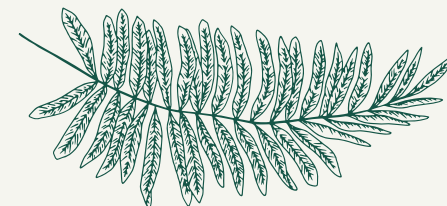




SAÚDE MENTAL NA PANDEMIA



COMO VOCÊ ESTÁ HOJE?

É comum que esqueçamos de dar atenção a nossa saúde mental e emocional. Durante essa pandemia, as pessoas se deram conta de como isso é importante.

VOCÊ LEMBRA?



NÓS MONITORAMOS SUA SAÚDE

GANHE SAÚDE E PAZ

Kick off the class with an introduction of today's lesson or topic. You can be straightforward about it or you can formulate questions that will lead to the formal class discussion.

Duplicate this page as many times as needed.



O QUE NOSSO APP FAZ POR VOCÊ

TODAY'S AGENDA

Write the agenda in easy-to-read bullet points	01
Add a title for the agenda if you like	02
List the topics you will cover in class	03
Also the activities you propose to do	04
Give the allotted time per topic or activity	05
Add extra guidelines if there are any	06

NÚMEROS EXPRESSIVOS DE PESSOAS E SUA SAÚDE MENTAL

EXPECTATIONS AND OUTCOMES



Objectives inform students the learning outcomes of the class. What will they know? What will they be able to do? Why is this important to know? It's an effective way to assess their learning progress.



Rules provide the structure necessary for an engaging and productive class. Keep it simple and easy to follow. It can be general to cover different situations or very specific to your students.

NÓS CUIDAMOS DE VOCÊ



Sono

Take the discussion further by talking about the lesson's key concepts and its corresponding definitions. Duplicate this page as many times as needed to give you more space for discussion. Pair the concepts and definitions with relevant.

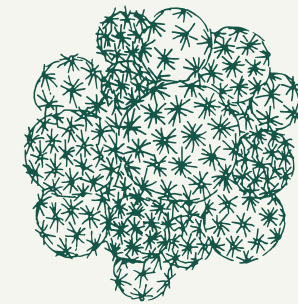
SELECT THIS POINT



Humor

Take the discussion further by talking about the lesson's key concepts and its corresponding definitions. Duplicate this page as many times as needed to give you more space for discussion. Pair the concepts and definitions with relevant.

SELECT THIS POINT



Alimentação

Take the discussion further by talking about the lesson's key concepts and its corresponding definitions. Duplicate this page as many times as needed to give you more space for discussion. Pair the concepts and definitions with relevant.

SELECT THIS POINT