

EJERCICIOS DE RESPIRACIÓN CON NEMO



Cogemos aire por la nariz cada vez que veamos a Nemo



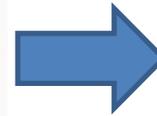
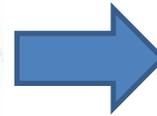
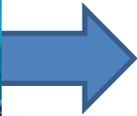
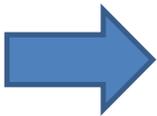
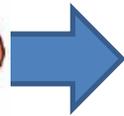
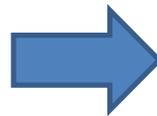
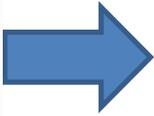
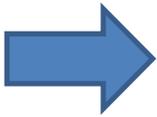
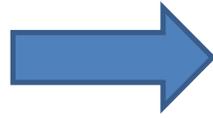
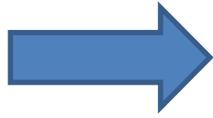
Aguantamos el aire cada vez que veamos a Dory



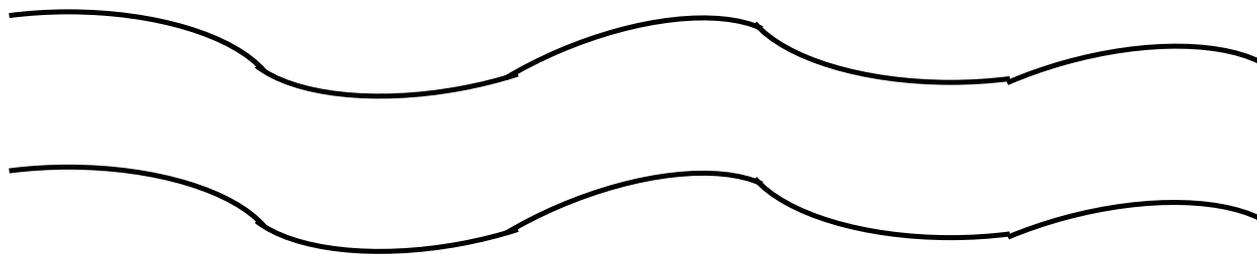
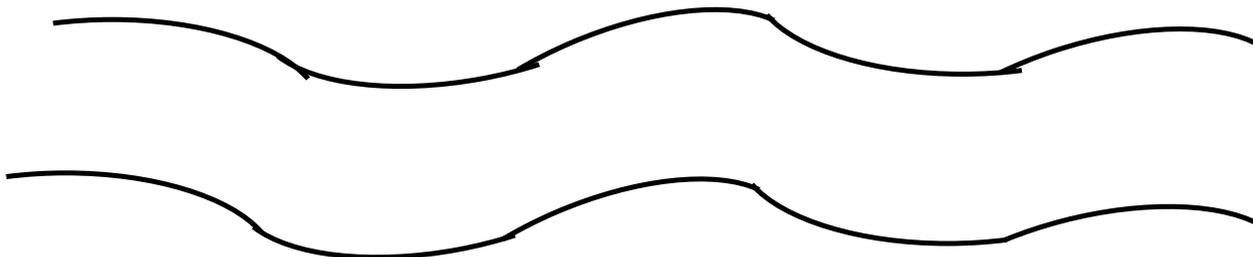
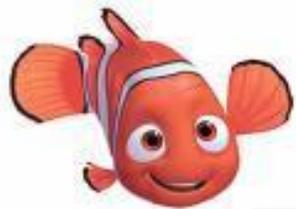
Expulsamos el aire por la boca cada vez que veamos a Chiqui



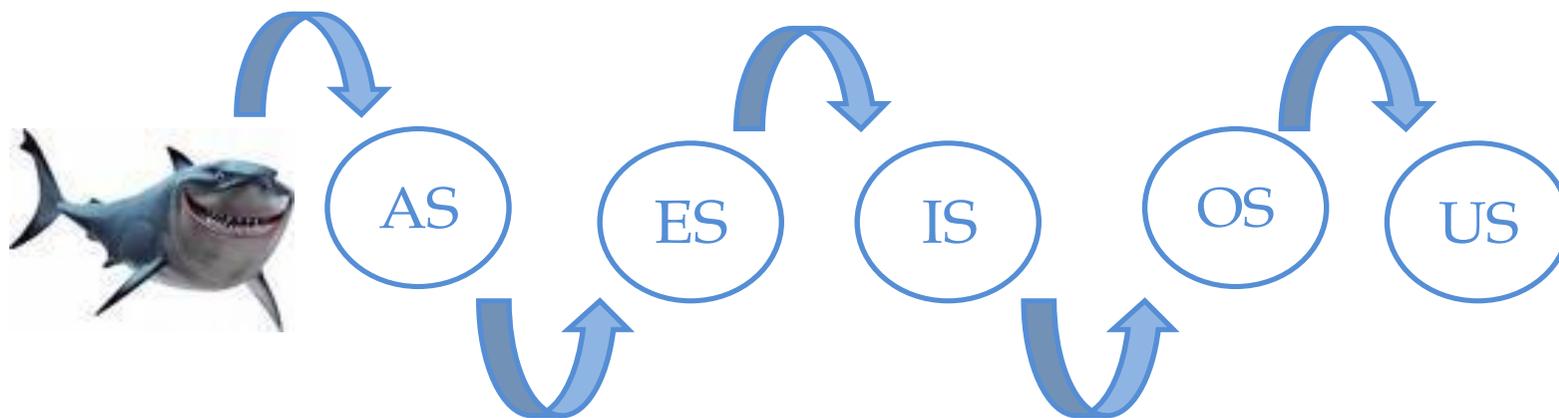
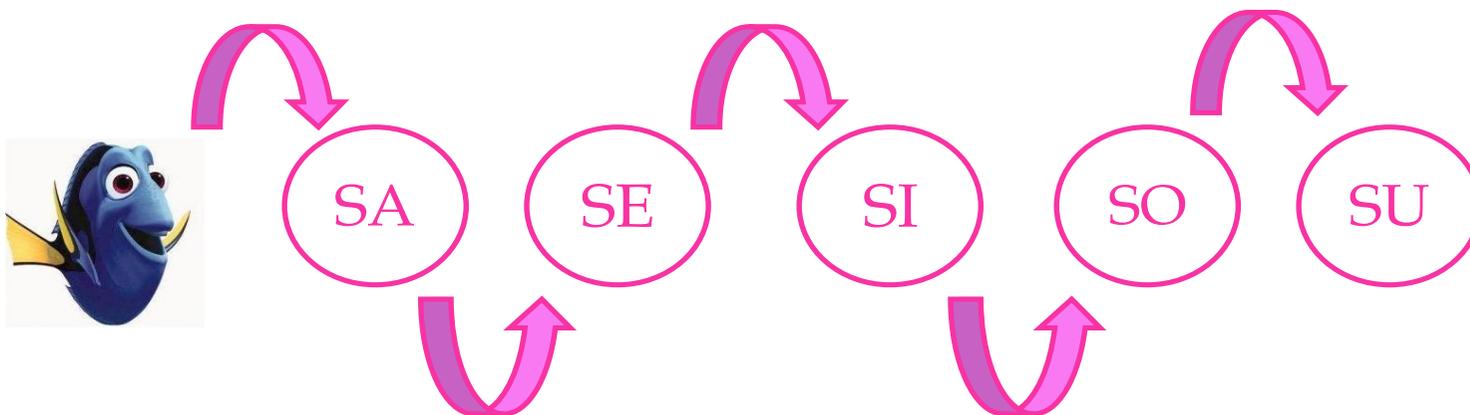
Expulsamos el aire por la nariz cada vez que veamos a Bruce



Coloca una bola pequeña de papel y condúcelo soplando hasta el final del laberinto, ¡ Pero cuidado, no debes salirte de la carretera!



Salta por las burbujas cogiendo aire en las flechas y expulsando el aire diciendo la sílaba correcta.



EJERCICIOS DE RESPIRACIÓN CON LOS SIMPSON



Cogemos aire por la nariz cada vez que veamos a Maggie



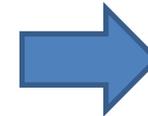
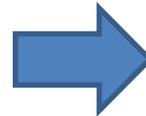
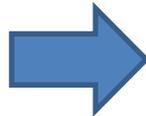
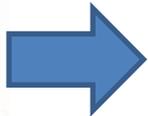
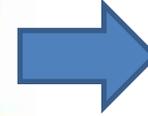
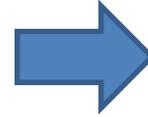
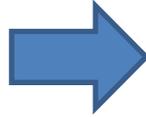
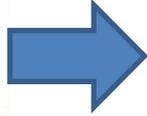
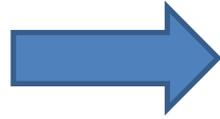
Aguantamos el aire cada vez que veamos a Lisa



Expulsamos el aire por la boca cada vez que veamos a los Marge



Expulsamos el aire por la nariz cada vez que veamos a Bart



INSTRUCCIONES



Coge aire profundamente por la nariz cuando veas a WINNIE.



Aguanta el aire cuando veas a IGOR.



Suelta el aire por la nariz cuando veas TIGER



Saca el aire cuando veas a **PIGLET** alargando el soplo al máximo.

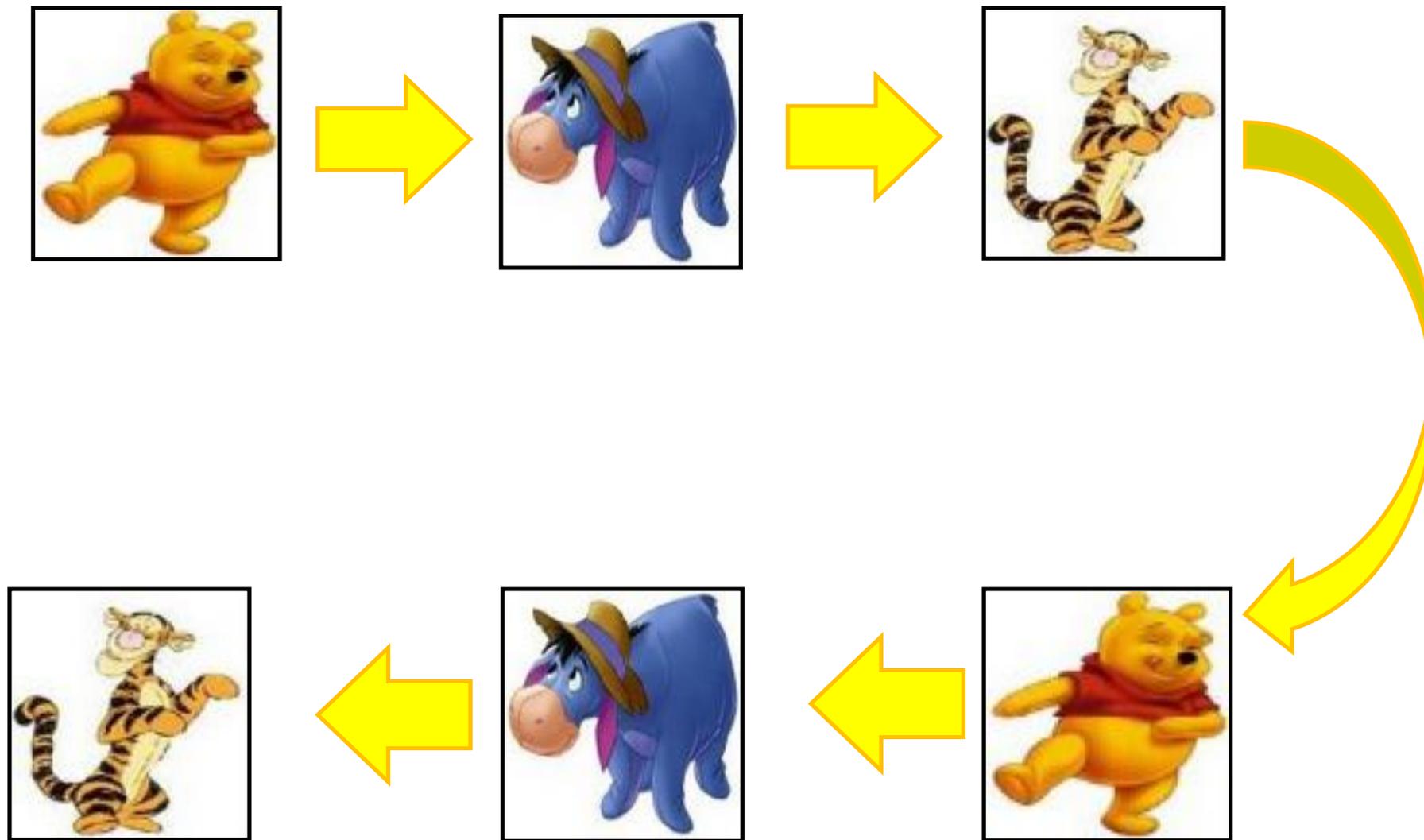


Coge aire por la nariz con inspiraciones rápidas cuando veas a **CONEJO**.

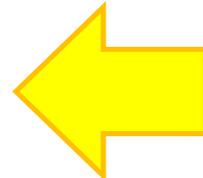
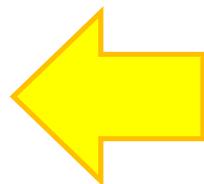
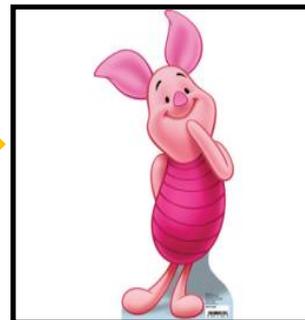
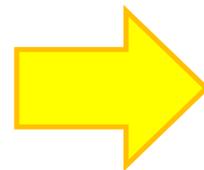
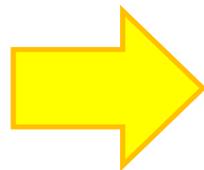


Saca el aire por un agujero pequeño de la boca cuando veas a **BÚHO**.

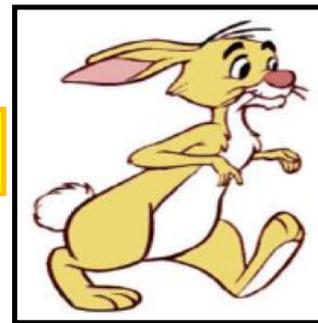
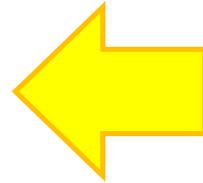
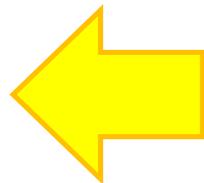
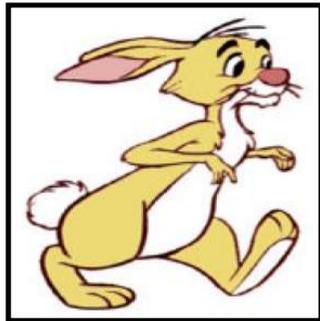
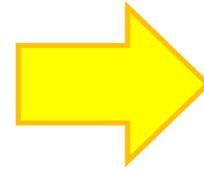
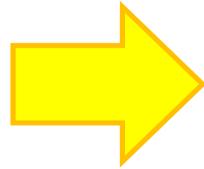
Ficha 1



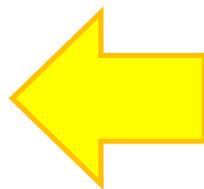
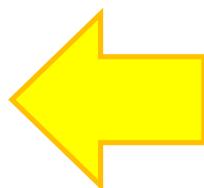
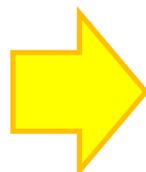
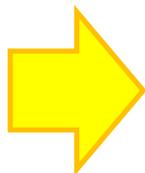
Ficha 2



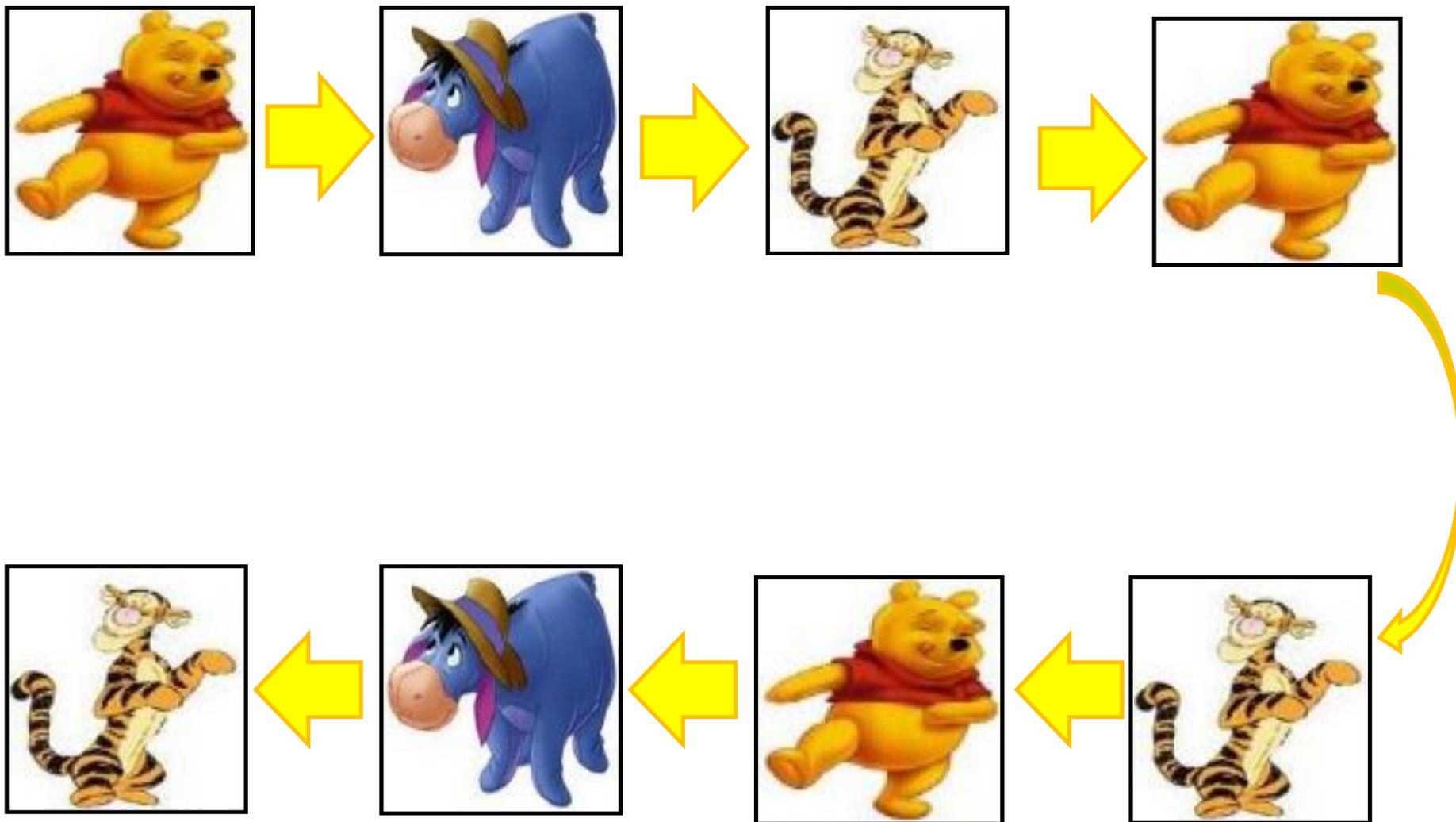
Ficha 3



Ficha 4



Ficha 5



Ficha 6

