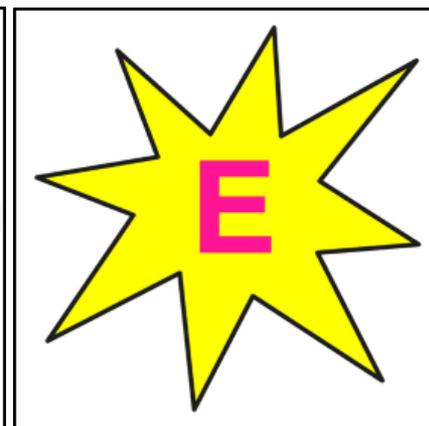
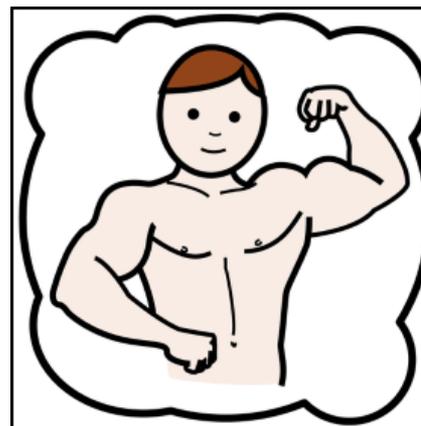
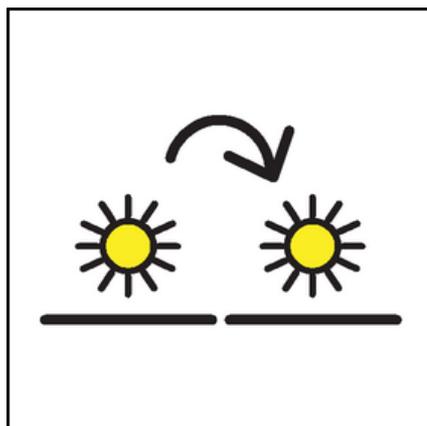
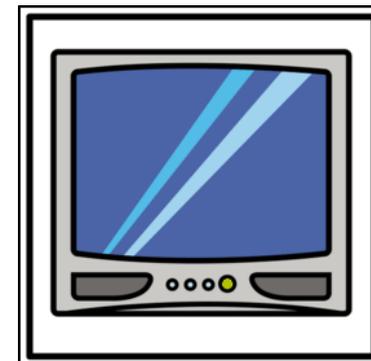
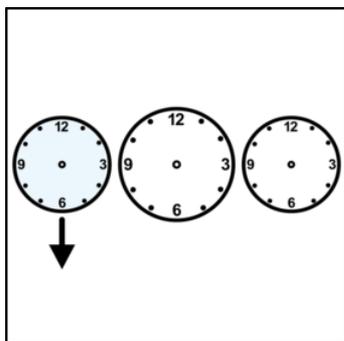


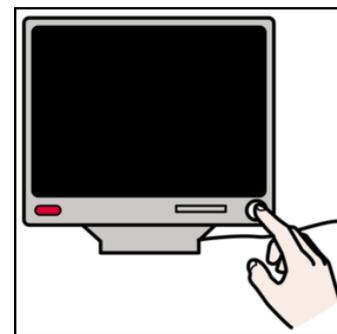
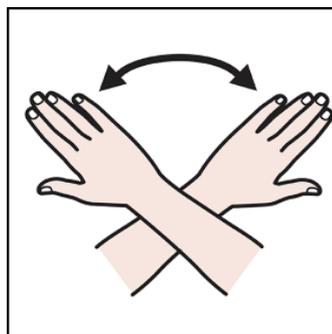
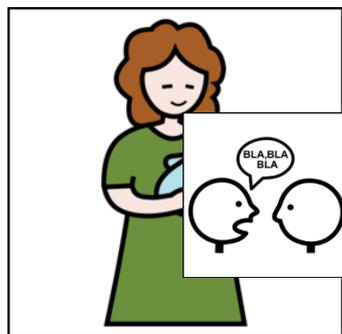
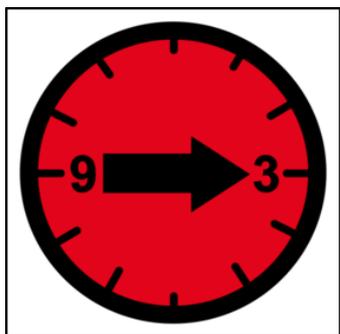
Por la noche toda la familia descansa. Descansar es muy importante



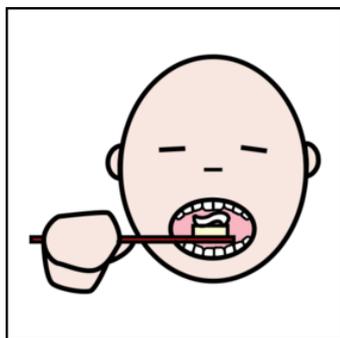
Si descansas bien, al día siguiente te sientes fuerte y con energía



Antes de ir a dormir puedo ver la tablet y la tele



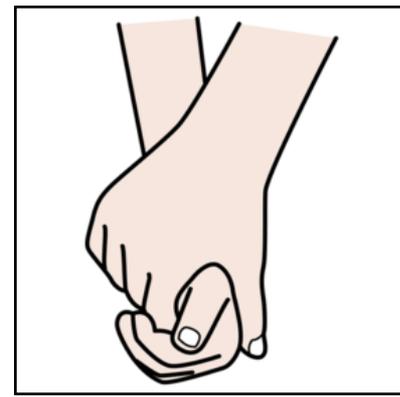
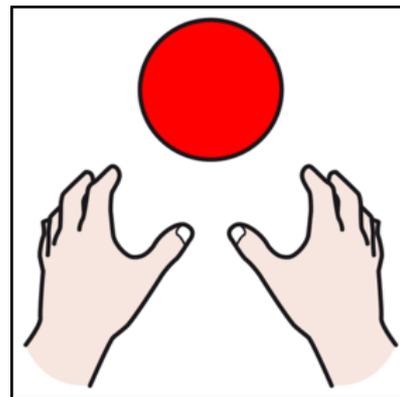
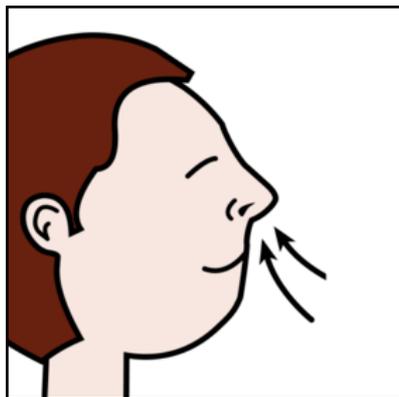
Cuando mamá dice pis pas, apago la tele y la tablet



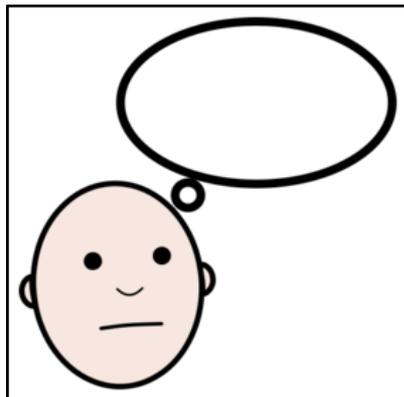
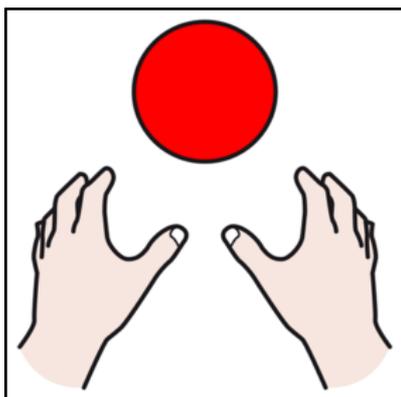
Me pongo el pijama, me lavo los dientes, hago pis y voy a la cama



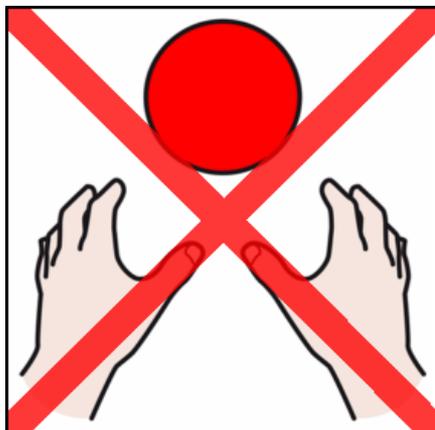
Me tumbo tranquilo con la cabeza en la almohada



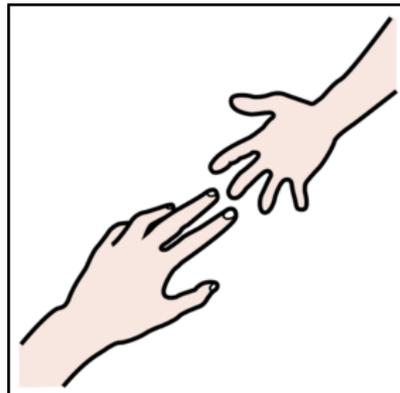
Me tapo con el edredón y respiro tranquilo. Puedo dar la mano a mamá.



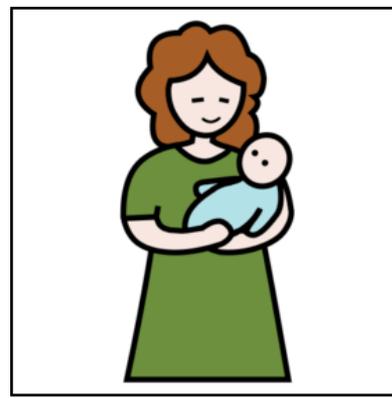
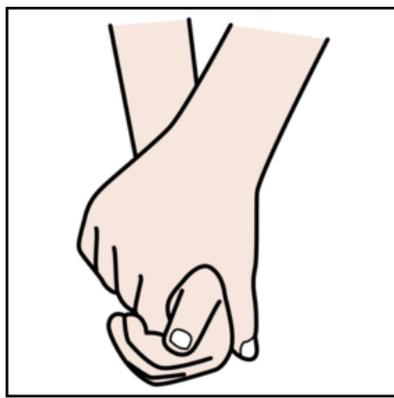
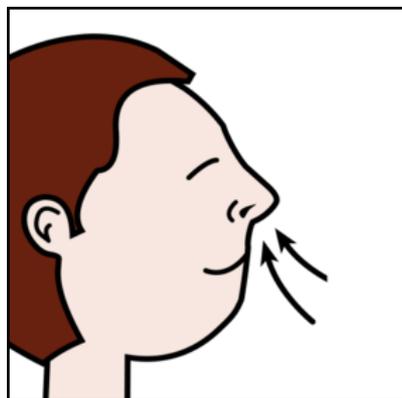
Puedo pensar, hablar bajito y estar agustito



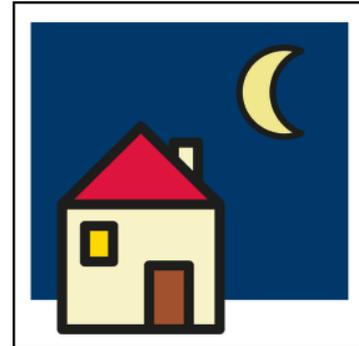
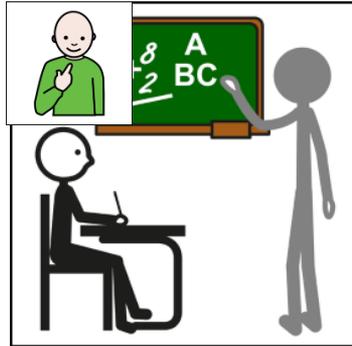
No puedo gritar, dar patadas o tirarme pedetes para hacer el tonto.



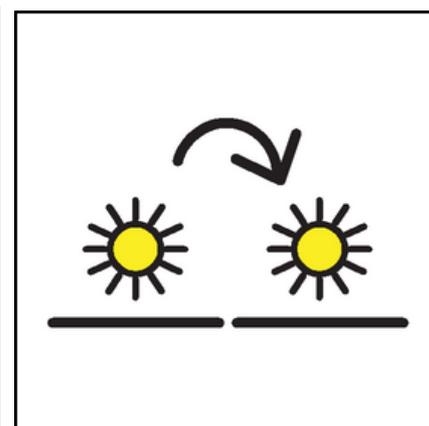
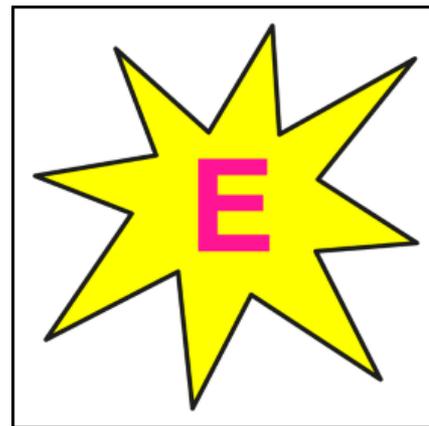
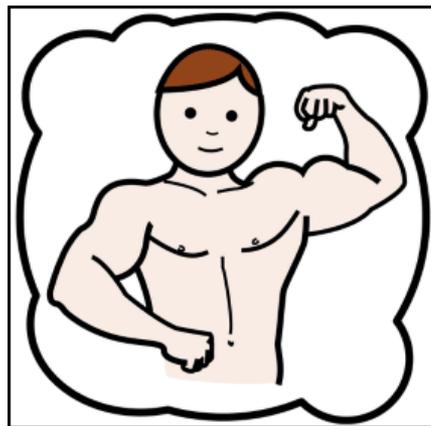
Si me pongo nervioso o estoy agobiado, pido ayuda a mamá



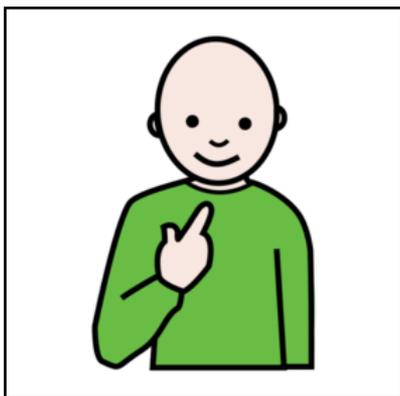
Respiro hondo y le cojo la mano.



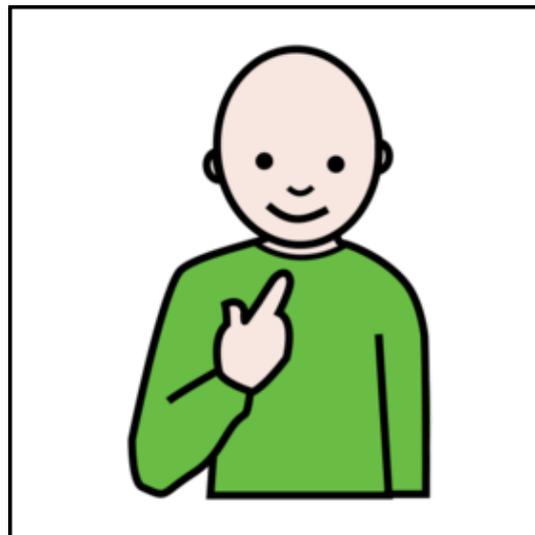
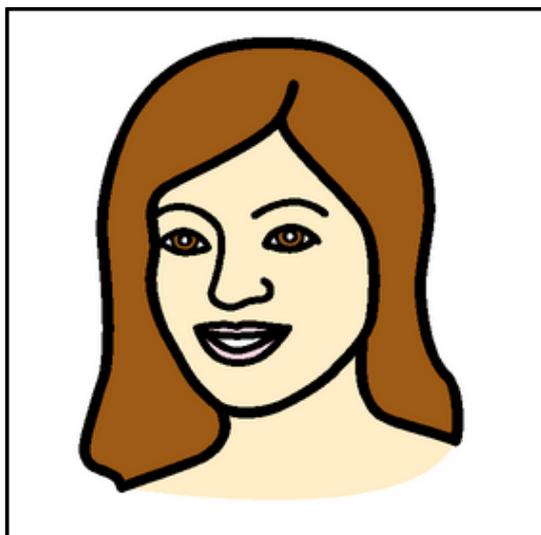
Mamá me ayuda y yo aprendo a no estar nervioso por la noche



Duermo tranquilo para tener fuerza y energía al día siguiente



Si yo estoy tranquilo por la noche



Mamá está contento y yo estoy contento