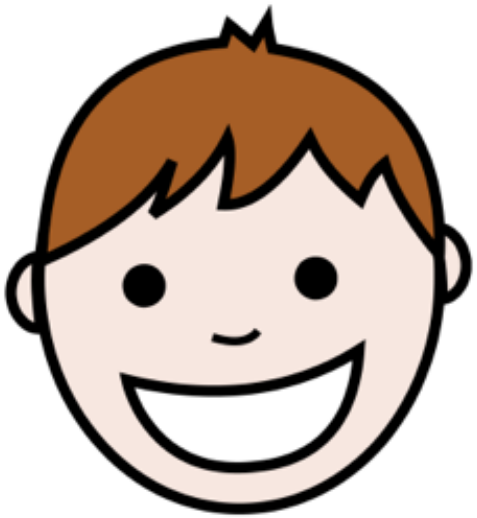
¿CUÁNDO VOLVERÁ TODO A SER COMO ANTES?



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SE QUE TODO SALDRÁ BIEN, PERO…

ME PREGUNTO:

¿Cuánto tiempo falta, cuándo volverá todo a ser como antes, qué pasará, cuándo iré al colegio, podré contagiarme?

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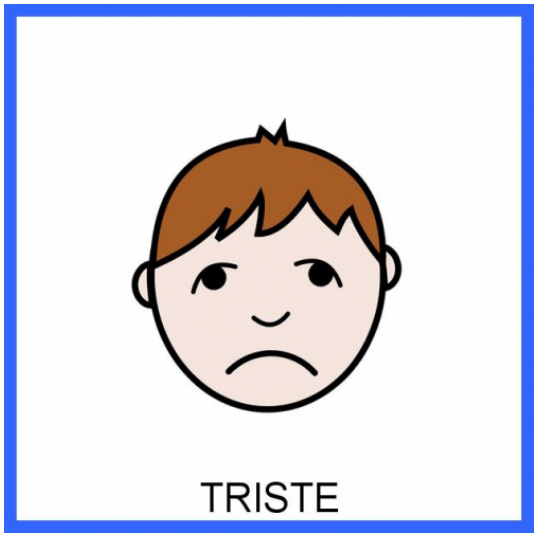
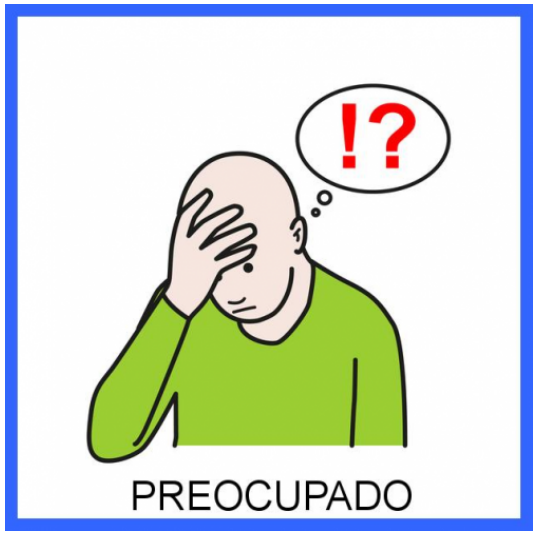
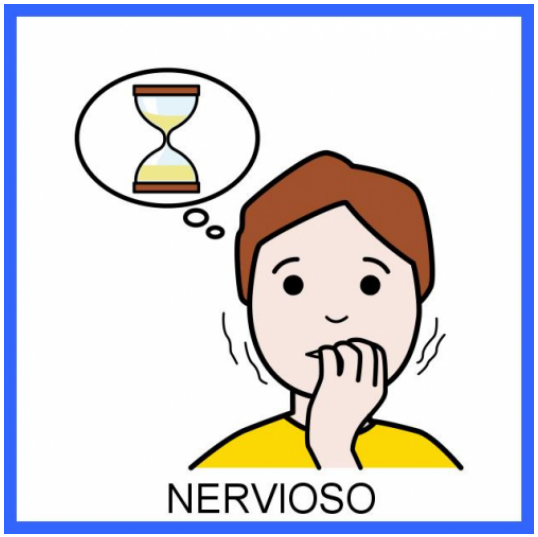
SI ESTAS PREGUNTAS TE PONEN:







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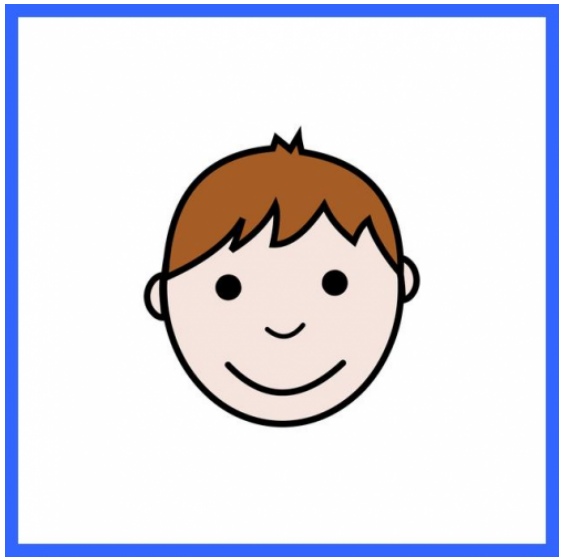
VAMOS A AYUDARTE A CONTESTARLAS PARA QUE PUEDAS ESTAR:



CONTENTO, TRANQUILO, RELAJADO Y SIN PREOCUPACIONES

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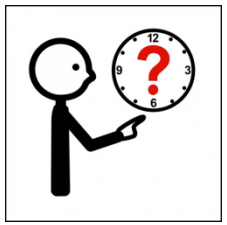
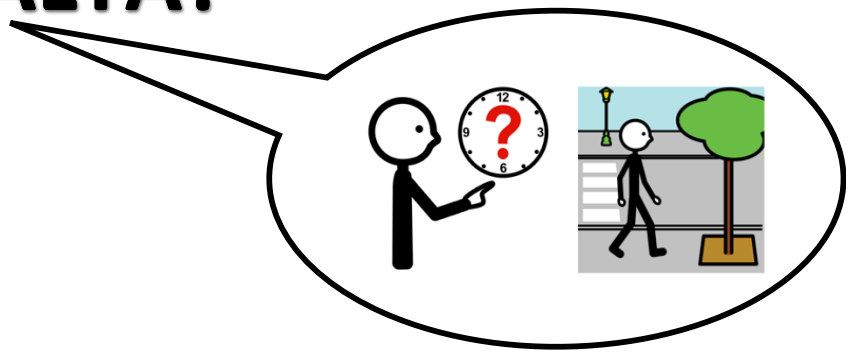
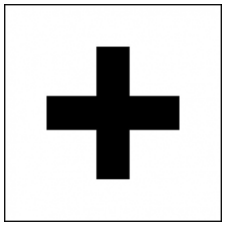
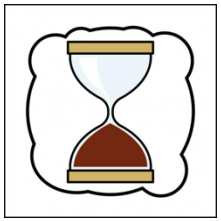
¿ CUÁNTO TIEMPO FALTA?

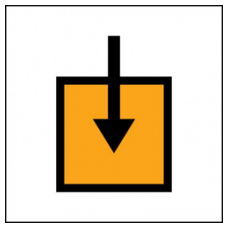


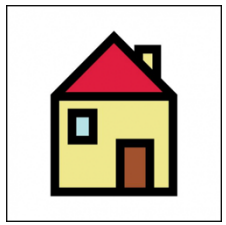


NO PODEMOS SABER CUÁNTO TIEMPO FALTA.

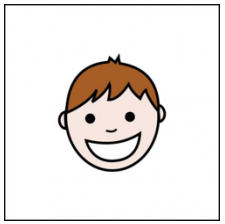


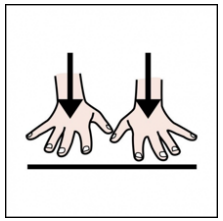


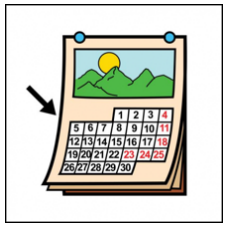




NO DEPENDE DE NOSOTROS. TODAVÍA QUEDA MÁS TIEMPO EN CASA







PERO…YO TENGO QUE ESTAR TRANQUILO, PORQUE ESE DÍA LLEGARÁ.

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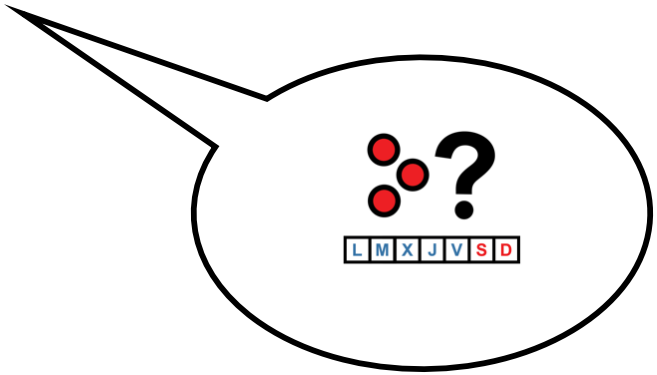
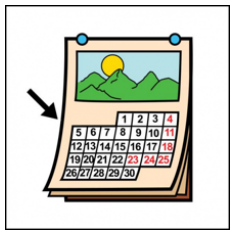
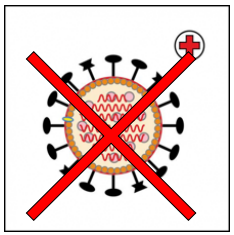
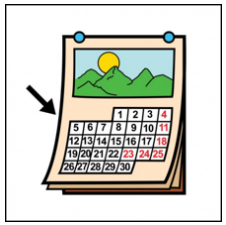
¿ CUÁNDO VOLVERÁ TODO A SER COMO ANTES?

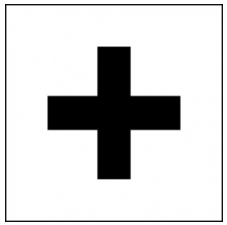


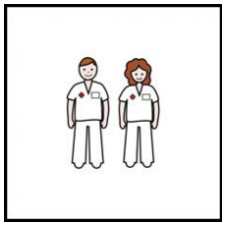


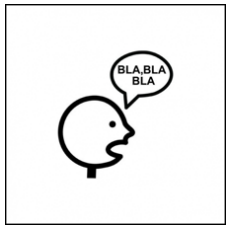


EL DÍA QUE VENZAMOS AL CORONAVIRUS.









ESE DIÁ EL GOBIERNO Y SANIDAD LO COMUNICARÁ.

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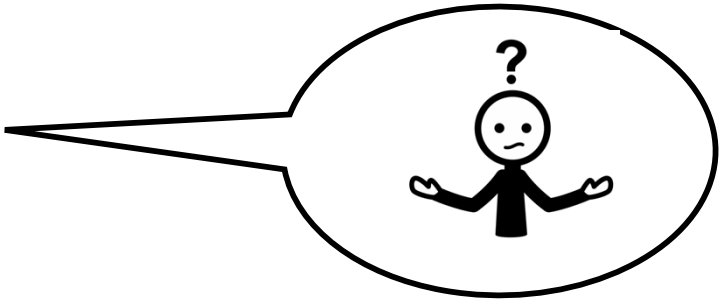
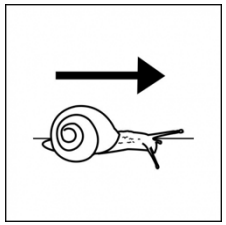
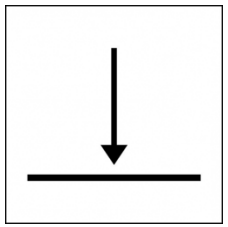
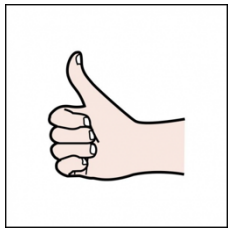
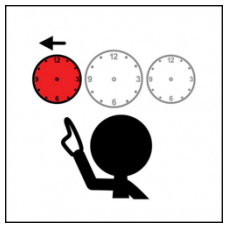
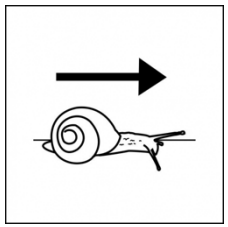
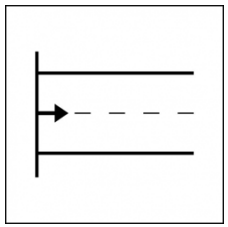
¿ QUÉ PASARÁ ESE DÍA?





POCO A POCO EL MUNDO ESTARÁ BIEN, COMO ANTES.

POCO A POCO EMPEZARAMOS A SALIR A LA CALLE.

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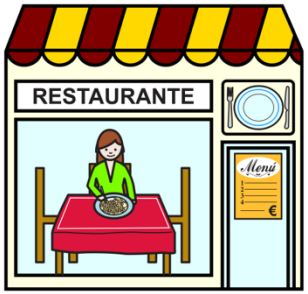

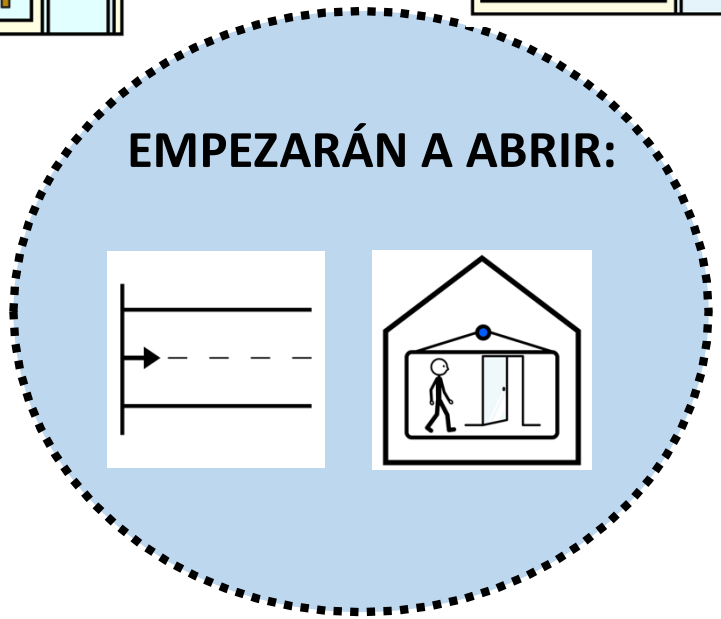

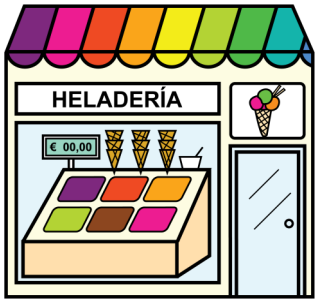

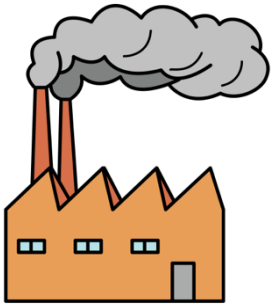

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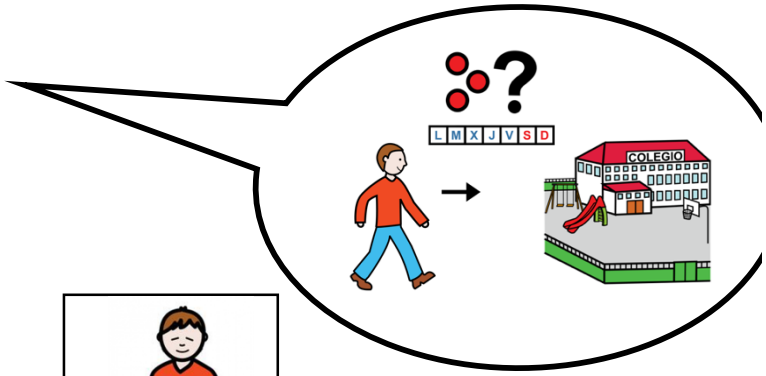
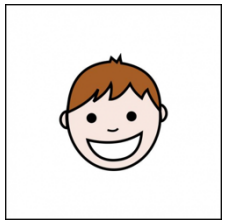
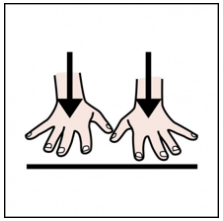
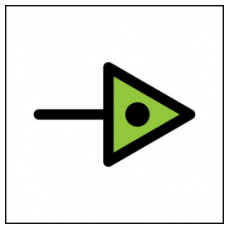
¿Y AL COLEGIO CUÁNDO IRÉ?

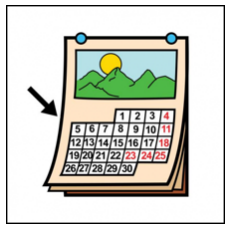


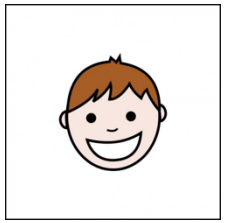


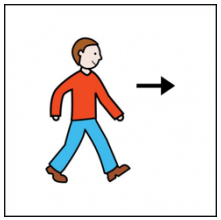


NO LO SABEMOS, PERO TENGO QUE ESTAR TRANQUILO









PORQUE ESE DÍA LLEGARÁ Y YO IRÉ AL COLEGIO.

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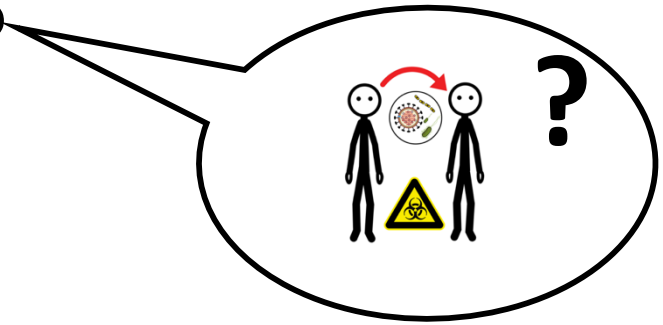
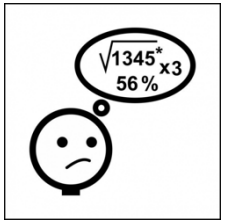
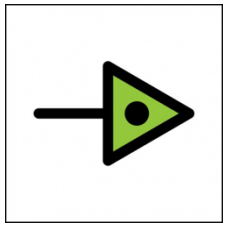
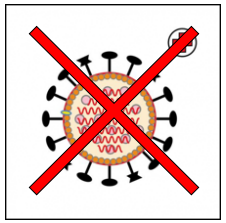
¿PODRÉ CONTAGIARME?

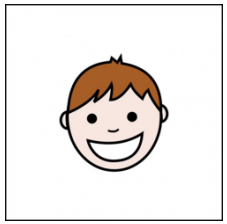


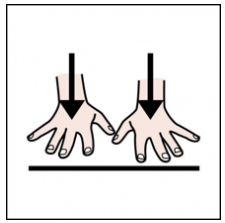


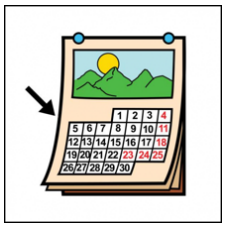




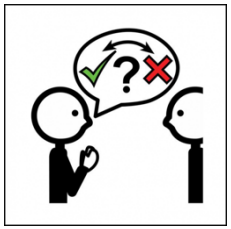
SERÁ DIFÍCL PORQUE EL VIRUS ESTARÁ CONTROLADO.

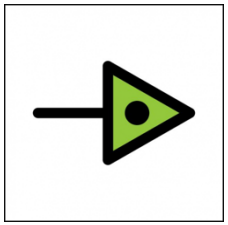


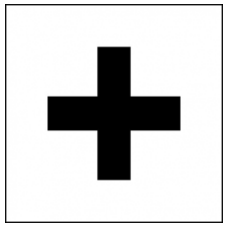




TENDRÉ QUE ESTAR TRANQUILO EL DÍA QUE SALGA A LA CALLE.







SI PUEDO SERÁ PORQUE TODO ESTÁ BIEN Y ESTAREMOS SEGUROS.

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AL FINAL …

Y MI MUNDO VOLVERÁ A SER COMO ANTES

***RECOMENDACIONES**

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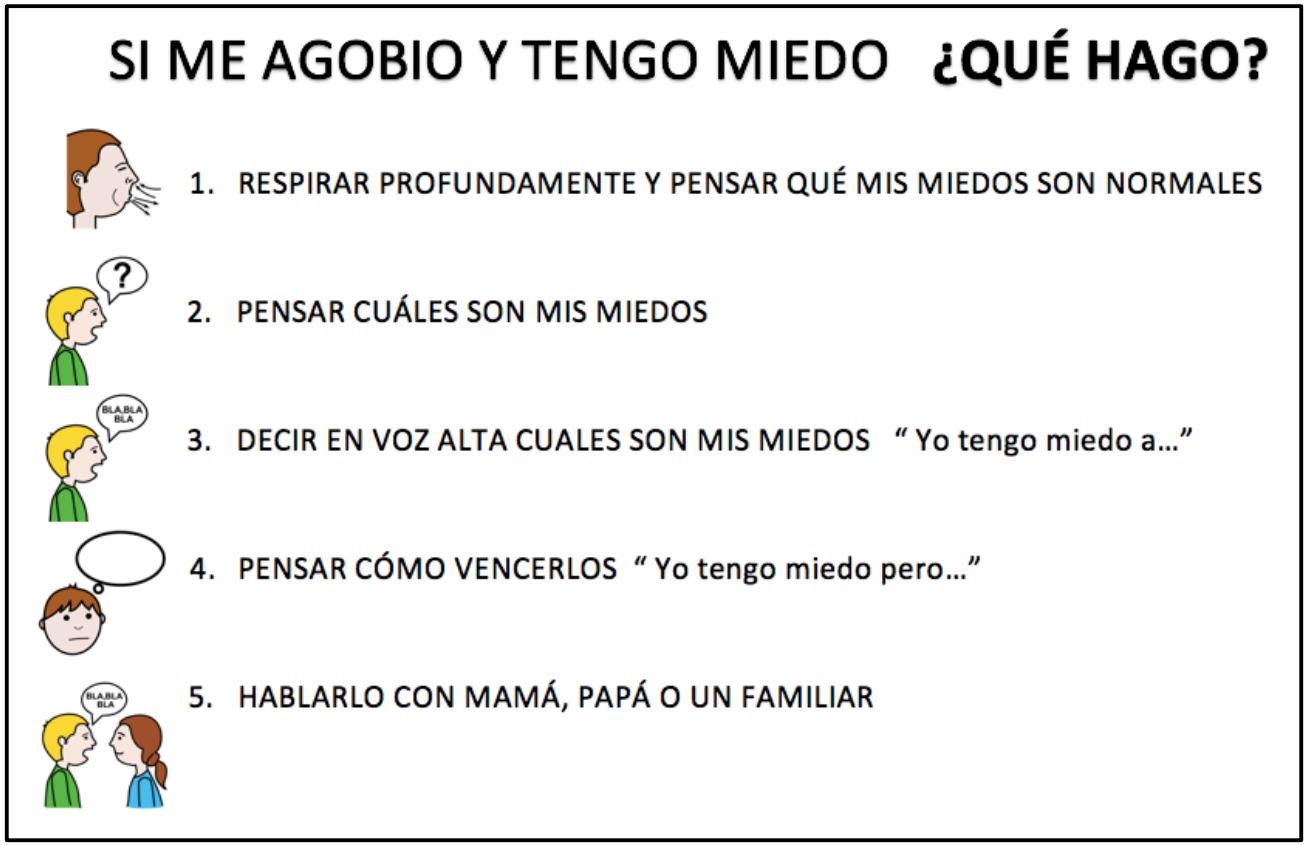
*RECOMENDACIONES

Si la persona tiene más preguntas, dudas, miedos o inquietudes se recomienda trabajar los pasos de la estrategia emocional del cuento:

“Venzo mis miedos”



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