

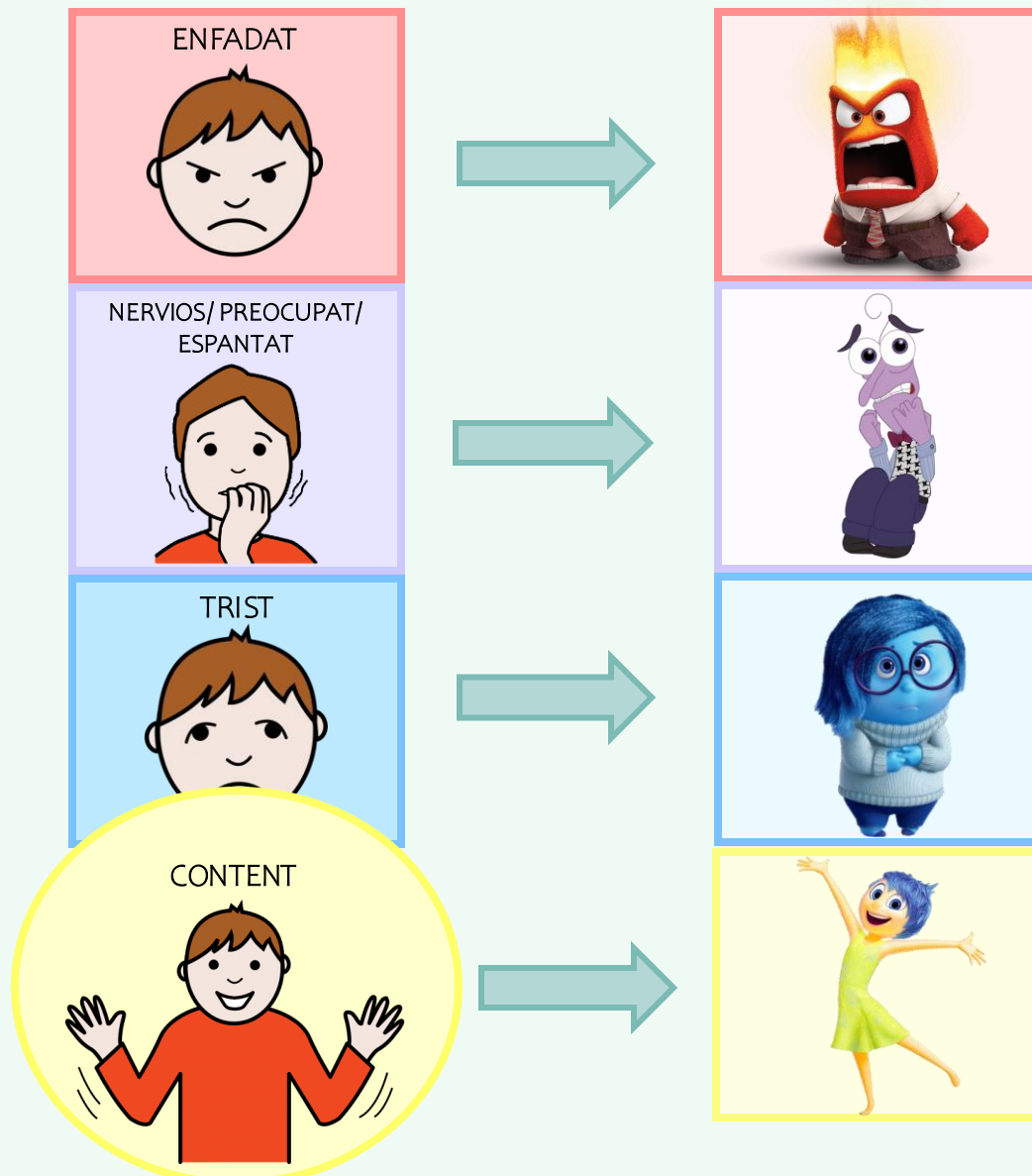
# LES EMOCIONS



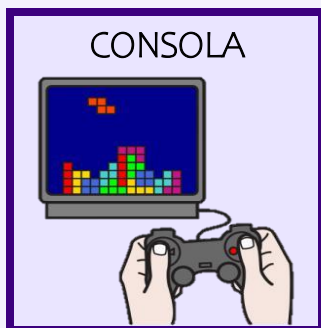
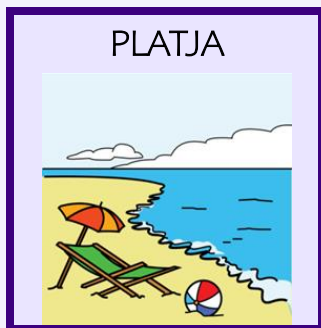
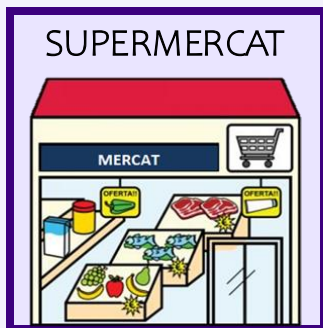
Factoria Social de Terrassa

# JACOBSON ADAPTAT

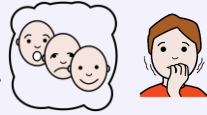
# COM EM SENTO?



# SITUACIONS ON PUC ESTAR NERVIÓS O NERVIOSA



# EMOCIONS QUE HEM PODEN FER SENTIR NERVIÓS O NERVIOSA



**Ti LaFACT** FACTORIA SOCIAL DE TERRASSA

ABURRIR-ME



PER ESPERAR



ESPANTAR-ME



PER LES ATRACCIONS



PREOCUPAR-ME



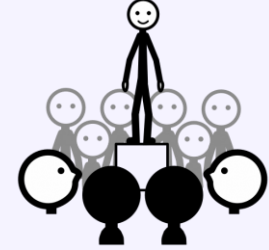
PER UNA DISCUSIÓ



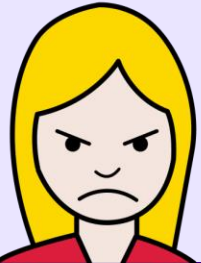
VERGONYA



PER PARLAR EN PÚBLIC



ENFADAR-ME



PER UNA DISCUSIÓ



VERGONYA



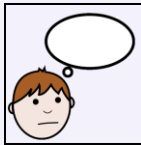
PER ESTAR NUA



# QUÈ SENTO QUAN ESTIC NERVIÓS O NERVIOSA?



PENSAMENTS  
NEGATIUS

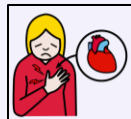


...soy incapaz, suspenderé, es demasiado arriesgado... ¿Qué dirán mis padres? ¿Y si me quedo en blanco?

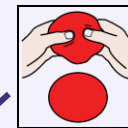
SUORS



EL COR VA RÀPID



ACCIONS  
REPETIDES



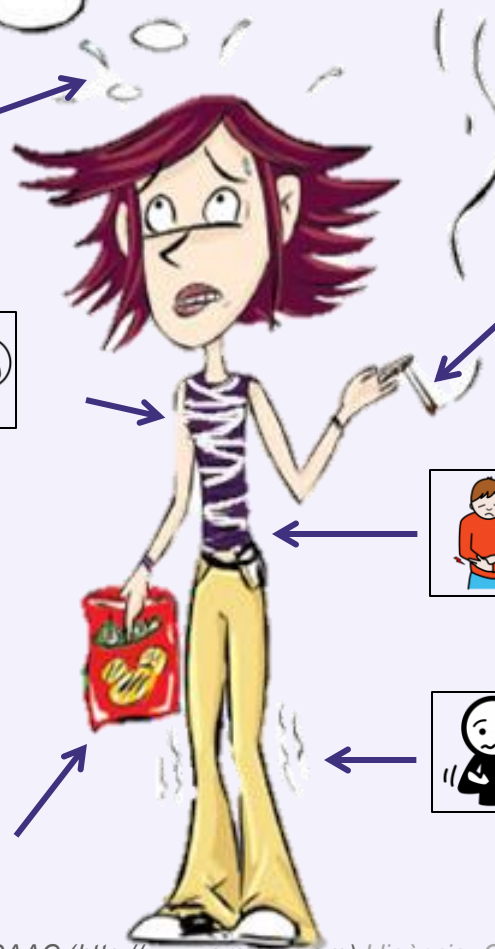
MAL DE PANXA



TREMOLORS



MENJAR MOLT



**LaFACT** FACTORIA  
SOCIAL  
DE TERRASSA

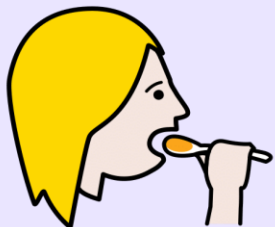
# COM EM COMPORTO QUAN ESTIC NERVIÓS O NERVIOSA?



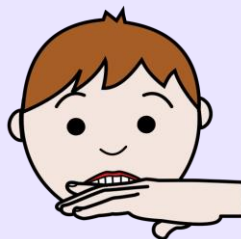
DONAR COPS



MENJAR



MOSSEGAR



INCONTINÈNCIA



CRIDAR



PLORAR



ESCAPAR



PEGAR



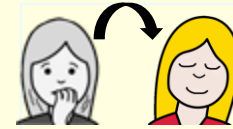
BALANCEJAR



APLAUDIR



# QUINES ACCIONS EM CALMEN?



ANAR AL CINE



IOGA



CANTAR



AGAFAR LA MÀ



PASSEJAR



ESCOLTAR MÚSICA



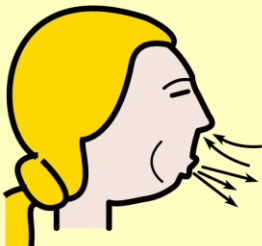
FER ESPORT



DUTXAR-SE



RESPIRAR



PINTAR



PRENDRE UNA TILA

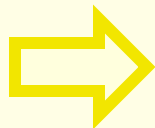
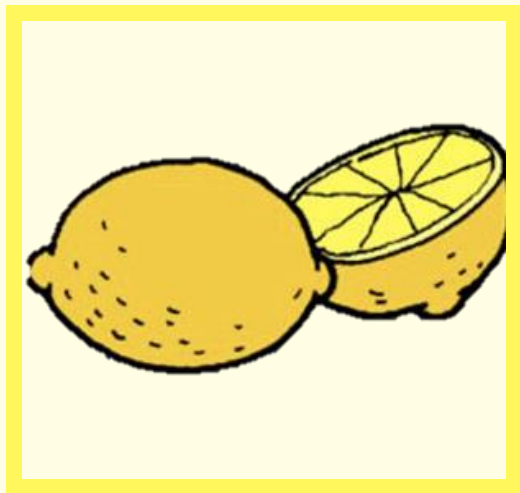


LLEGIR

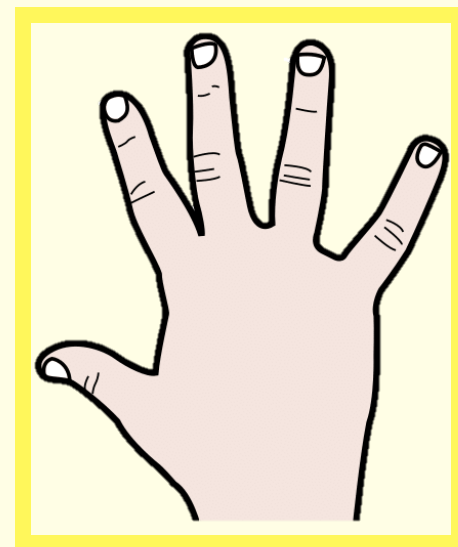
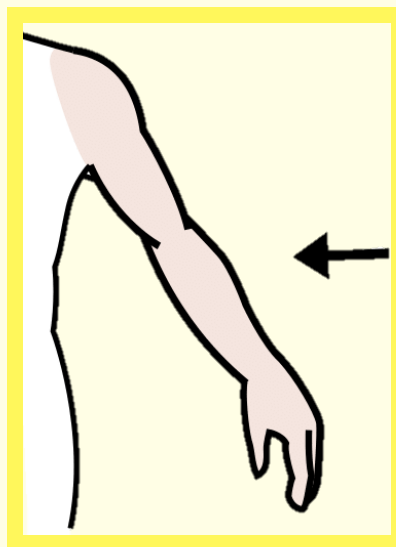


# EXERCICI LLIMONES

PER A L'EXERCICI DE  
LES LLIMONES

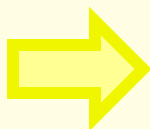


ES FARÀ FORÇA AMB EL BRAÇ I LA MÀ

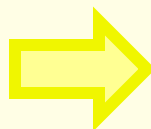
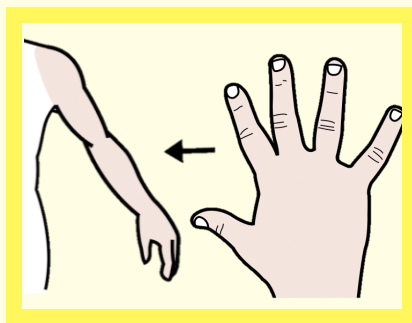


# EXERCICI LLIMONES

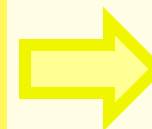
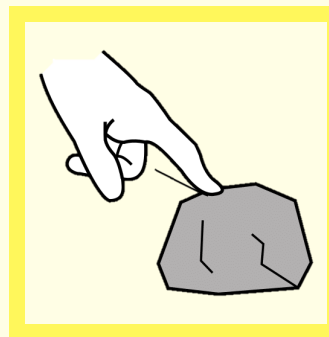
APRETAR LLIMONA



EL BRAÇ I LA MÀ



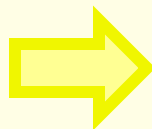
ES POSEN DURS



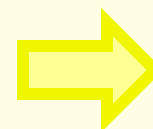
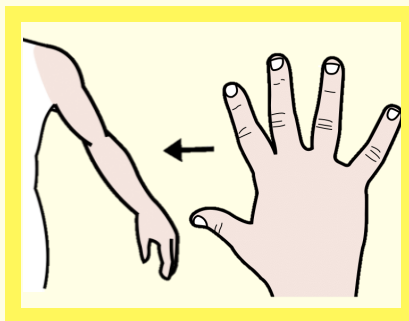
I S'OMPLE EL GOT



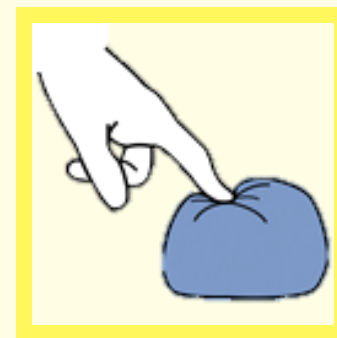
DEIXA LA LLIMONA



EL BRAÇ I LA MÀ



ES POSEN TOUS

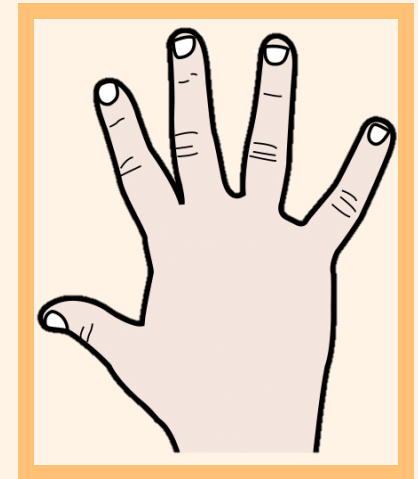
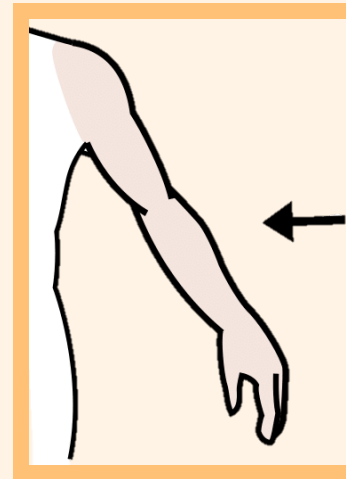
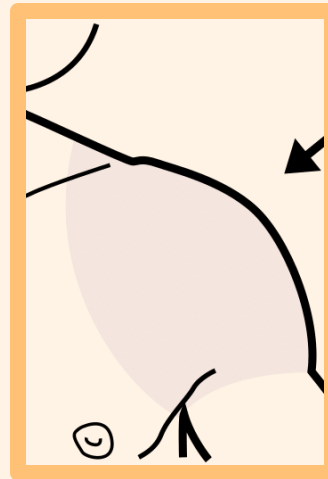
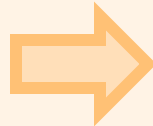


# EXERCICI GAT



PER A L'EXERCICI  
DEL GAT

ES FARÀ FORÇA AMB L'ESPATLLA, ELS BRAÇOS I LES MANS



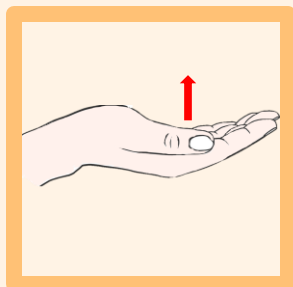
# EXERCICI GAT



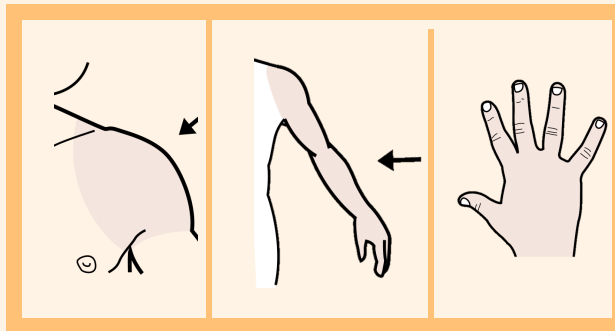
ESTIREM ELS  
BRAÇOS



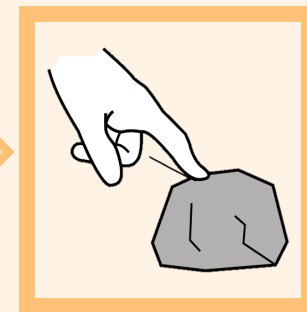
LES MANS ESTARAN  
CAP AMUNT



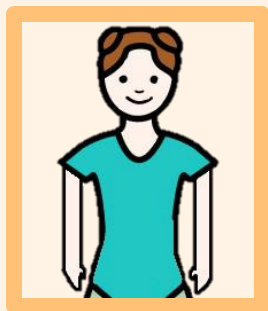
L'ESPATLLA, ELS BRAÇOS I  
LES MANS



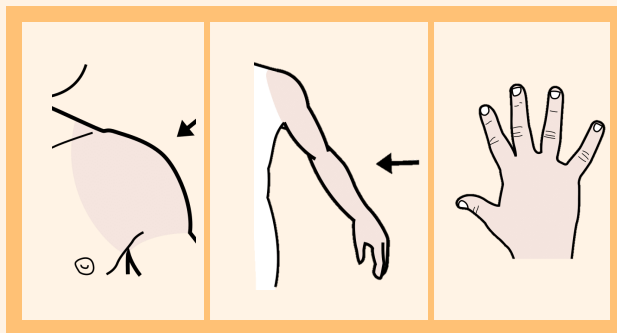
ES POSEN DURS



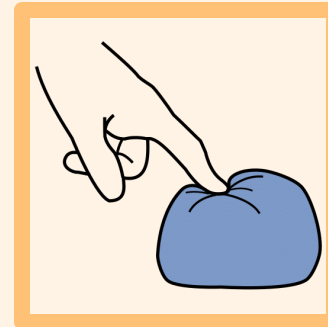
DEIXEM ANAR  
ELS BRAÇOS



L'ESPATLLA, ELS BRAÇOS I LES  
MANS

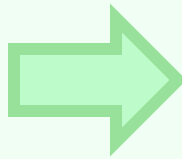


ES POSEN  
TOUS

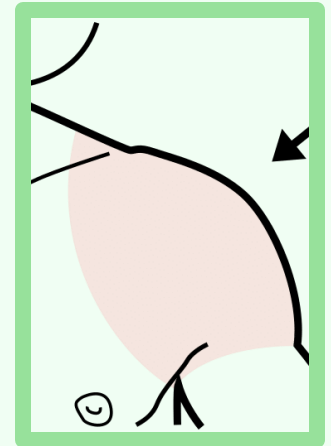
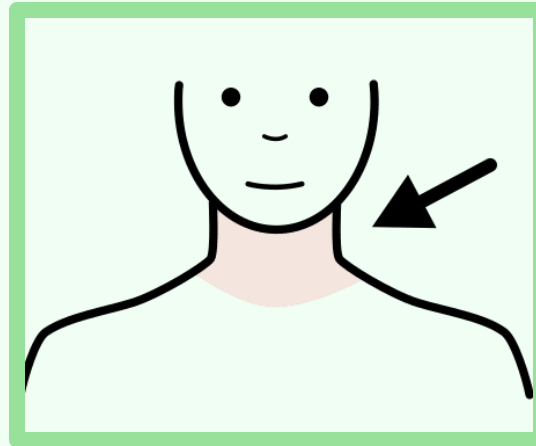


# EXERCICI TORTUGA

PER A L'EXERCICI DE LA  
TORTUGA

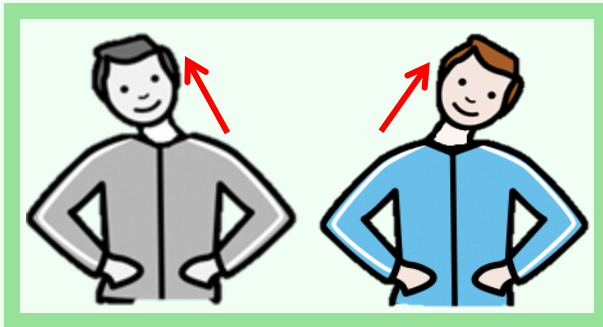


ES FARÀ FORÇA AMB EL COLL I LES ESPATLLES

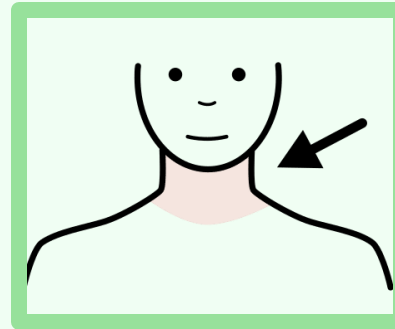


# EXERCICI TORTUGA

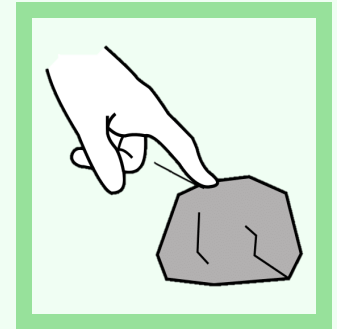
ESTIREM EL COLL CAP  
AL COSTAT



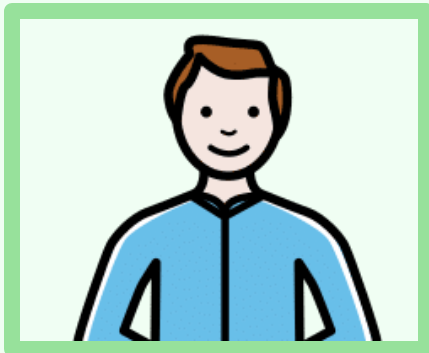
EL COLL



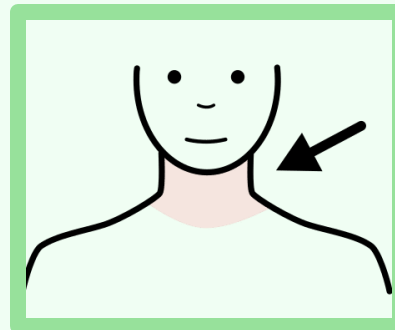
ES POSA DUR



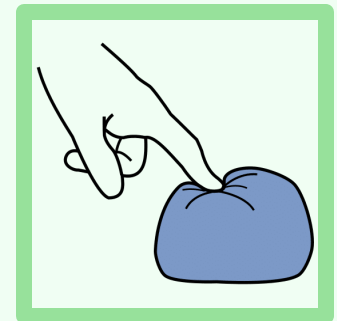
POSEM EL COLL RECTE



EL COLL

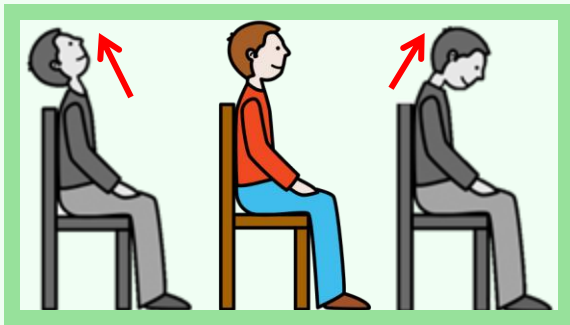


ES POSA TOU

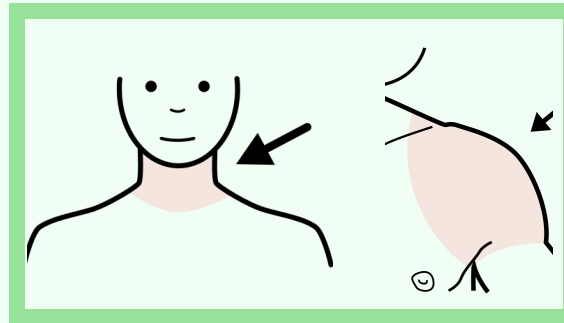


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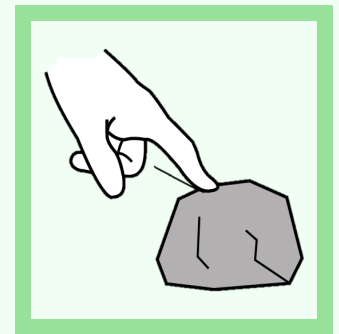
ESTIREM EL COLL CAP  
ENDAVANT I CAP ENDARERE



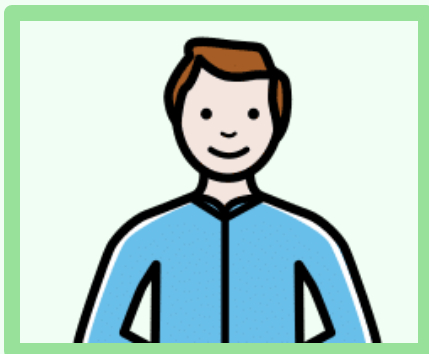
EL COLL I LES ESPATLLES



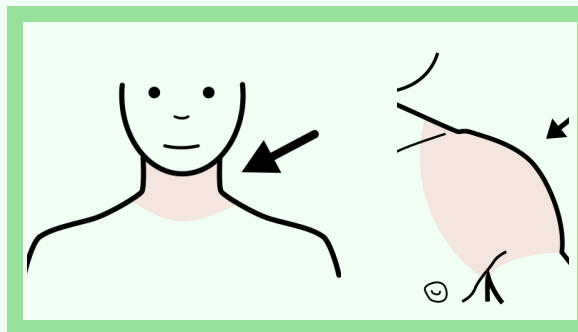
ES POSEN DURES



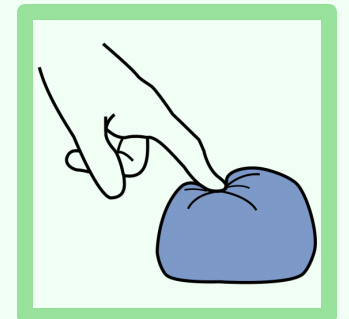
POSEM EL COLL RECTE



EL COLL I LES ESPATLLES

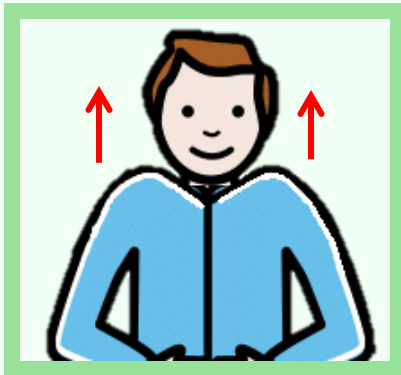


ES POSEN TOVES

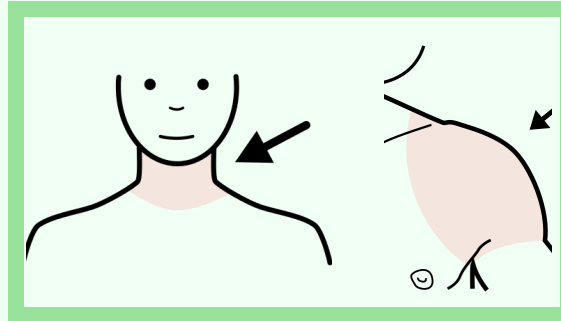


# EXERCICI TORTUGA

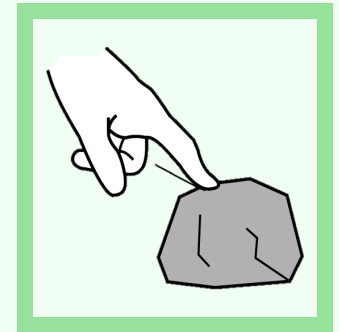
PUJEM LES ESPATLLES



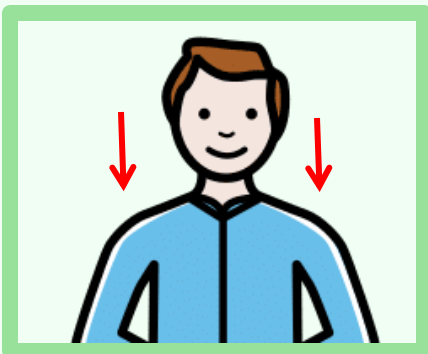
EL COLL I LES ESPATLLES



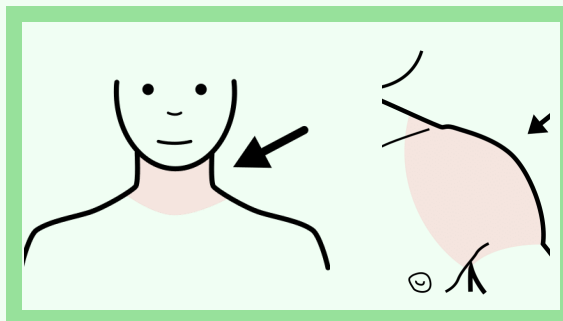
ES POSEN DURES



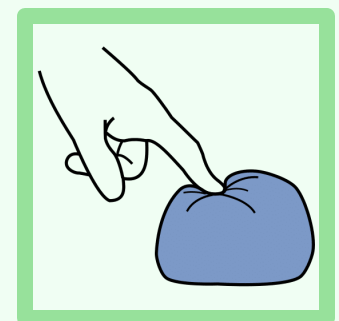
BAIXEM LES ESPATLLES



EL COLL I LES ESPATLLES

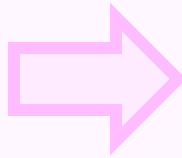


ES POSEN TOVES

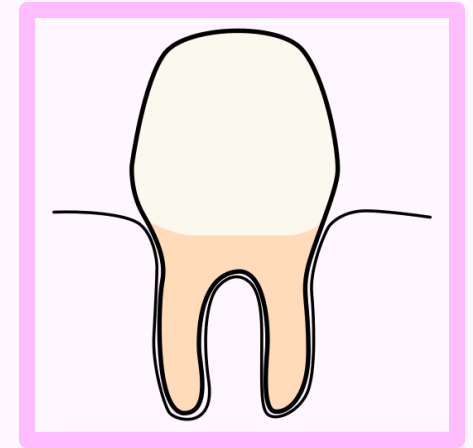


# EXERCICI XICLET

PER A L'EXERCICI DEL XICLET



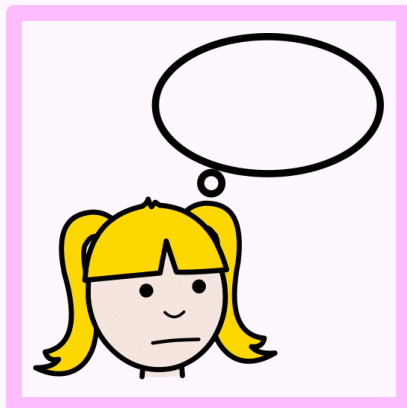
ES FARÀ FORÇA AMB LA BOCA I LES DENTS



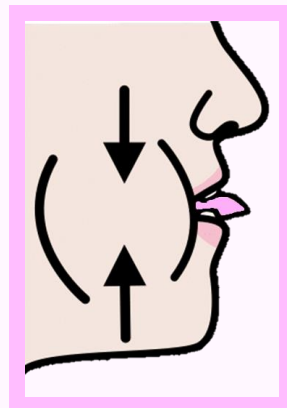
# EXERCICI XICLET



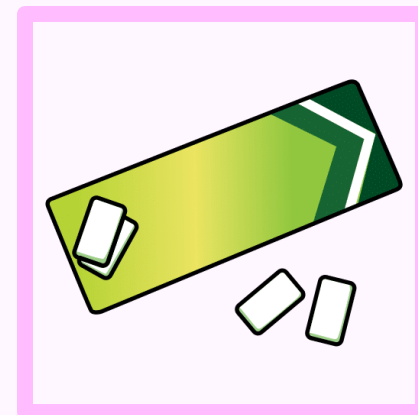
HEM D'IMAGINAR



QUE ESTEM MASTEGAN



UN XICLET



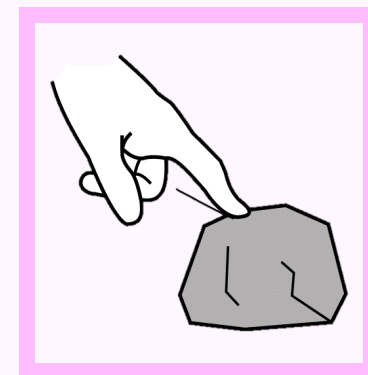
APRETEM LES DENTS



I TOTA LA BOCA



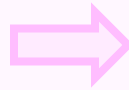
ES POSA DURA



# EXERCICI XICLET



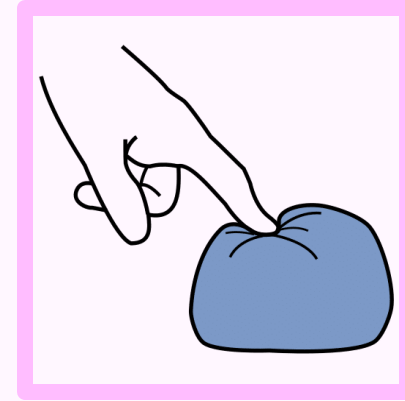
DEIXEM D'APRETAR LES DENTS



TOTA LA BOCA

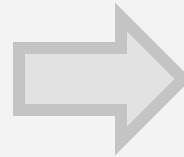
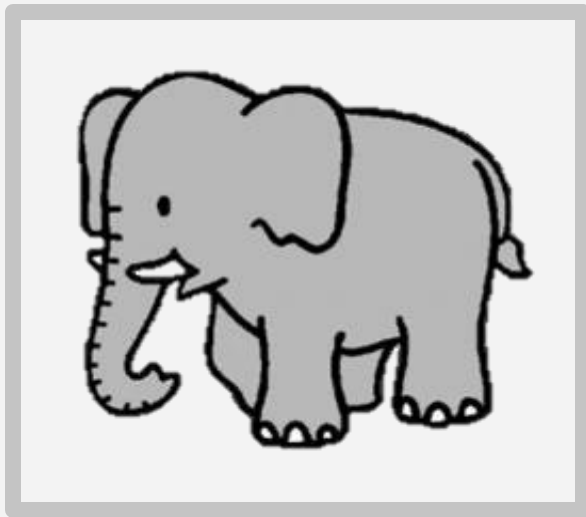


ES POSA TOVA

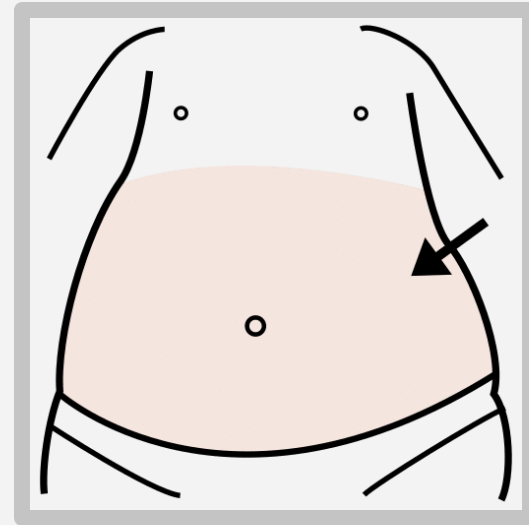


# EXERCICI ELEFANT

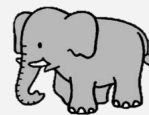
PER A L'EXERCICI DE L'ELEFANT



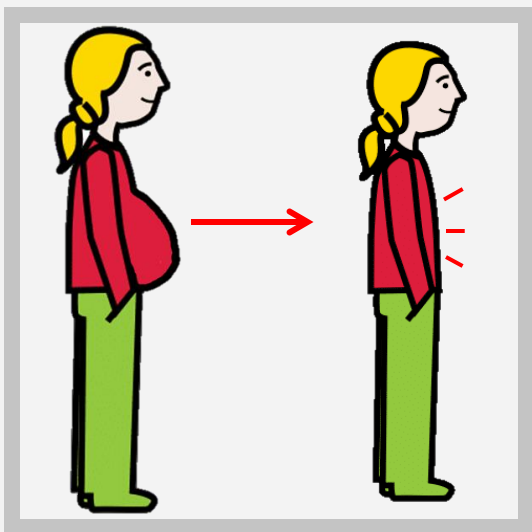
ES FARÀ FORÇA AMB LA PANXA



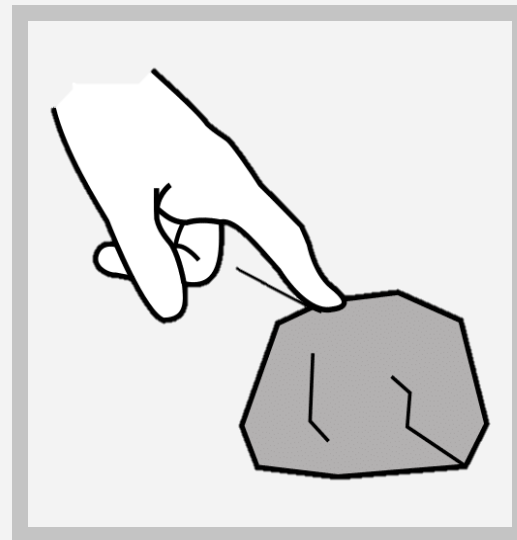
# EXERCICI ELEFANT



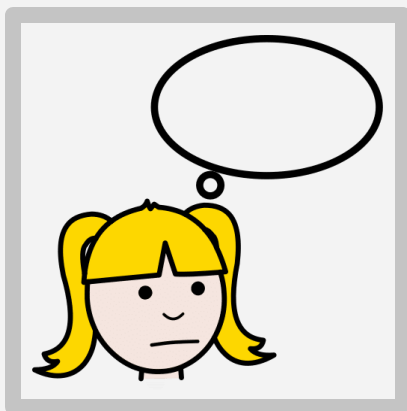
POSEM LA PANXA



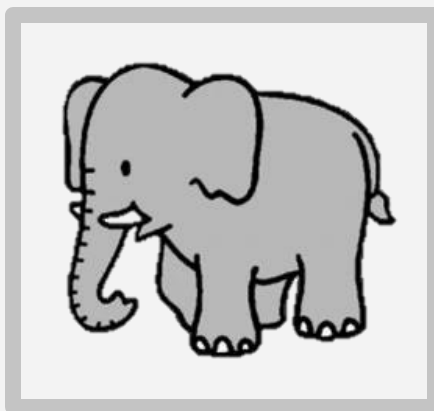
DURA



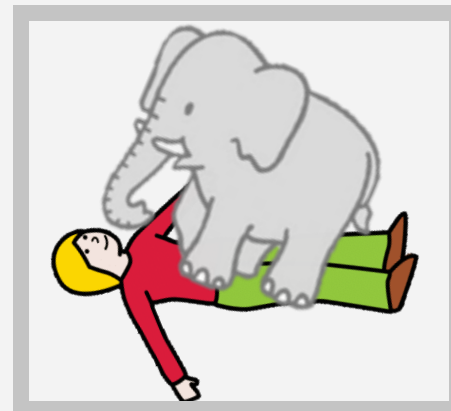
HEM D'IMAGINAR



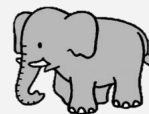
QUE UN ELEFANT



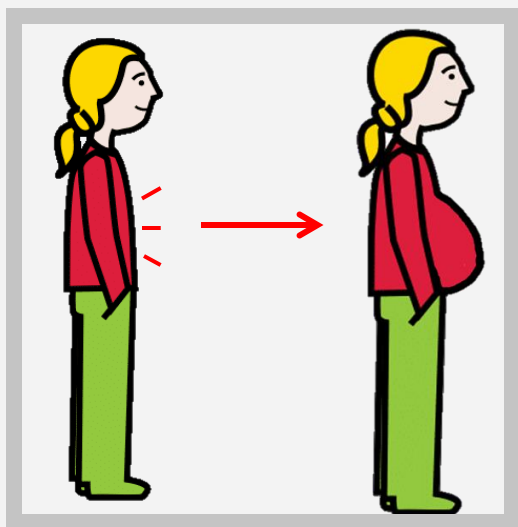
CAMINA PER SOBRE NOSTRE



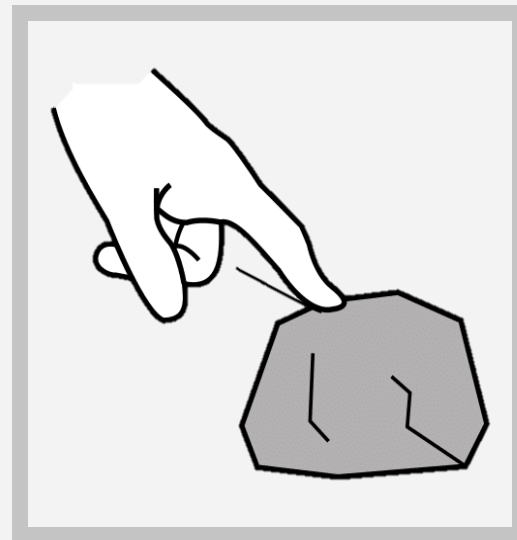
# EXERCICI ELEFANT



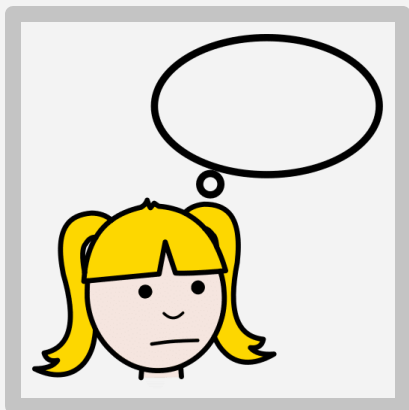
POSEM LA PANXA



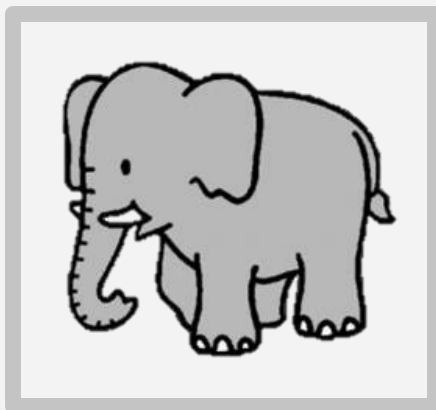
TOVA



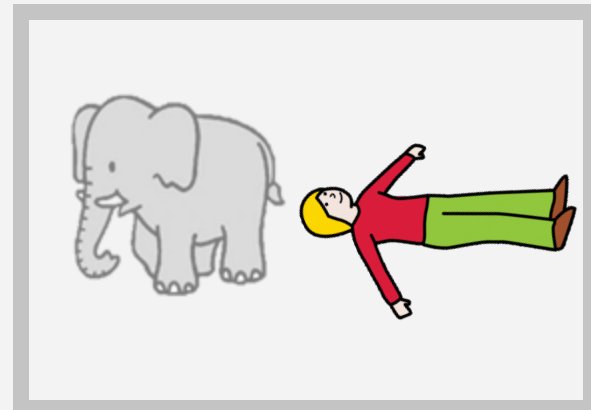
HEM D'IMAGINAR



QUE L'ELEFANT



JA HA PASSAT



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