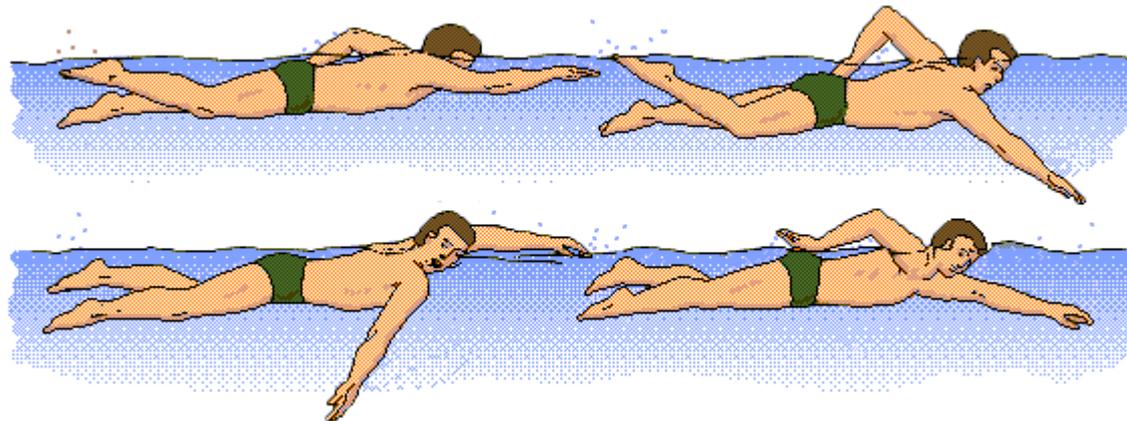
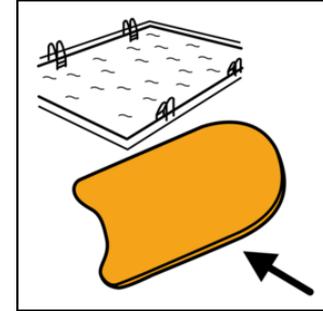
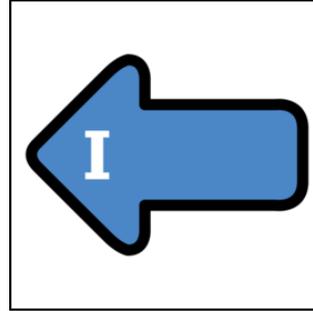
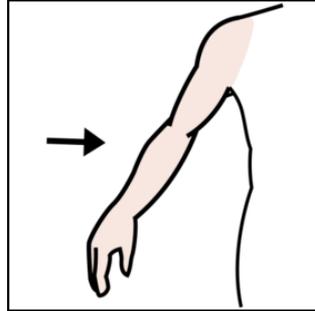
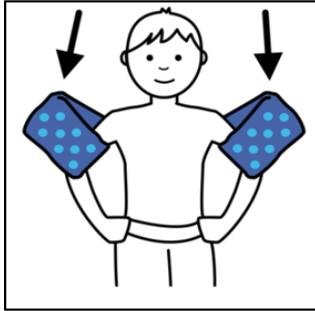


RESPIRACIÓN LATERAL



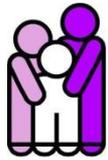


ANA
ASOCIACIÓN
NAVARRA DE
AUTISMO

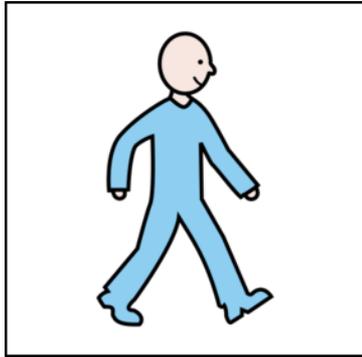


ME PONGO UN MANGUITO EN EL BRAZO IZQUIERDO Y COJO LA TABLA

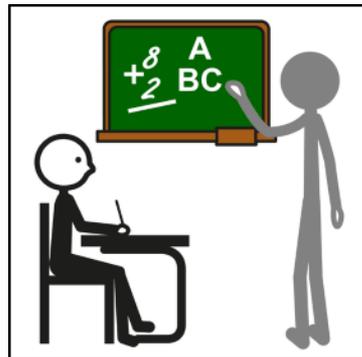




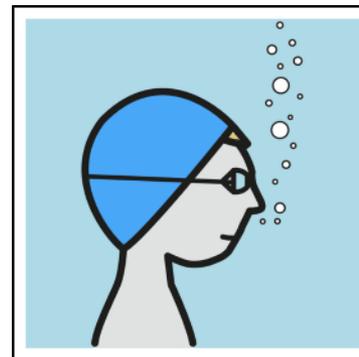
ANA
ASOCIACIÓN
NAVARRA DE
AUTISMO



VOY



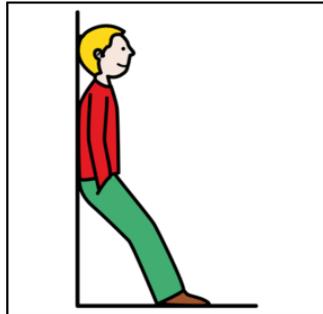
A APRENDER



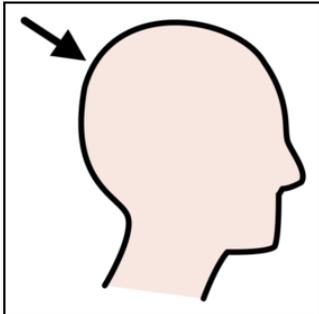
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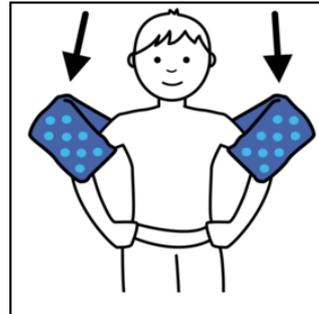
CUANDO NADO A CROLL



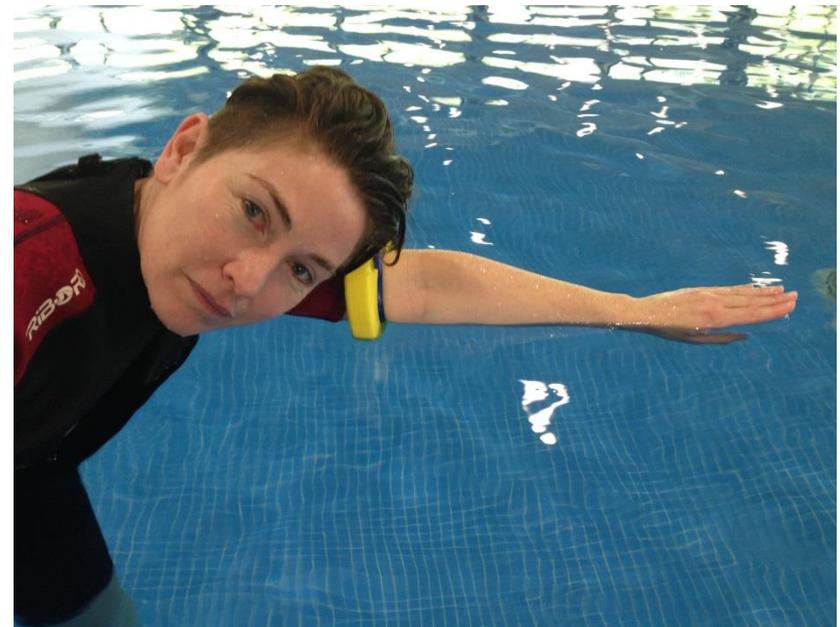
APOYO



LA CABEZA



EN EL MANGUITO





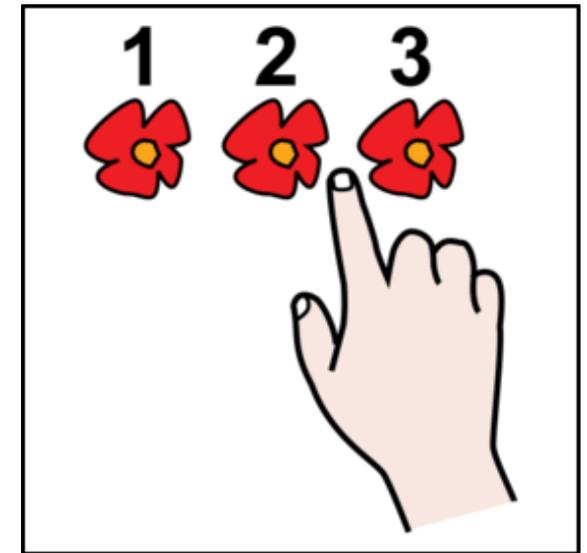
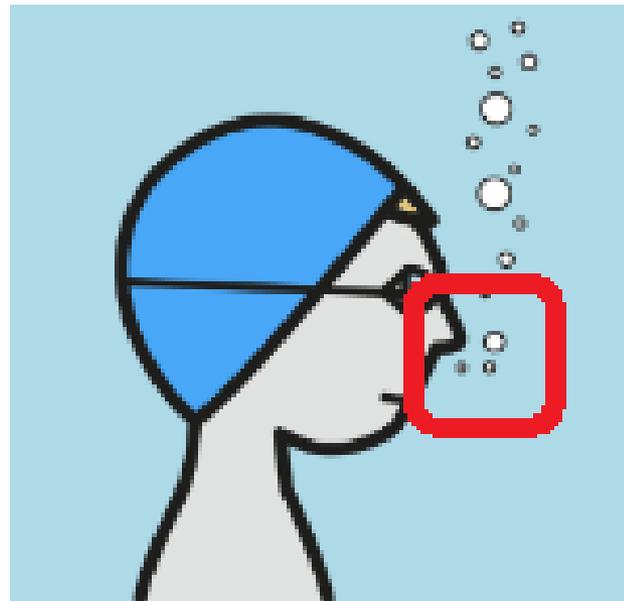
COJO MUCHO AIRE FUERA DEL AGUA



POR LA BOCA



Y METO LA CABEZA EN EL AGUA

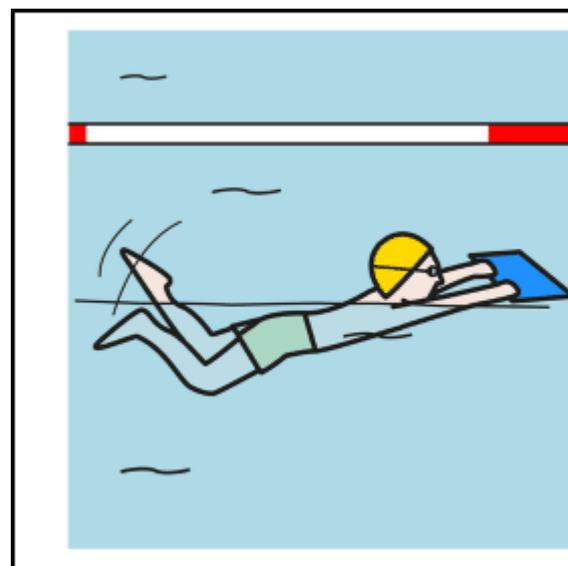
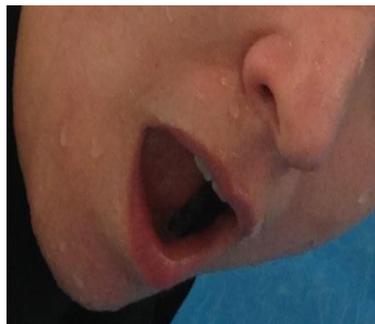
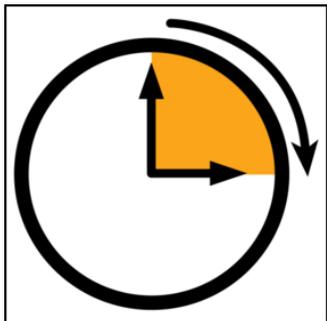


ECHO EL AIRE POR LA NARIZ DENTRO DEL AGUA,

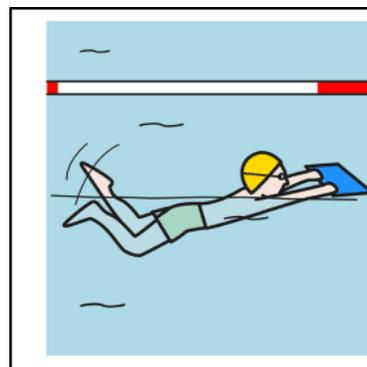
MIENTRAS CUENTO UNO, DOS Y TRES



ANA
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NAVARRA DE
AUTISMO



MIENTRAS RESPIRO POR LA BOCA Y LA NARIZ LE DOY FUERTE A LOS PIES



APOYO CABEZA EN MANGUITO, COJO AIRE, NADO, LE DOY A LAS PIERNAS, ECHO EL AIRE DENTRO DEL AGUA



Gobierno
de Navarra

Elaborado por Amaya Ariz Argaya

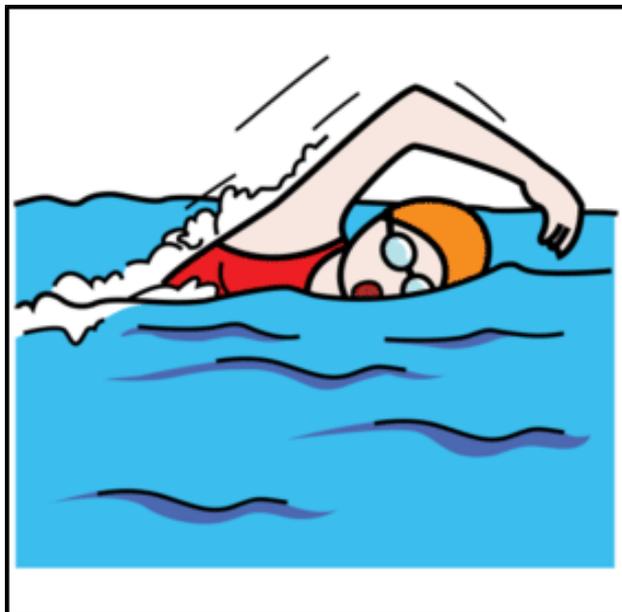
Pictos Arasaac e imágenes Internet

Mayo 2014



Ayuntamiento de
Pamplona
Iruñeko Udala

Asociación Navarra de Autismo (ANA) info.ana@autismonavarra.com www.autismonavarra.com <http://laalegriamudademario.blogspot.com.es/>



¡ESTOY APRENDIENDO A NADAR MUY BIEN!