

Listos Para Manejar las Emociones

Ready to Manage Emotions

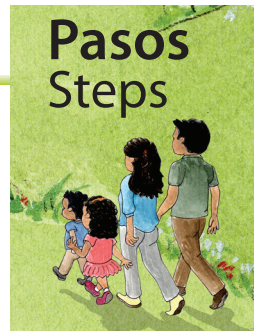
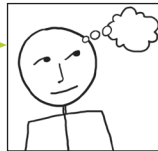
- 1) Parar ▶
Pause



- 2) Respirar ▶
Breathe



- 3) Observar ▶
Notice



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