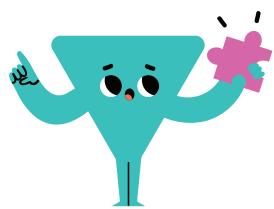


**J'ai besoin
de bouger.
Je peux...**



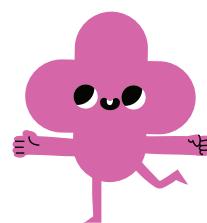
Travailler debout



Étirements



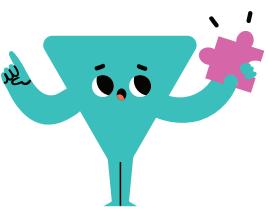
Demander une
pause active



**J'ai besoin
de bouger.
Je peux...**



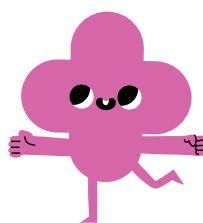
Travailler debout



Étirements



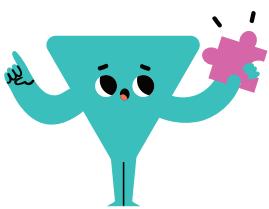
Demander une
pause active



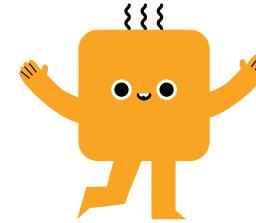
**J'ai besoin
de bouger.
Je peux...**



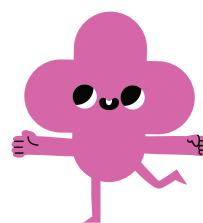
Travailler debout



Étirements



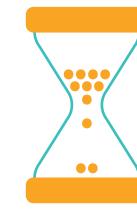
Demander une
pause active



**J'ai besoin
de calme.
Je peux...**



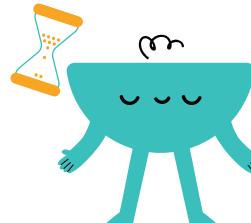
Sablier
2 ou 5 min.
corridor



Respirations



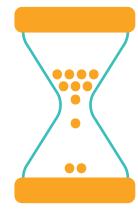
Sablier
2 ou 5 min.
coin calme



**J'ai besoin
de calme.
Je peux...**



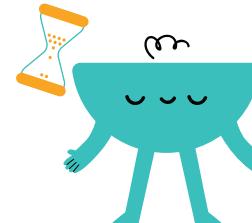
Sablier
2 ou 5 min.
corridor



Respirations



Sablier
2 ou 5 min.
coin calme



**J'ai besoin
de calme.
Je peux...**



Sablier
2 ou 5 min.
corridor



Respirations



Sablier
2 ou 5 min.
coin calme

