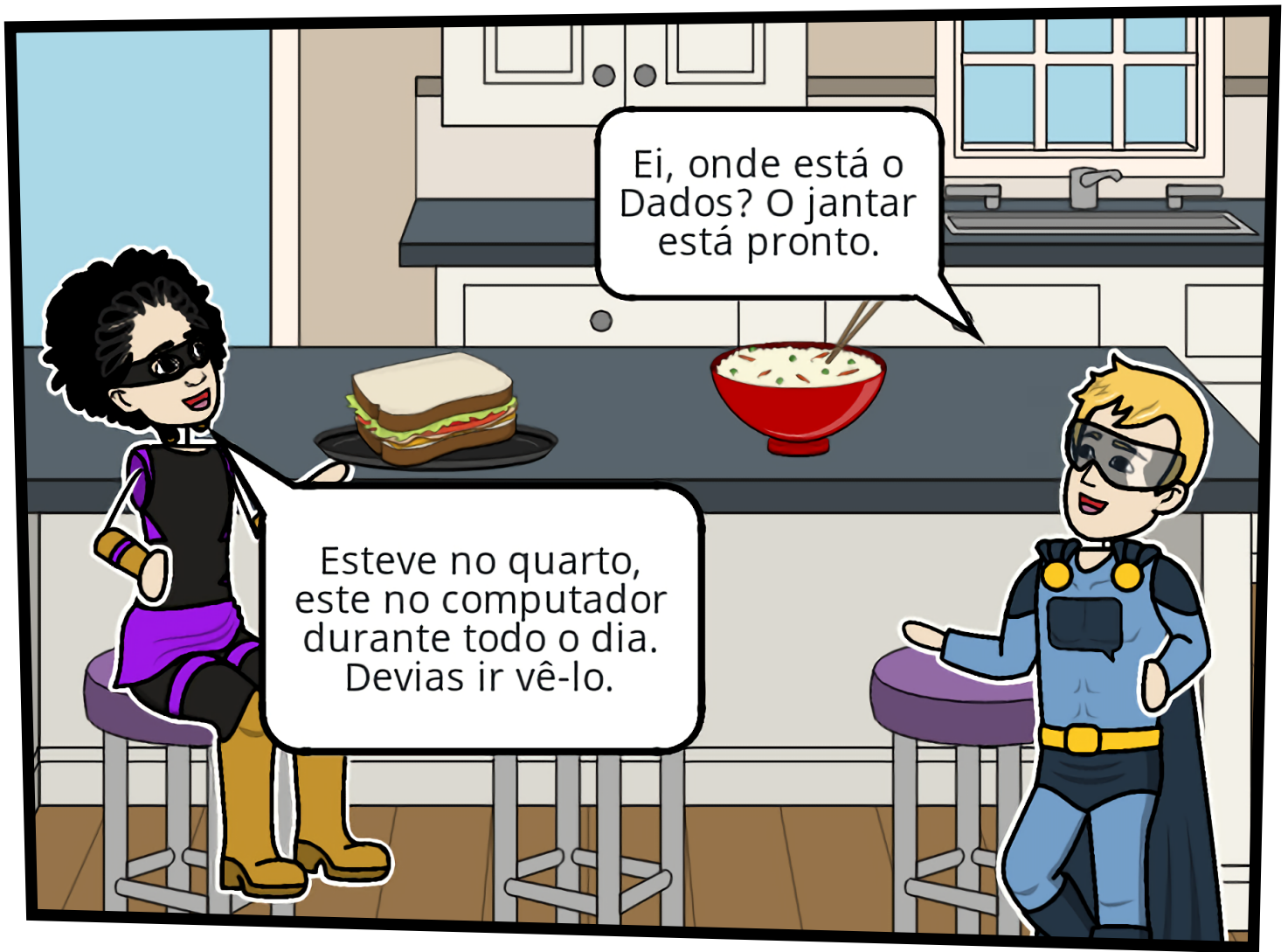
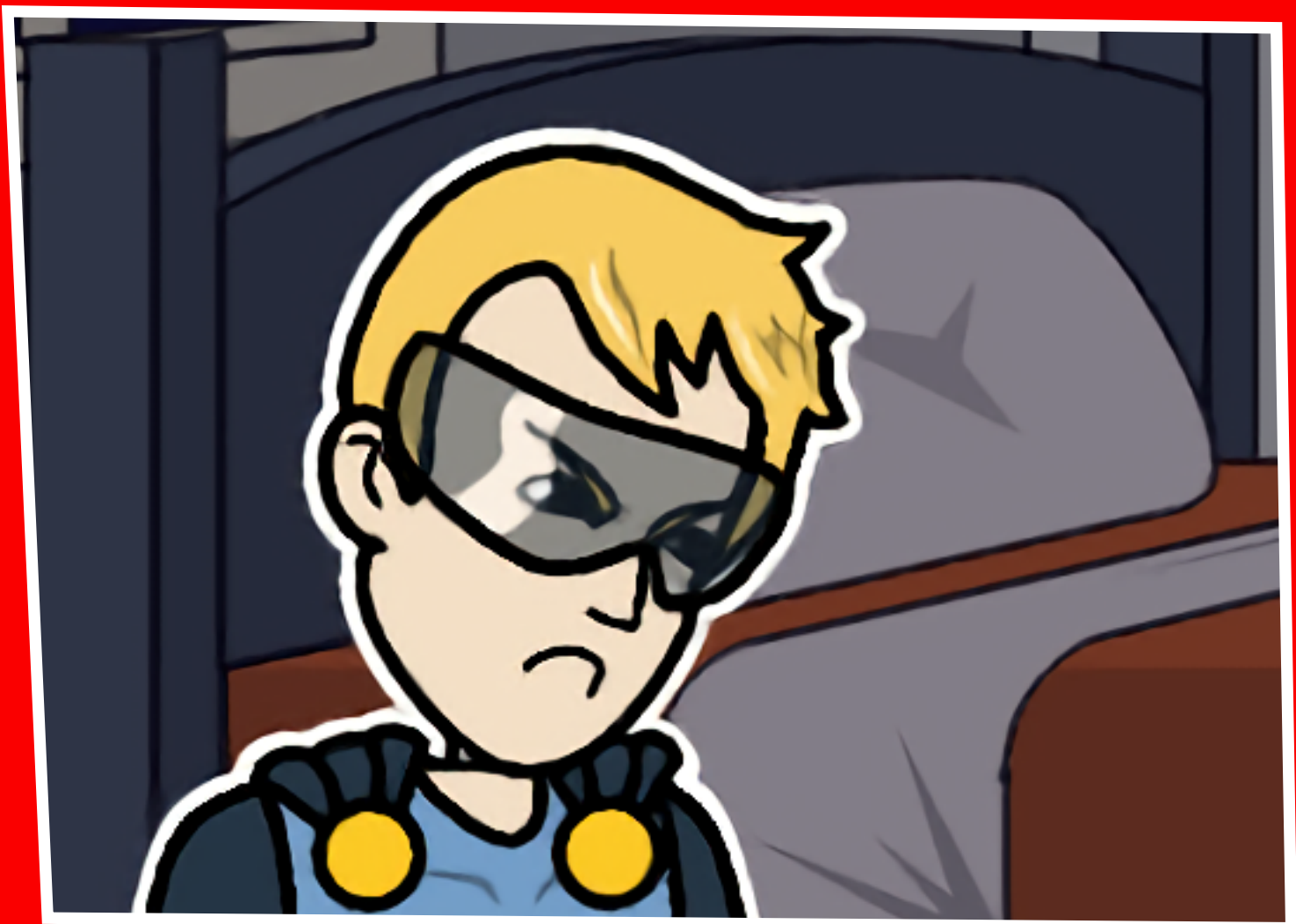


# AS AVENTURAS DO CYBER-SURFISTA



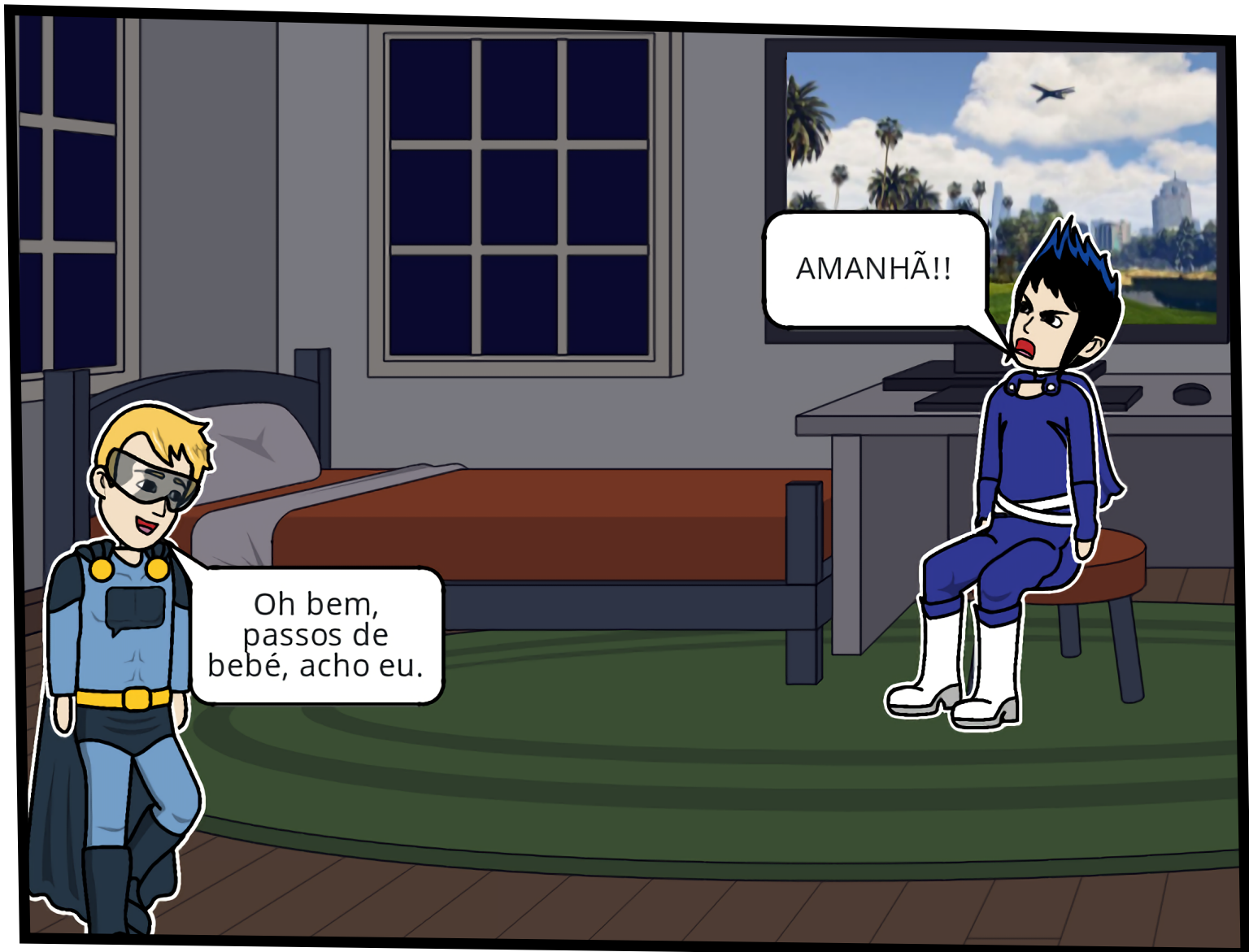
**ESTÁ NO CTRL  
(Está no controlo)**







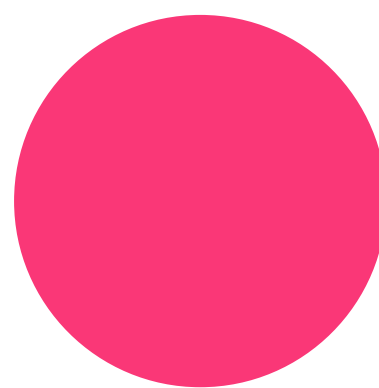
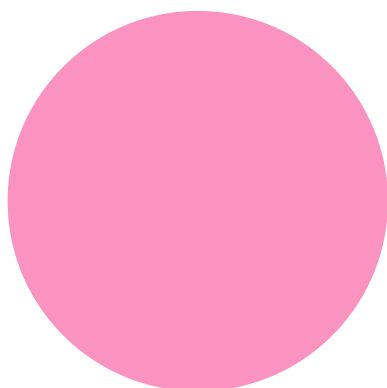
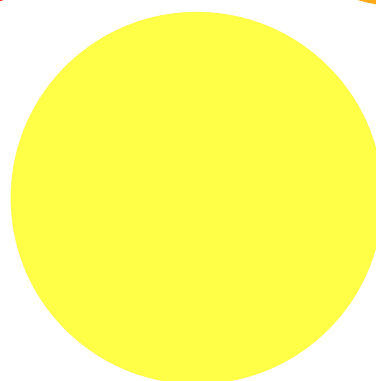
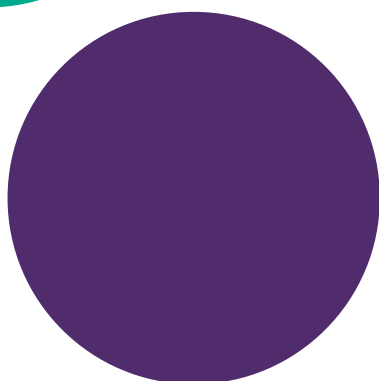
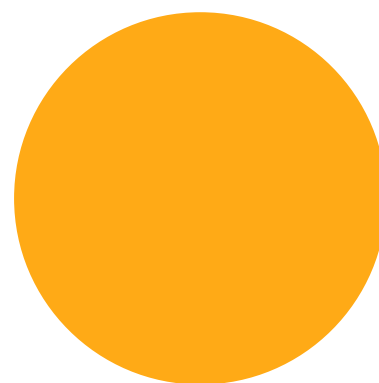
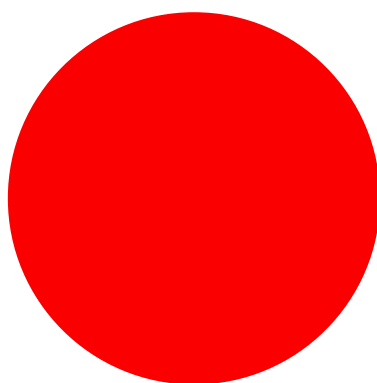
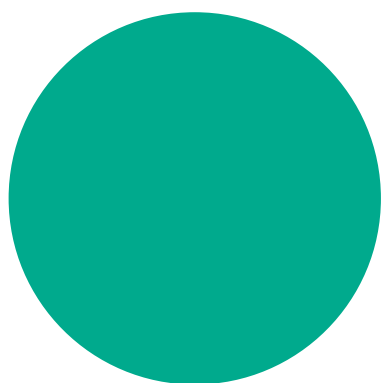




## **ATIVIDADE DIVERTIDA PARA JOVENS APRENDIZES**

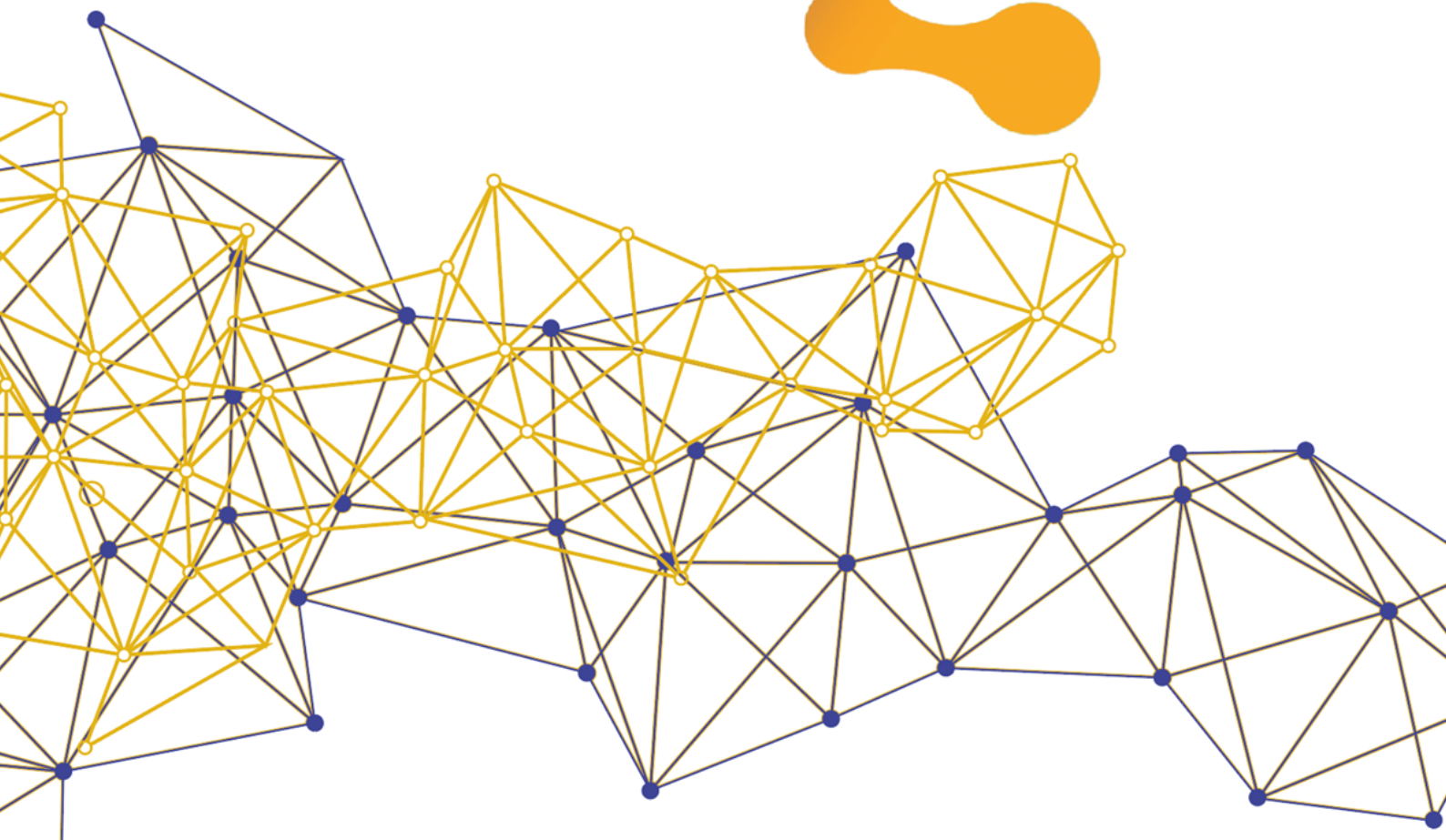
Por vezes, coisas irritantes podem realmente “carregar nos nossos botões”. Compreender o que te irrita ou perturba pode ser uma ótima forma de identificar o que te faz sentir assim. Com os teus pais, ou um adulto de confiança, faz uma tempestade de ideias sobre as coisas que te deixam zangado ou perturbado. Completa a folha, preenchendo cada botão com algo que te faça sentir assim.

### **OS MEUS BOTÕES DE RAIVA**





# WOWSA



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the European Union**

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