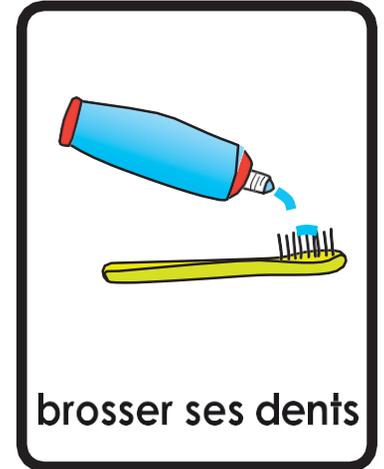
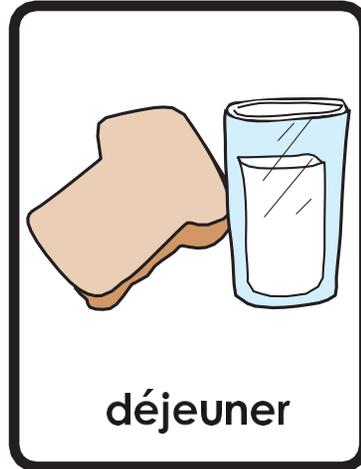
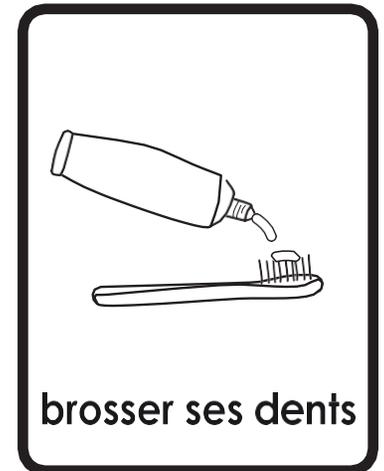


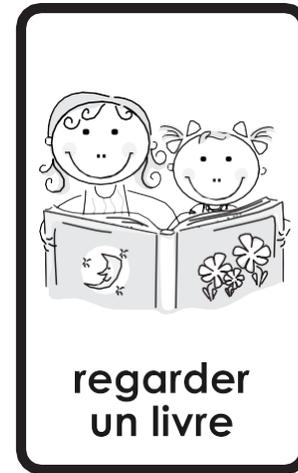
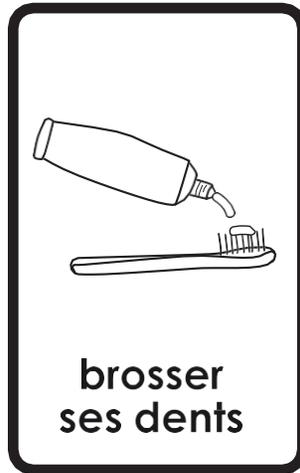
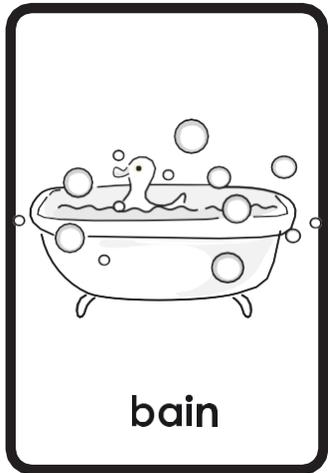
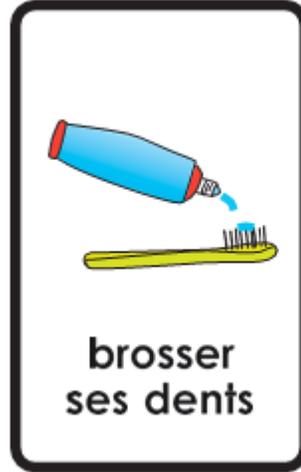
# Quand je me réveille



conception infograph **pemme.**



# Quand je me couche



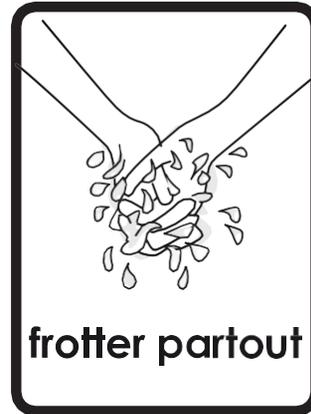
# Laver mes mains



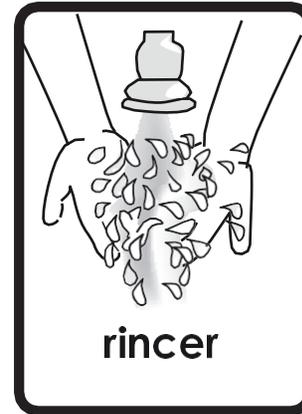
les mouiller



mettre  
du savon



frotter partout



rincer

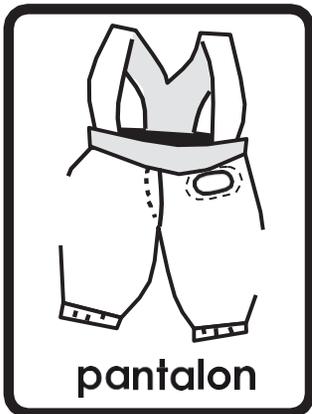


essuyer

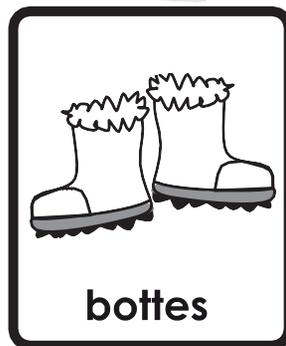


fermer l'eau  
avec le linge

# 5'habiller



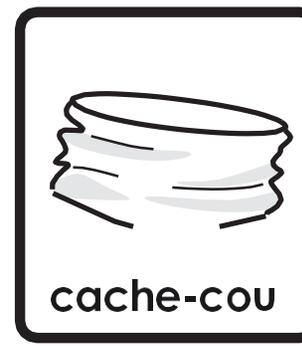
pantalon



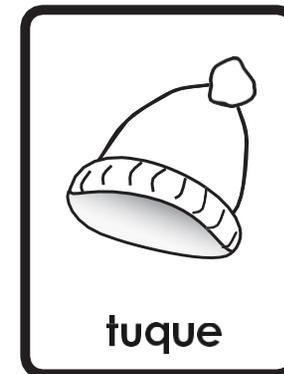
bottes



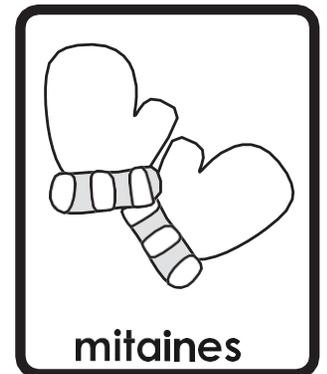
manteau



cache-cou



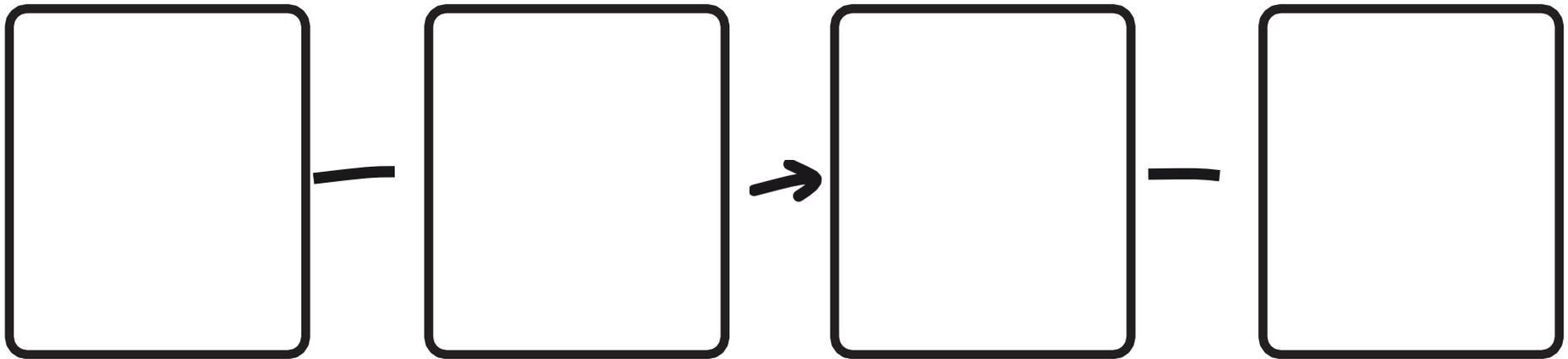
tuque



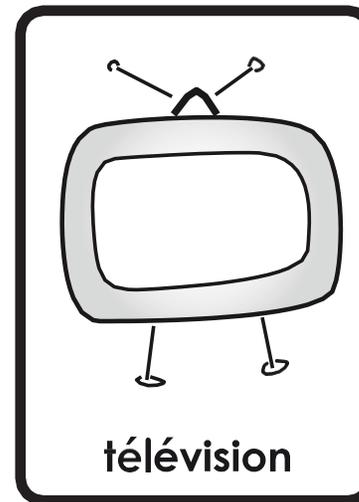
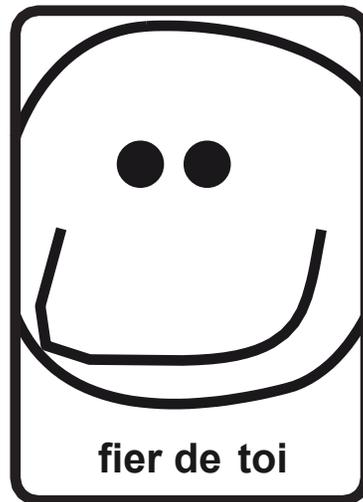
mitaines



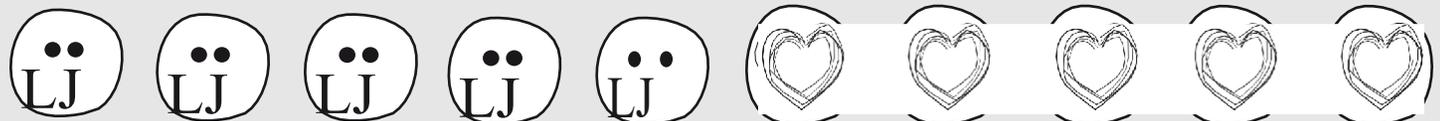
# Dessinez vos routines



# Personnalisez vos routines



Pour l'encourager, vous pouvez  
les appliquer à la fin de la routine.  
chaque fois qu'il réussit.





Se coucher



Dormir la nuit



Se réveiller



Se coucher



Se réveiller le matin

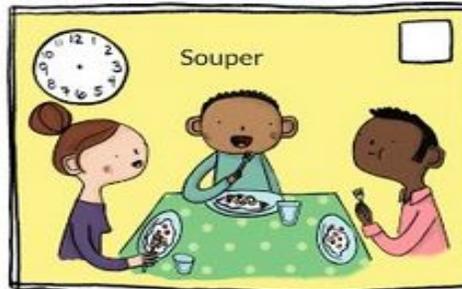


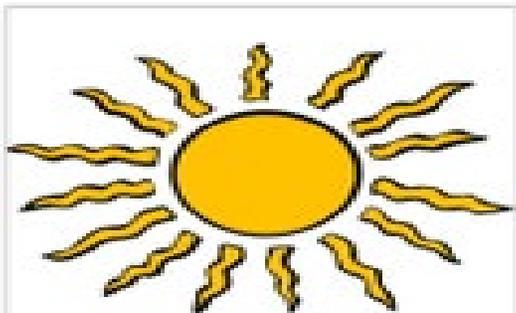
Sortir de son lit

# Ma routine du soir

\*Découpe les images qui correspondent à ta routine puis colle les sur un carton.

\*Numérote les actions dans le petit carré prévu à cet effet puis indique l'heure!





SOLEIL  
soleil  
*soleil*



NUAGES  
nuages  
*nuages*



VENT  
vent  
*vent*



NEIGE  
neige  
*neige*



ORAGE  
orage  
*orage*



PLUIE  
pluie  
*pluie*



Le bonhomme météo