

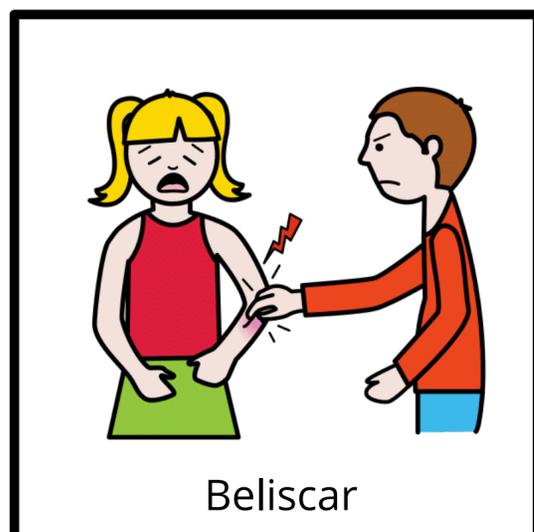
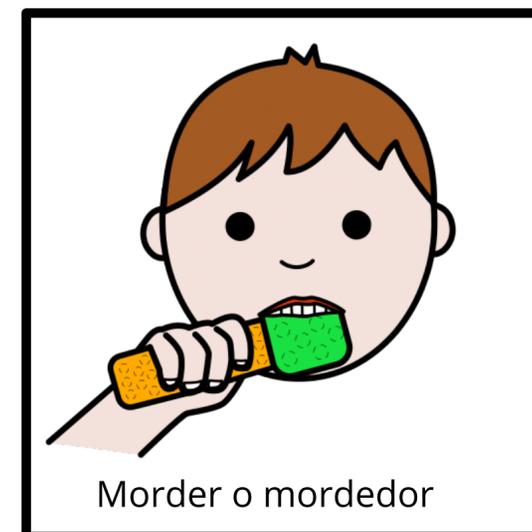
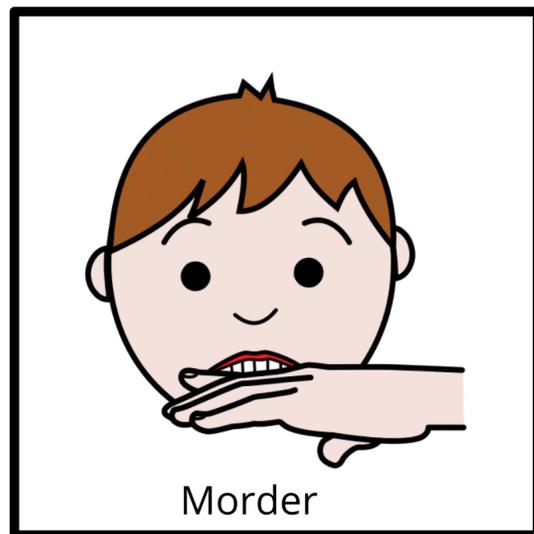
Ao invés de .....

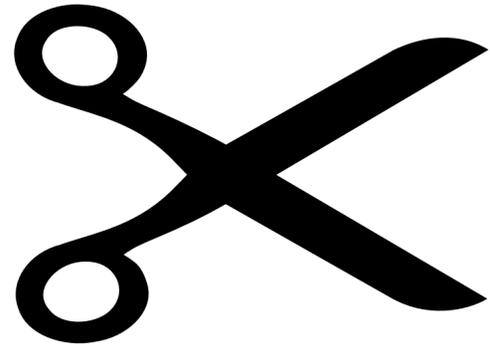
Você pode ...

Ao invés de .....

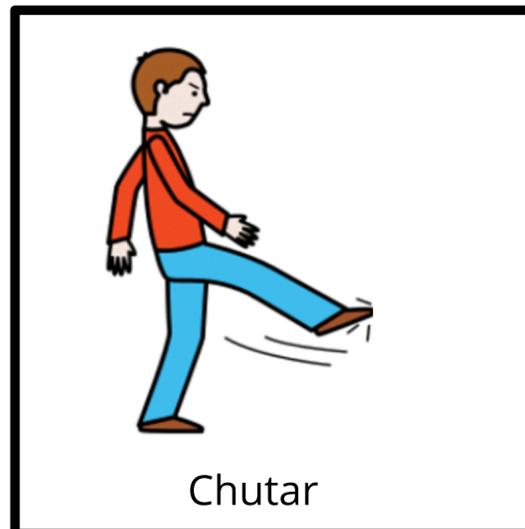
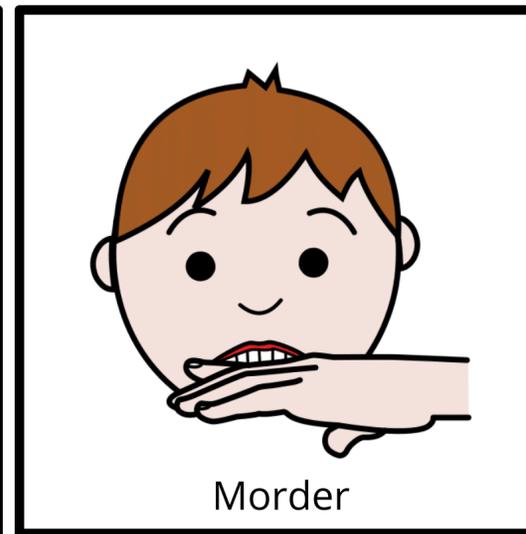
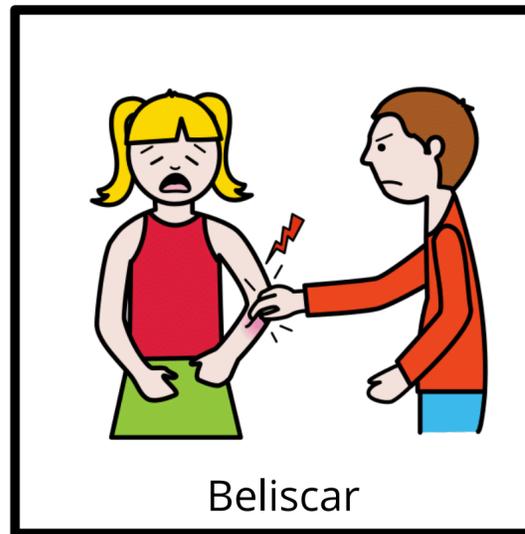
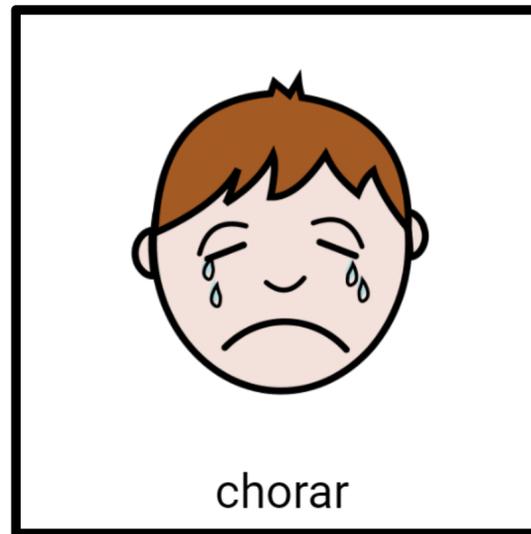
Você pode ...

## MODELO DE EXEMPLO



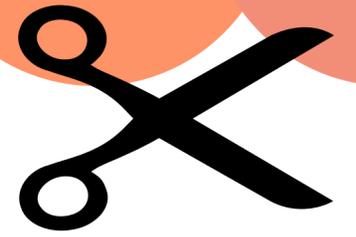


# Ao invés de:



Você pode:

Instituto **Oruguitas**



Apertar a massinha



usar o abafador



Tomar água



respirar fundo



pedir para lavar o rosto



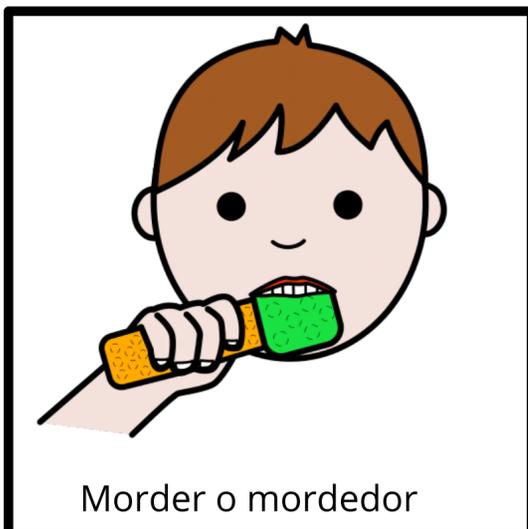
chamar um adulto



Pedir para sair alguns minutos



Descansar um pouco



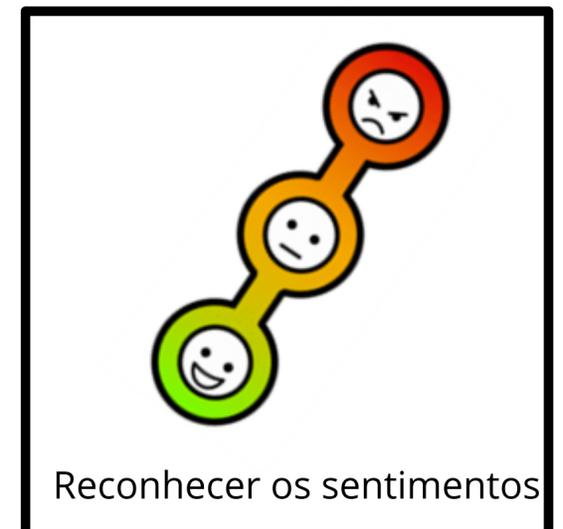
Morder o mordedor



Apertar uma bola



Pedir no colo



Reconhecer os sentimentos