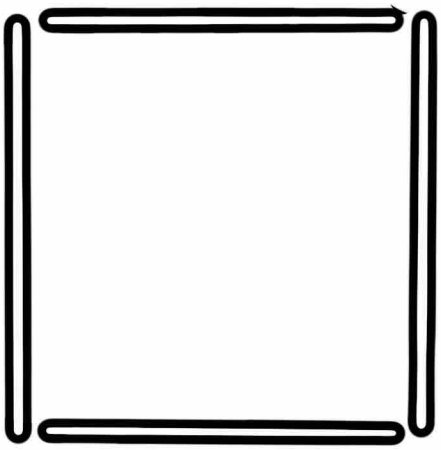

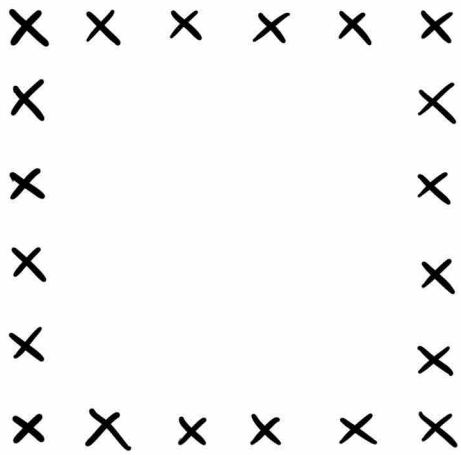

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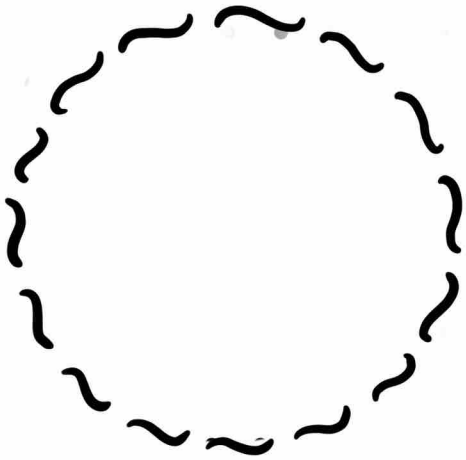

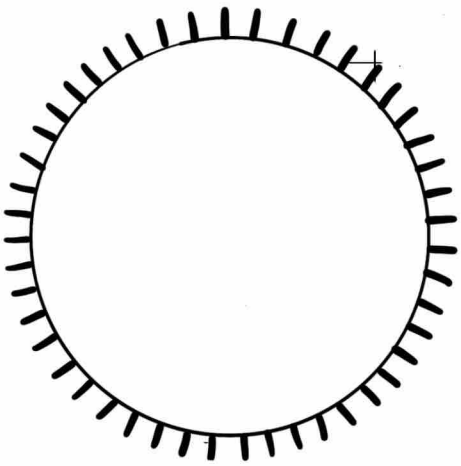

Blankoseiten

Du suchst dir deine Lieblingsimpulse aus und ergänzt mit eigenen Ideen. Danach schneidest du dir die Kreise oder Quadrate aus und legst sie in eine schöne Schachtel. Im "das kleine Weinen kommt Notfall" ziehst du eine Idee und kümmerst dich um die Umsetzung.

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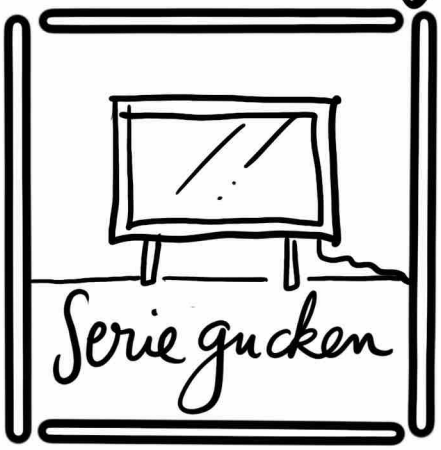

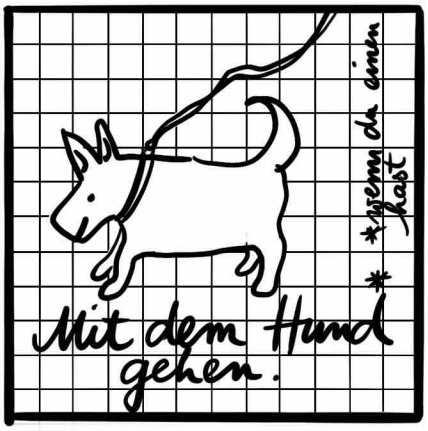

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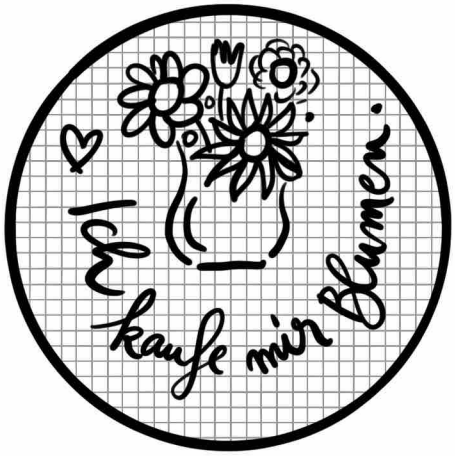
Ich räume auf!

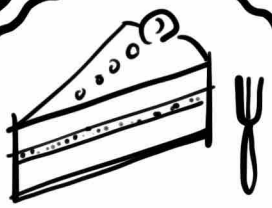
Das räumt meinen Kopf auf.



Ich schreibe meine Gedanken in mein Tagebuch.

Ich gehe 1 Runde spazieren

Ich plane II Pausen ein.



Ich gönne mir Kuchen.

Ich bleibe im Bett!

Ich verabrede mich mit einer Freundin oder einem Freund.

Ich bitte jemand um eine Umarmung.

Ich gehe schwimmen.

Ich höre meine Lieblingsmusik.

Ich putze:
Fenster, Bad, Spiegel, Küche.
Hauptsache mit Wasser arbeiten.

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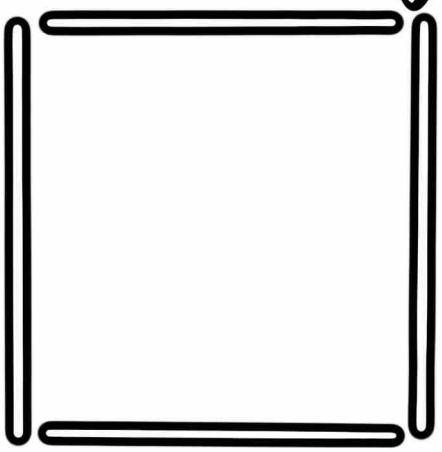

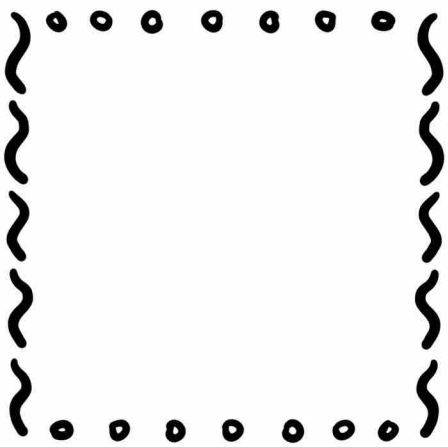

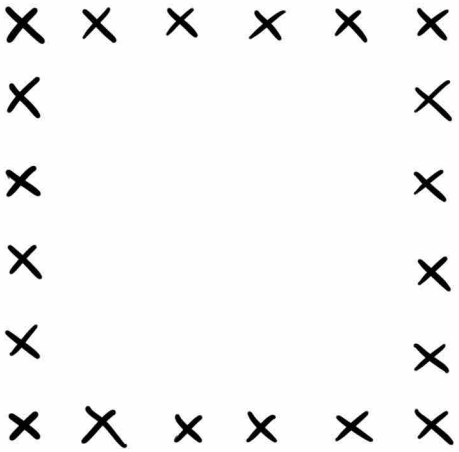

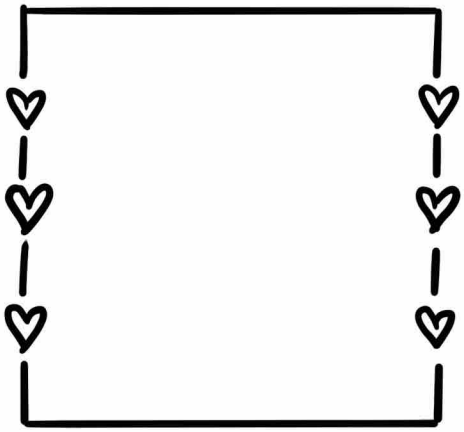

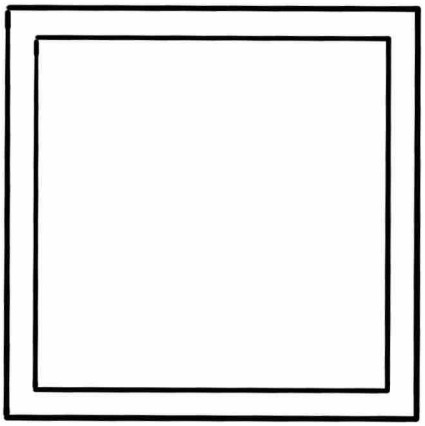

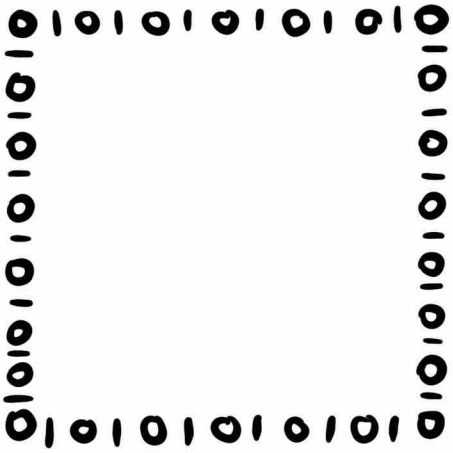

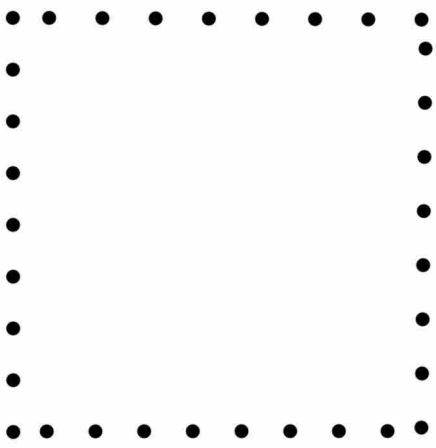

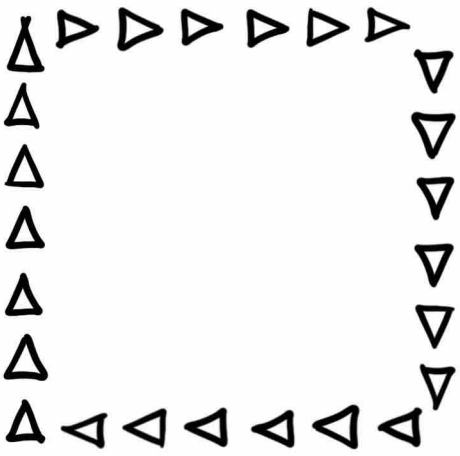

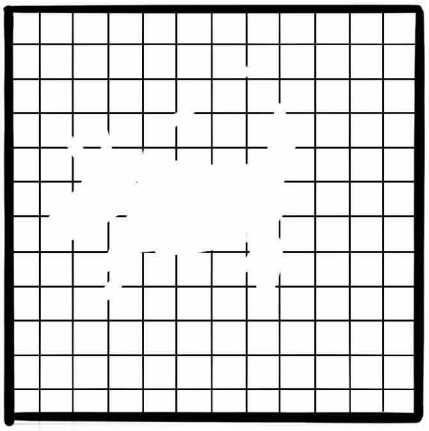

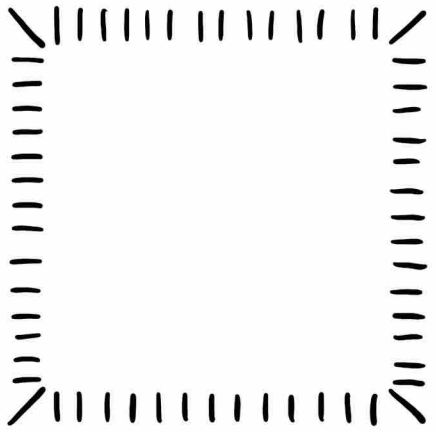

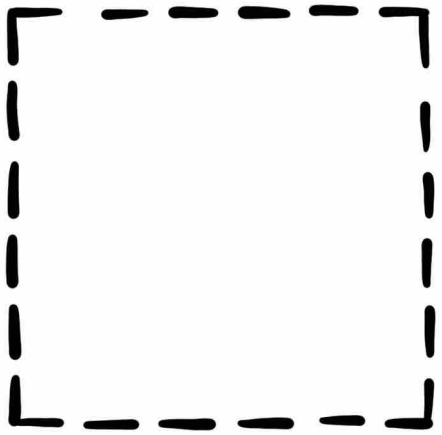

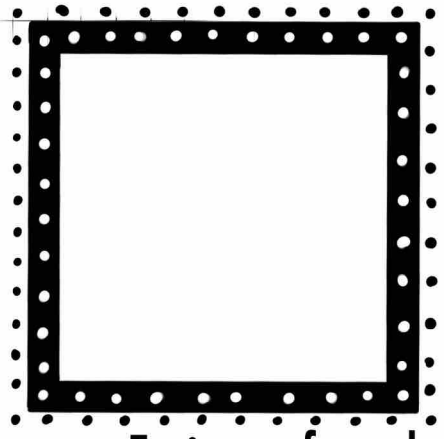

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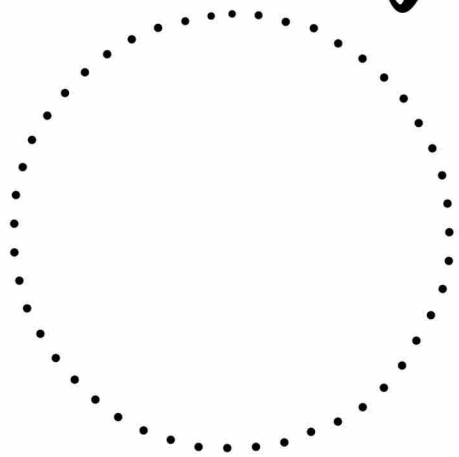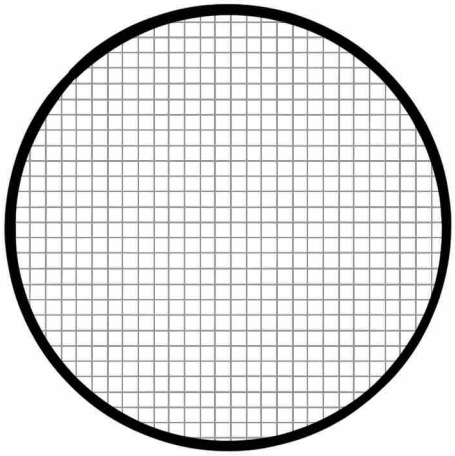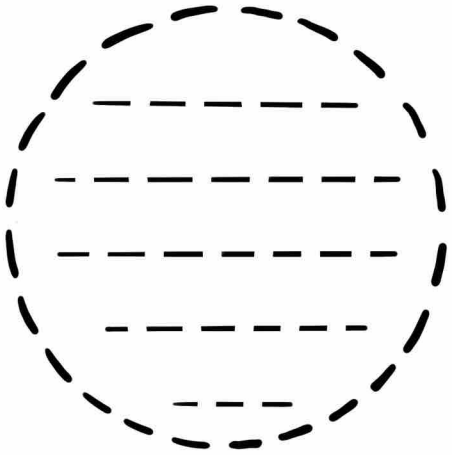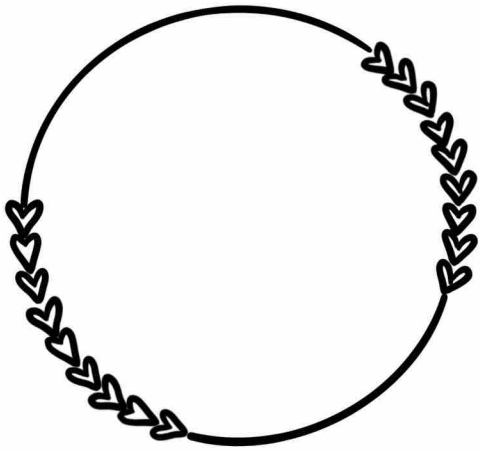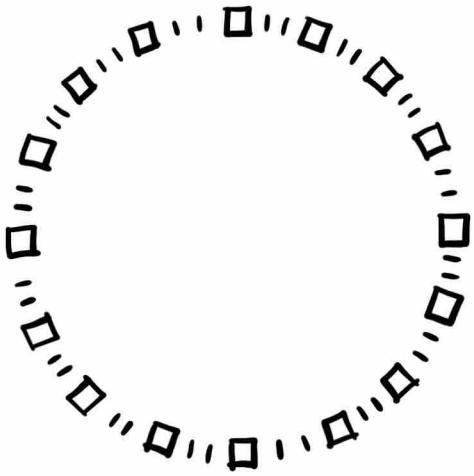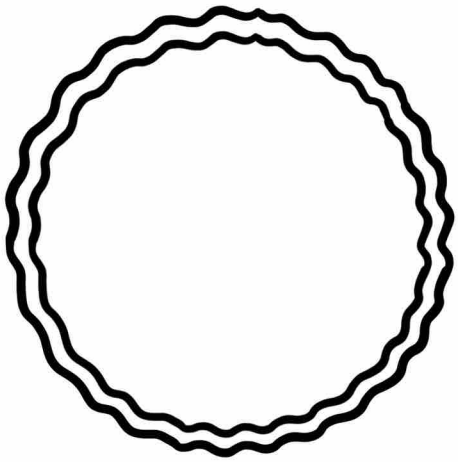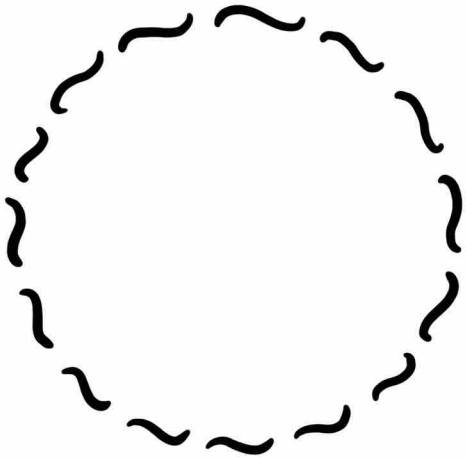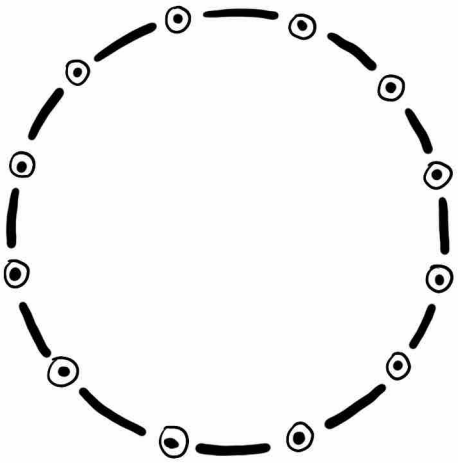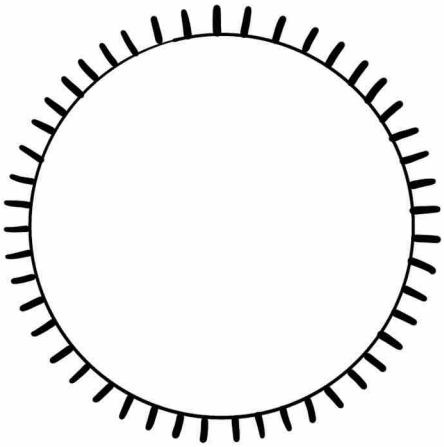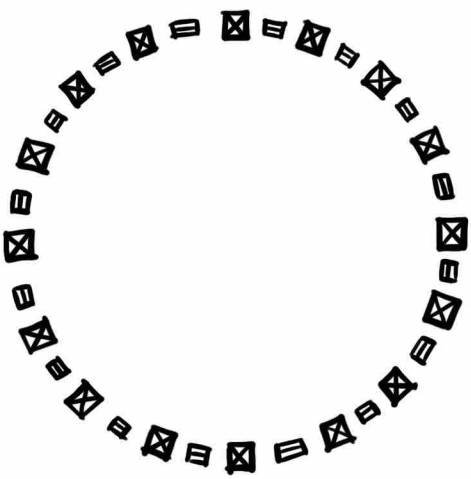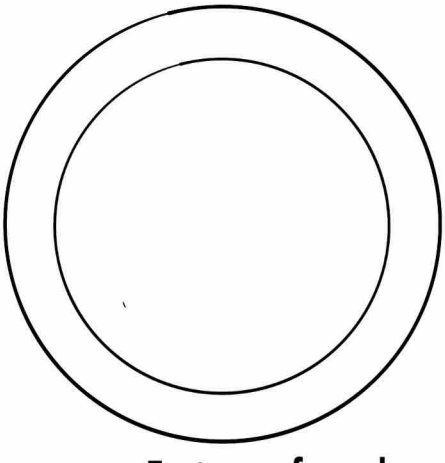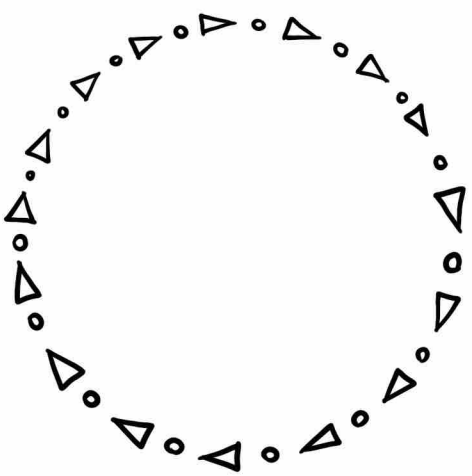
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