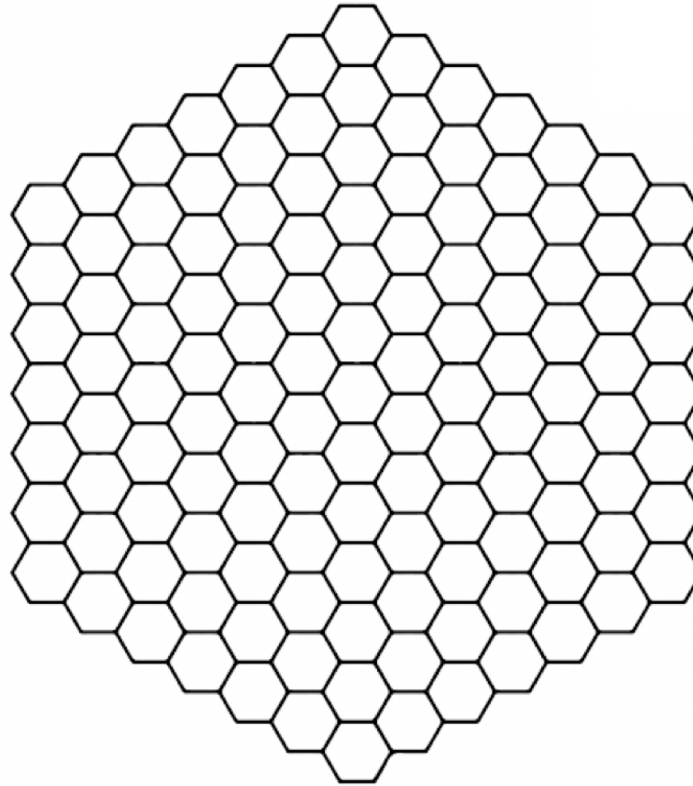
FÀSTIC



POR

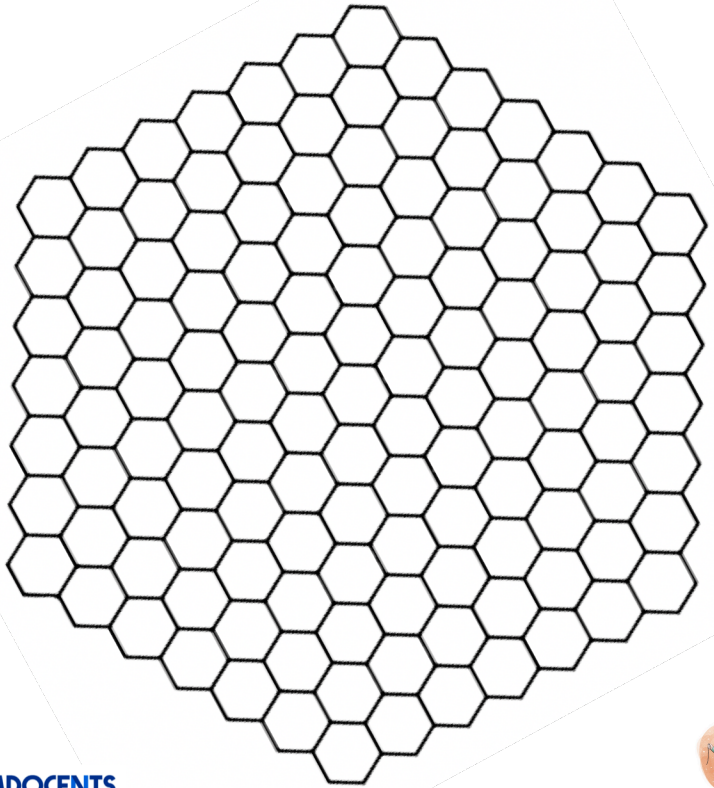


SORPRESA



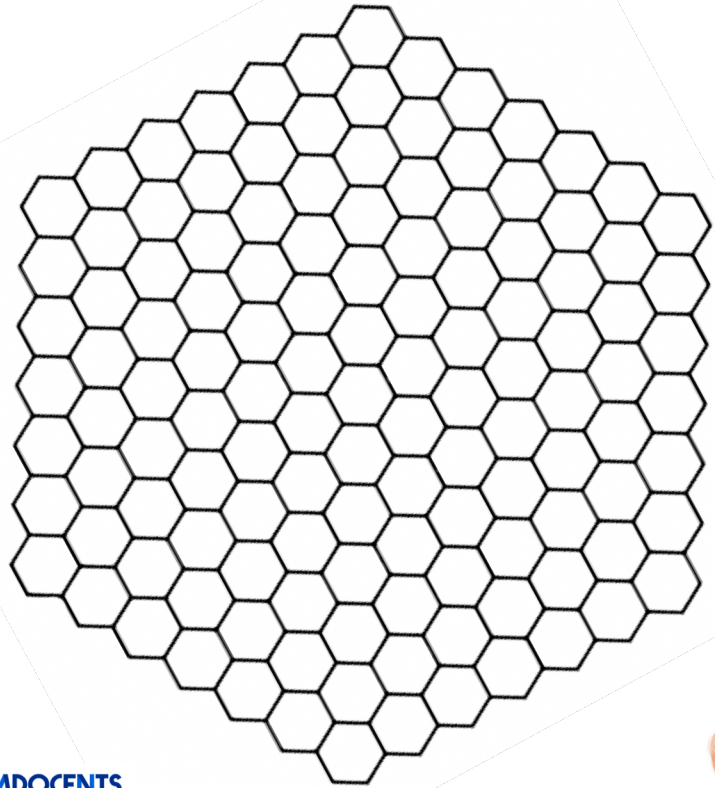
# CONSCIÈNCIA EMOCIONAL

-  ALEGRIA
-  IRA
-  TRISTESA
-  FÀSTIC
-  POR
-  SORPRESA

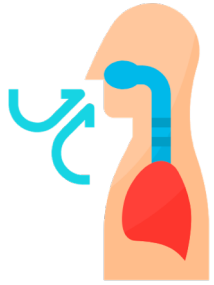


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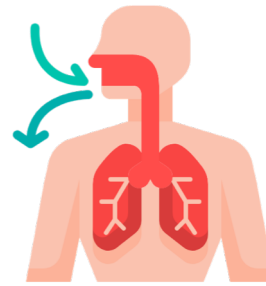




PEL NAS

Inspirar - Mantenir 3' - Expirar

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NAS I BOCÀ

Inspirar - Mantenir 3' - Expirar

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## RACÓ DE LA CALMA

1. Sentir l'aire com entra
  2. Mantenir
  3. Sentir com surt
- Buidar la ment

[SOMDOCENTS](#)

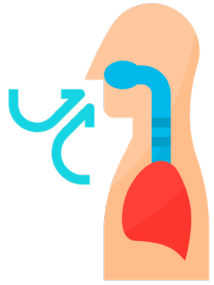


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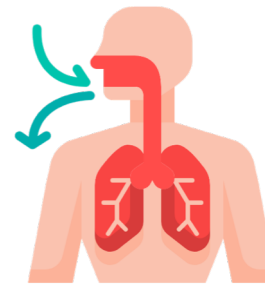




nas I Boca

Inspirar - Manterir 5' - Expirar

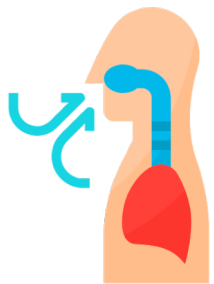
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Inspirar - Manterir 5' - Expirar

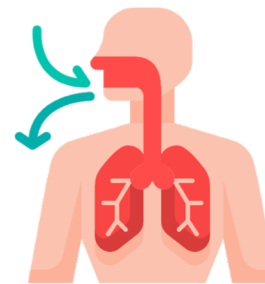
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Inspirar 2' - Manterir 4' - Expirar 2'

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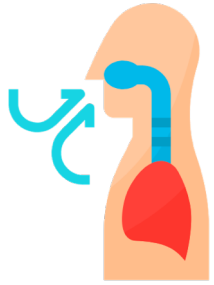


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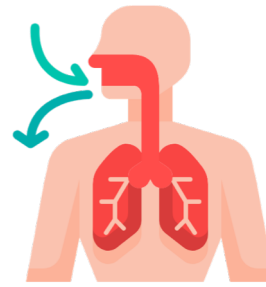
Inspirar 2' - Manterir 4' - Expirar 2'

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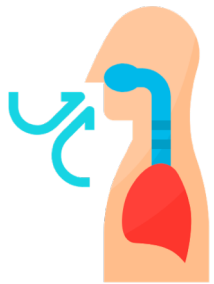




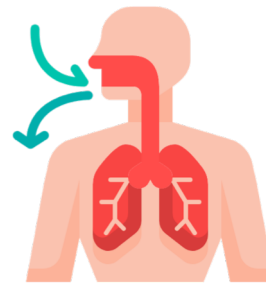
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