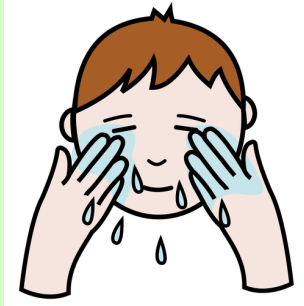


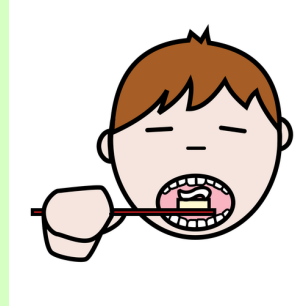
# PRANCHA DE ROTINA DURANTE DISTANCIAMENTO SOCIAL



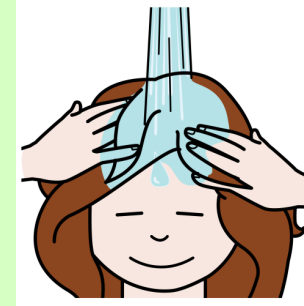
Acordar



Lavar o rosto



Escovar os dentes



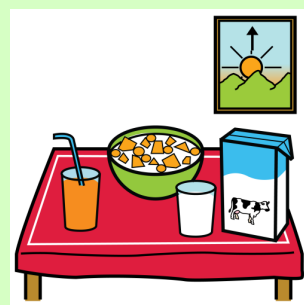
Tomar banho



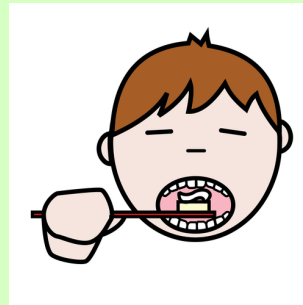
Secar



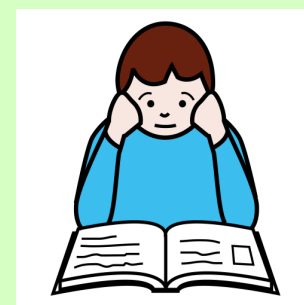
Vestir roupa



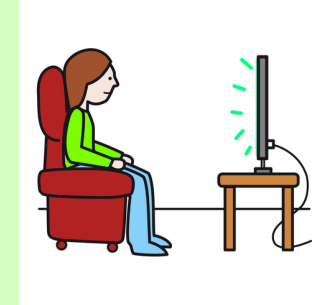
Tomar café da manhã



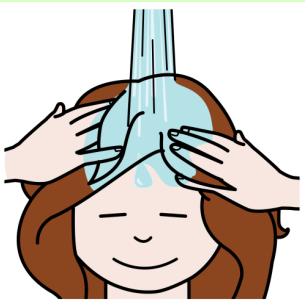
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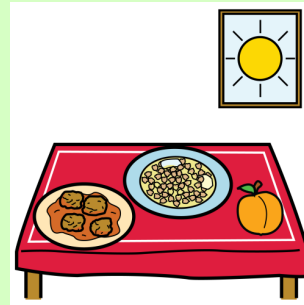
Estudar



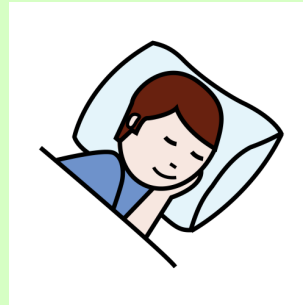
Assistir tv



Tomar banho



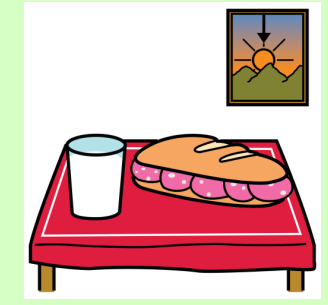
Almoçar



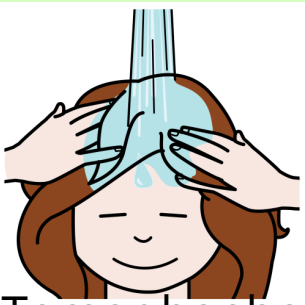
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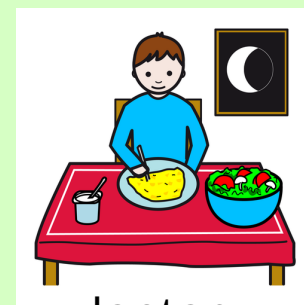
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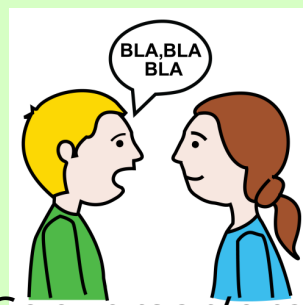
Lanchar



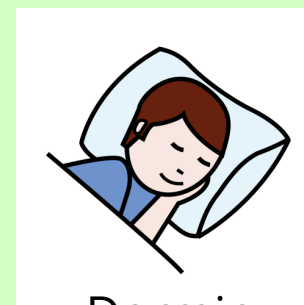
Tomar banho



Jantar



Conversar/orar



Dormir



# PRANCHA DE ROTINA DURANTE DISTANCIAMENTO SOCIAL

Esta prancha foi criada para famílias de crianças com dificuldade no estabelecimento de uma nova rotina.

**Observação:** a realidade de cada criança e o contexto familiar são diferentes e pode necessitar de orientações e suporte específico.

