

Hablemos de nuestras

# EMOCIONES



**¿COMO TE SIENTES  
HOY?**



A decorative background featuring a light purple rectangular area with a white speckled pattern. The text is centered within this area. Surrounding the purple area are various colorful elements: yellow and pink stars of different sizes, and a wavy orange ribbon. On the right side, there is a large, stylized yellow character with large black eyes, a red nose, and a red mouth, wearing a red cape. The character has green antennae-like structures on its head. The overall style is playful and child-friendly.

# ¿POR QUÉ ES IMPORTANTE HABLAR DE NUESTRAS EMOCIONES!

1. Promueve el bienestar emocional
2. Fomenta la autorregulación emocional
3. Mejora las relaciones interpersonales
4. Reduce el estrés
- ★ 5. Nos ayuda a tomar decisiones más conscientes
6. Fomenta la empatía y el apoyo
7. Facilita el autoconocimiento