



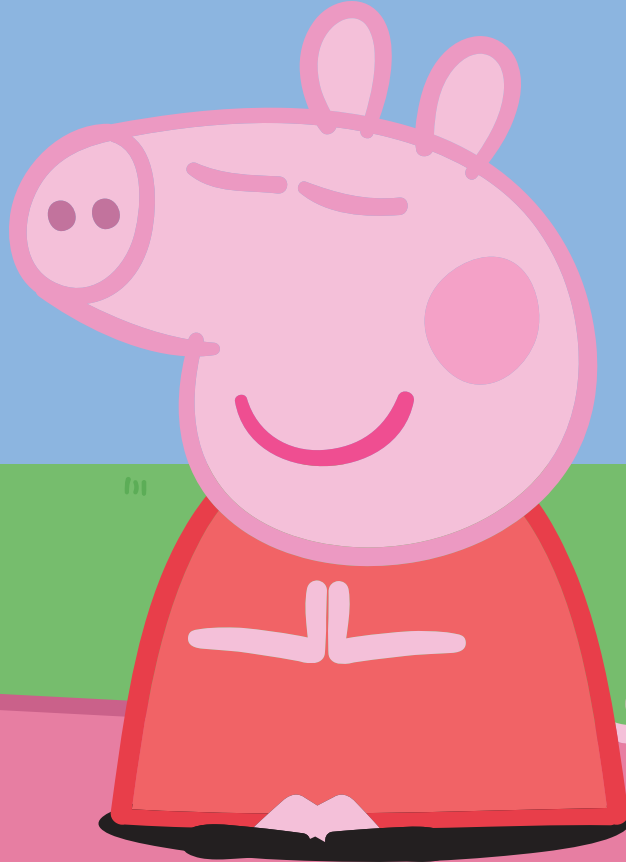
3 Basit Adımda Meditasyon

Rahat oturun



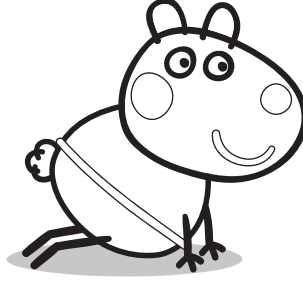
2. Gözlerinizi kapatın

3. 5 tane derin nefes alın

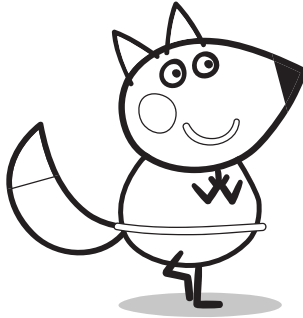


İHTİYACIN OLANLAR

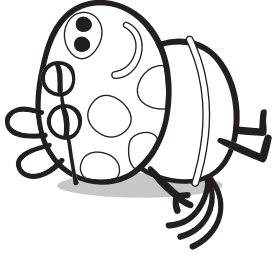
- Boyama kalemleri
- Makas
- Yapıştırıcı
- İp
- Yapışkan Bant
- Size yardım edecek bir yetişkin!



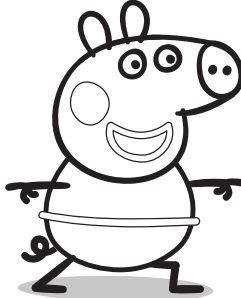
Cobra



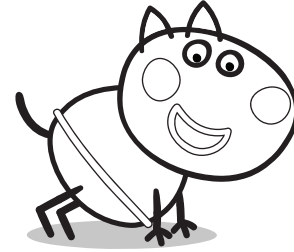
Tree



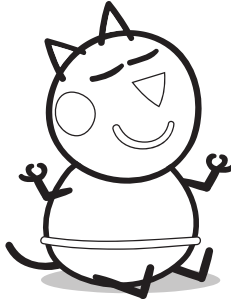
Lying Down



Warrior



Downward Dog



Breathing

ADIMLAR

- 1 Zarın her iki tarafındaki karakterleri renklendirin
- 2 Tasarımınızı dikkatlice kesin
- 3 Çizgiler boyunca katlayın ve mavi alanları yapıştırın
- 4 Zarı oluşturmak için kenarları bir araya getirin



yapıştır

yapıştır

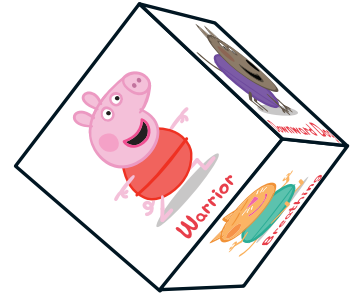
yapıştır

yapıştır

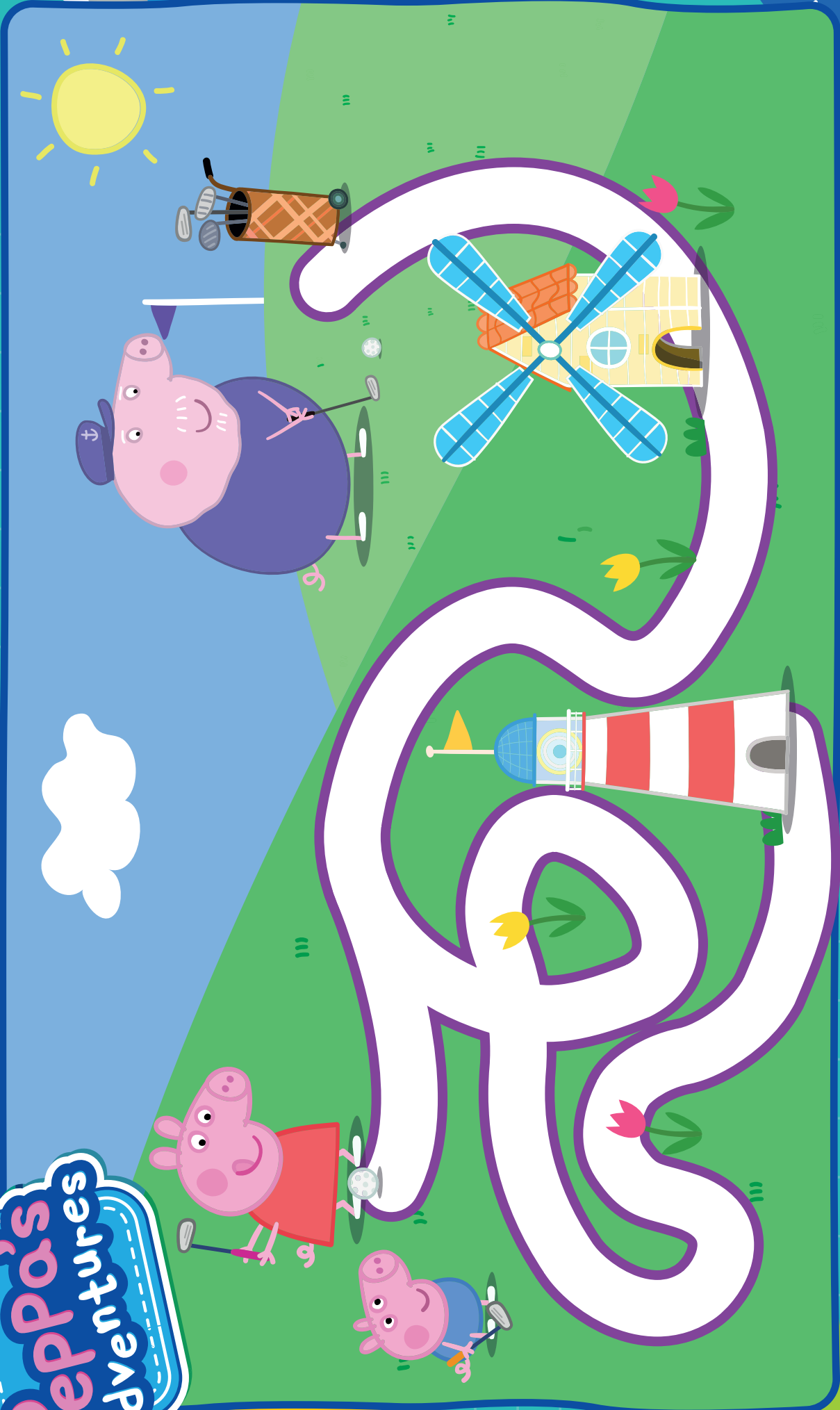
yapıştır

NASIL OYNANIR?

- 1 Zarı atın
- 2 Üste gelen pozuyu yapın
- 3 Altı pozun tamamını ilk tamamlayan oyuncu kazanır!



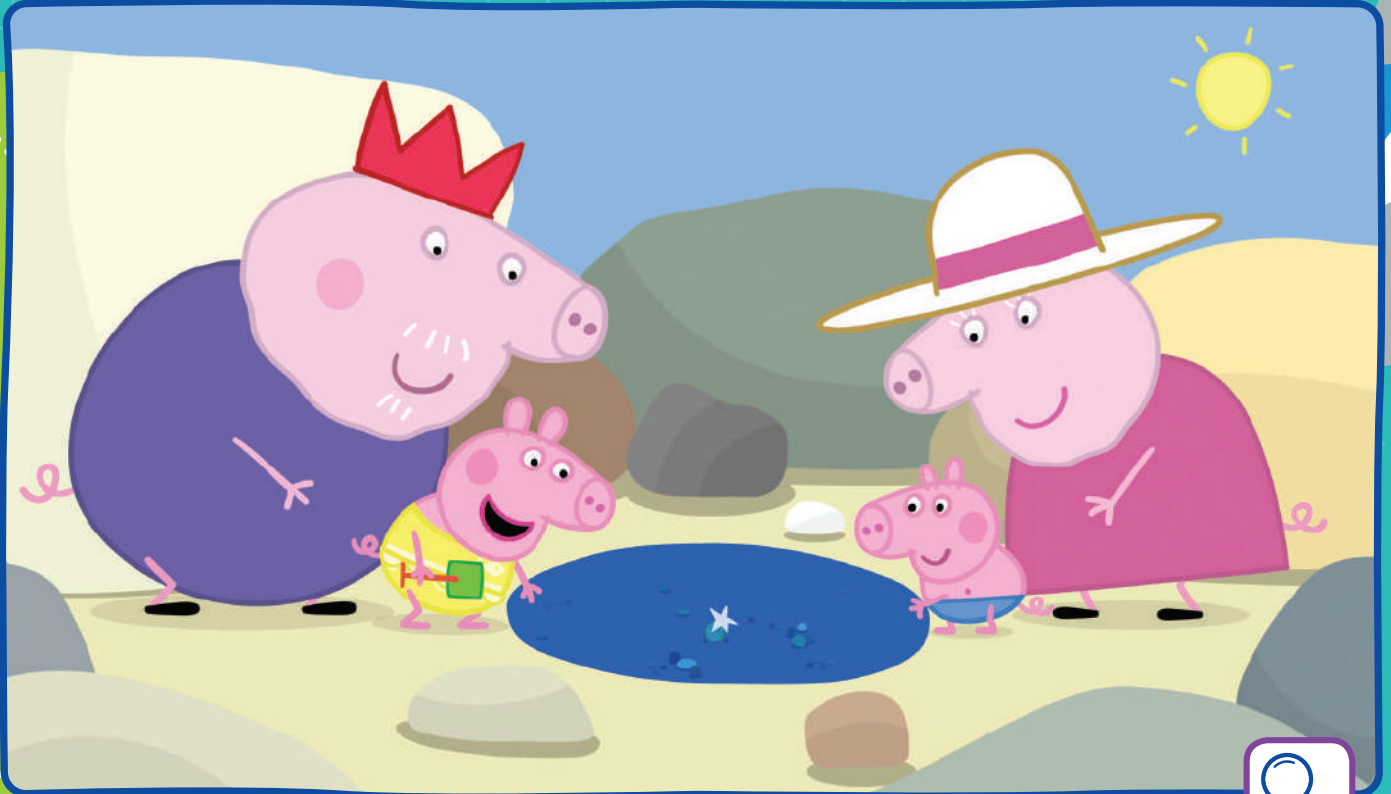
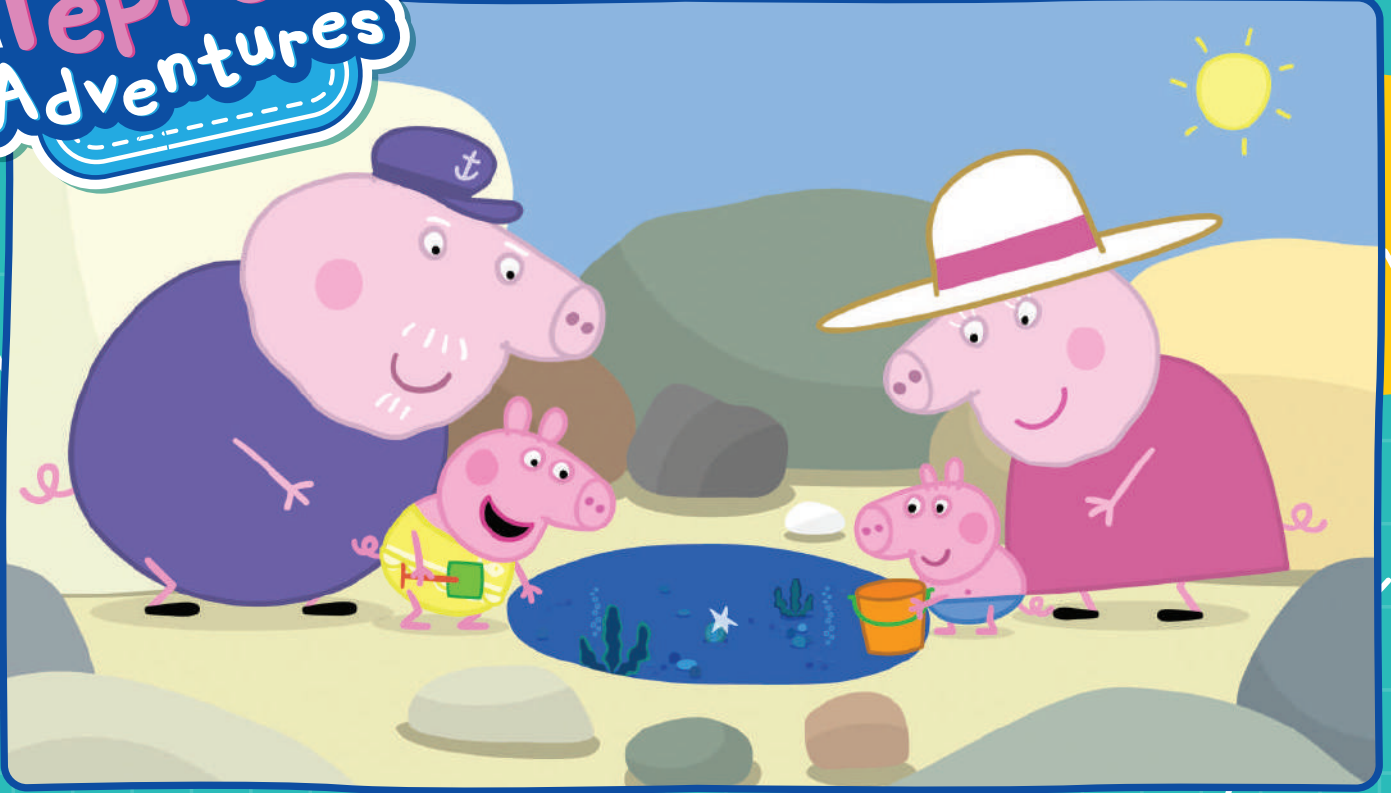
Bir vuruşta topu deliğe fırlatabilir misin?



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İki resim arasındaki 7 farkı bulabilir misin?

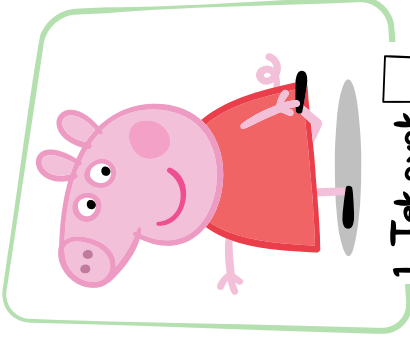


Bulduğun her fark için bir kabuğu boya!

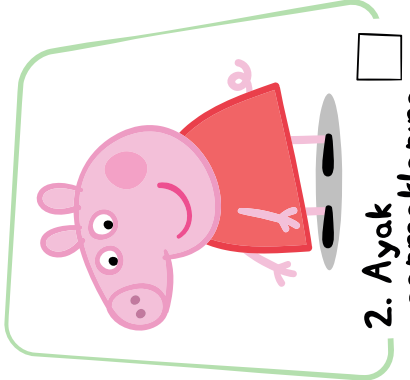




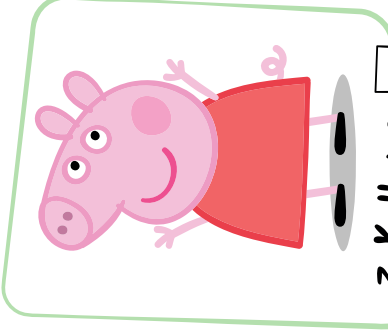
Esneme Hareketleri



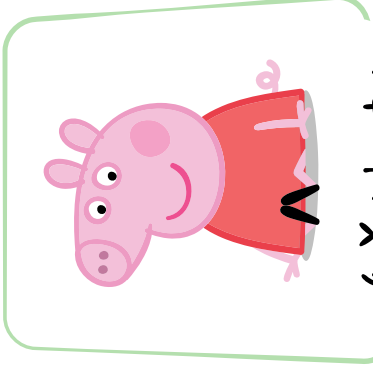
1. Tek ayak
üstünde dur



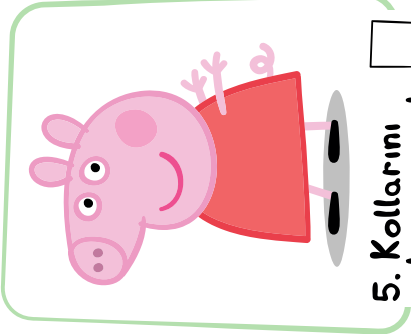
2. Ayak
parmaklarına
dokunmaya çalış



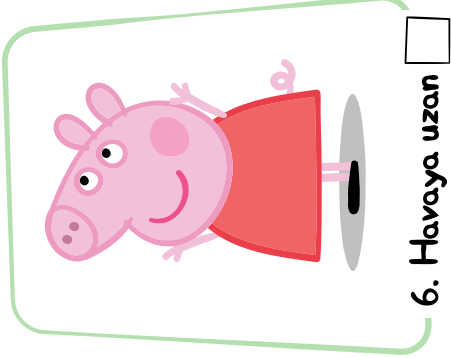
3. Kollarını
kaldır



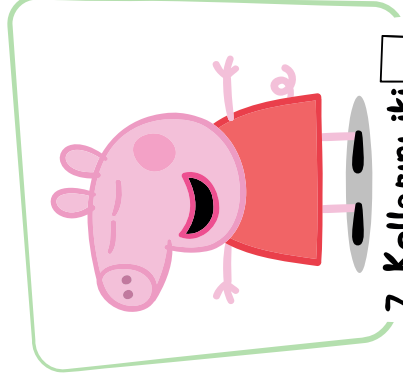
4. Yerde otur
ve ayaklarını birleştir



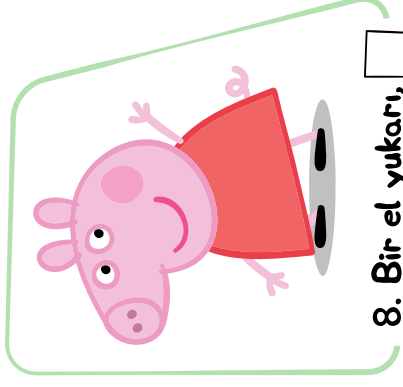
5. Kollarını
arkaya esnet



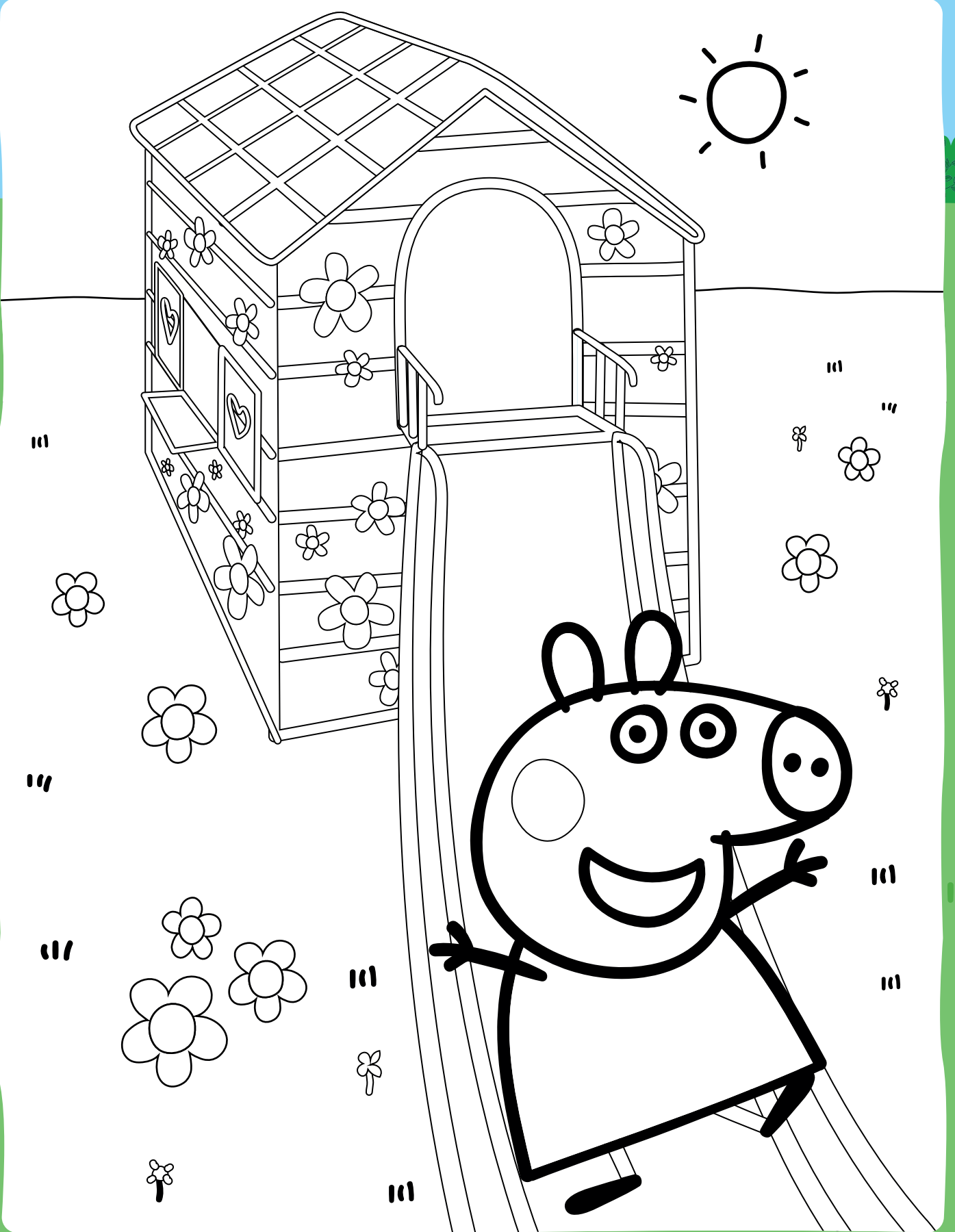
6. Havaya uzan



7. Kollarını iki
yana uzat



8. Bir el yukarı,
bir el aşağı

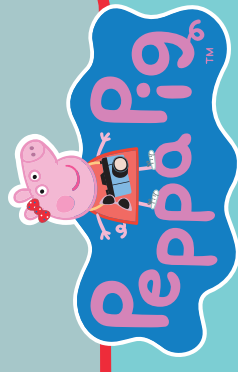


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Bir sonraki maceranız için
yanınıza ne alırdınız?

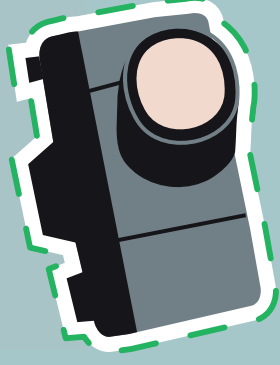
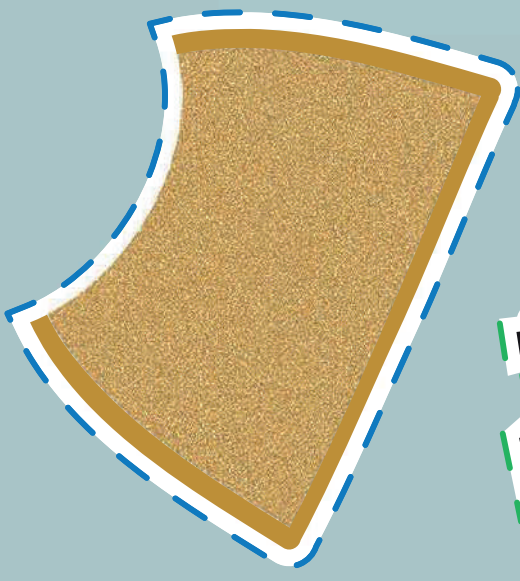
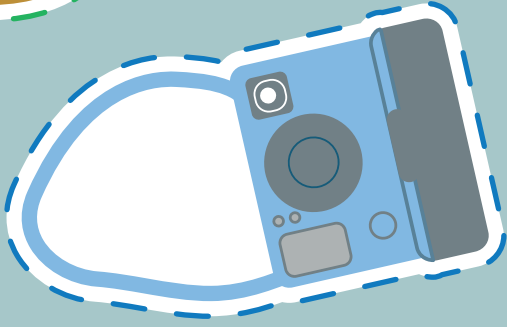
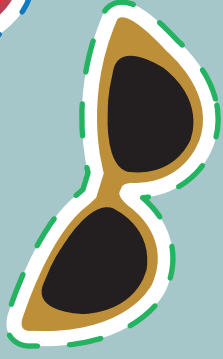
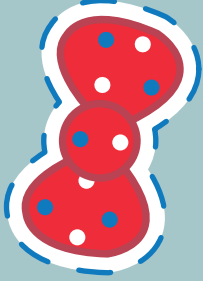
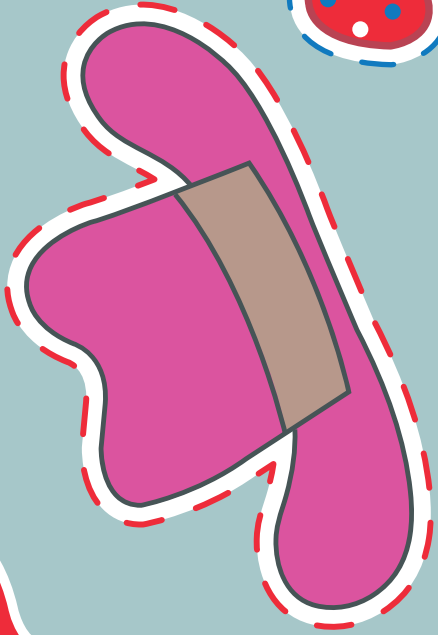


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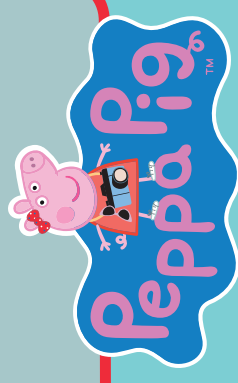


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Kes ve Peppa'nın
bavuluna yapıştır.



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Bu döküman, Tirtıl Kids'in okuyucuları için hazırladığı bir hediyedir.