



Ágil. Ejercicios color violeta claro

By López Gómez, Bernardo; Serrano Íñiguez, Rafael

Ediciones SM, 2010. soft. Book Condition: New. Peso: 92. 00 Edad recomendada: A partir de 18 años. El programa de estimulación cognitiva Ágilmente permite una actividad mental diaria, entretenida y variada. Cada cuaderno se ha ideado para completarse en una semana. La dificultad de las actividades varía en cada uno, y no existe un orden entre los mismos. Los ejercicios abarcan áreas de lenguaje, memoria, pensamiento abstracto, atención y concentración, etc. Recomendaciones para la utilización en casa: Trabaje diariamente de lunes a viernes. Realice los ejercicios en un lugar tranquilo que le permita concentrarse y, si es posible, por la mañana. Complete únicamente los que le correspondan a cada día. Trate de realizar todos los ejercicios sin saltarse ninguno. La dificultad es variada, pero todas las actividades requieren de su concentración. ¡Tómese su tiempo!Los materiales necesarios para la realización de los ejercicios son bolígrafo o lápiz, lápices de colores y una goma. Se incluye un solucionario para comprobar el avance en cada área (aunque el trabajo puede hacerse solo, pregunte a su familia si tiene alguna duda).



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