



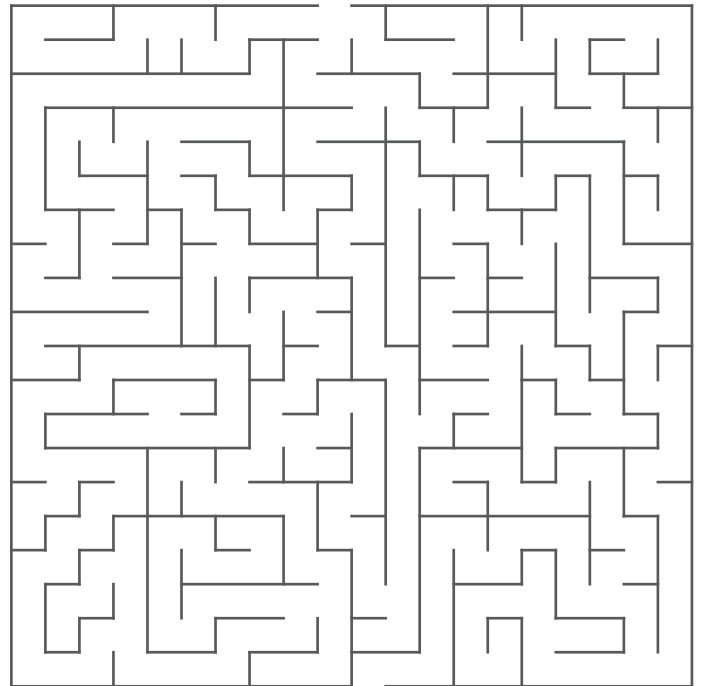
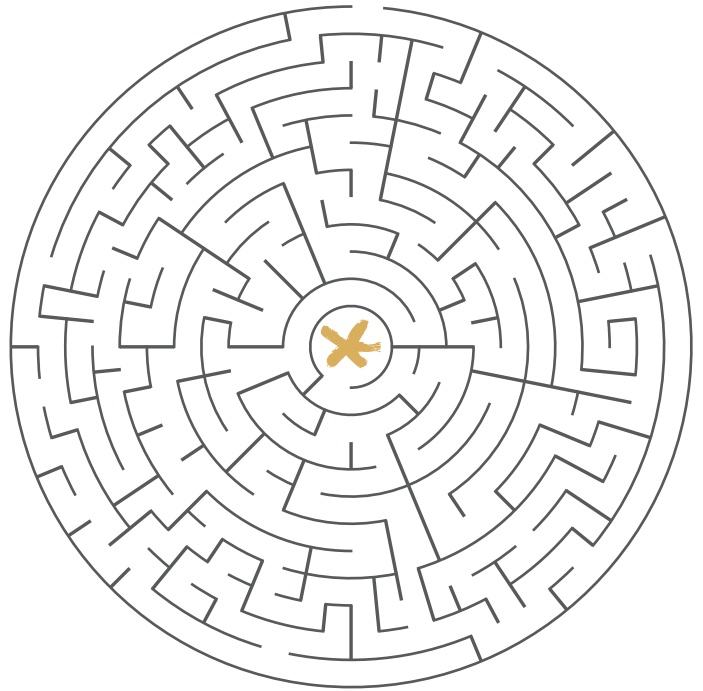
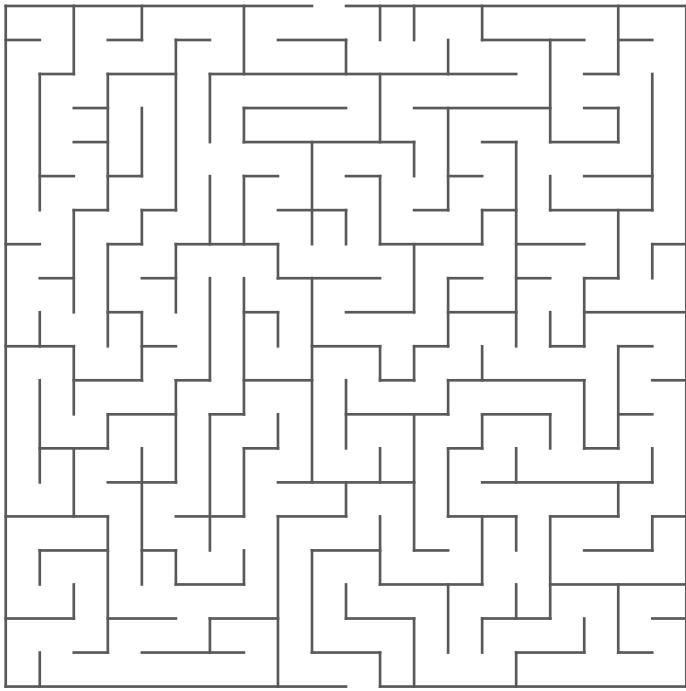
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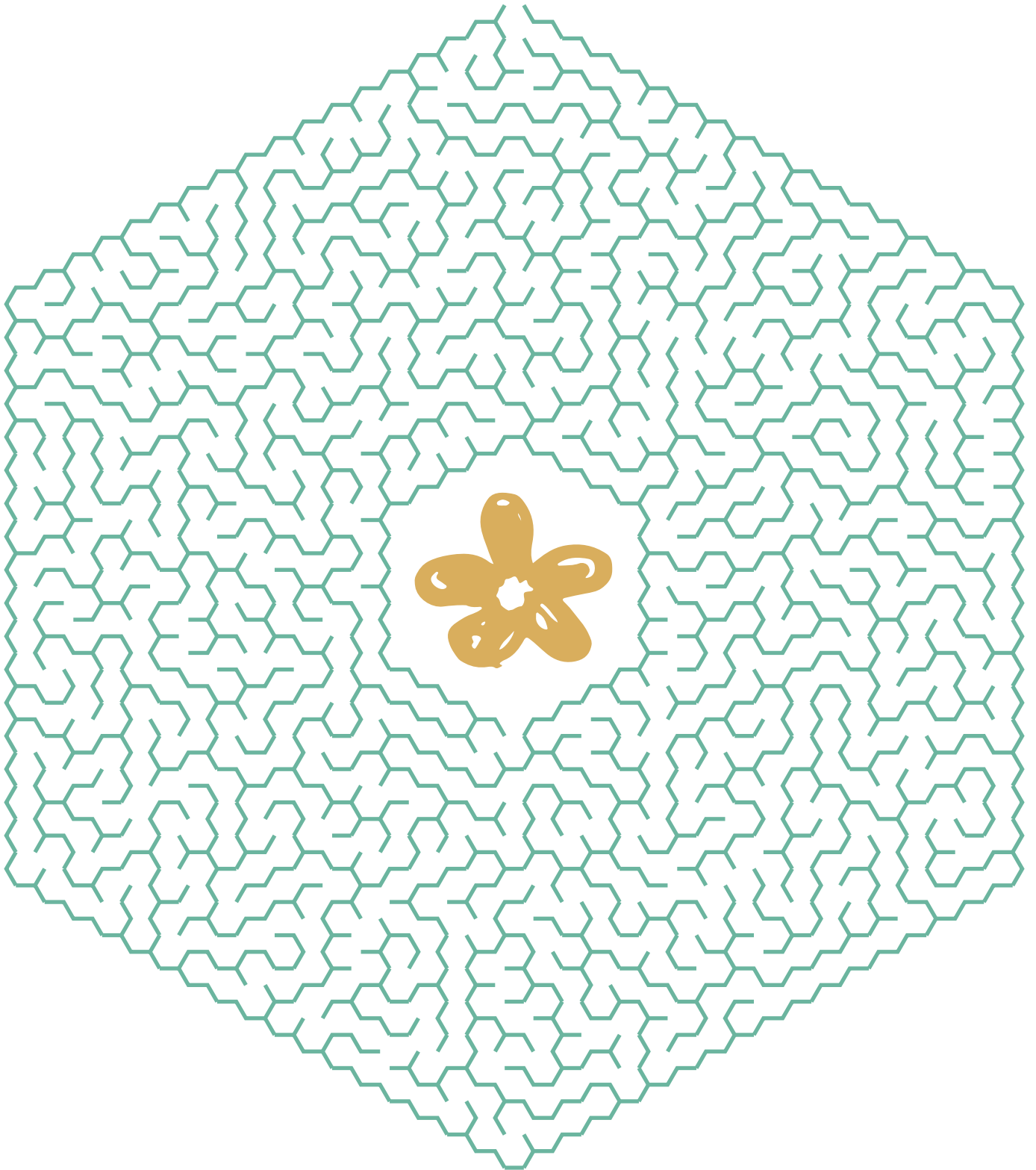


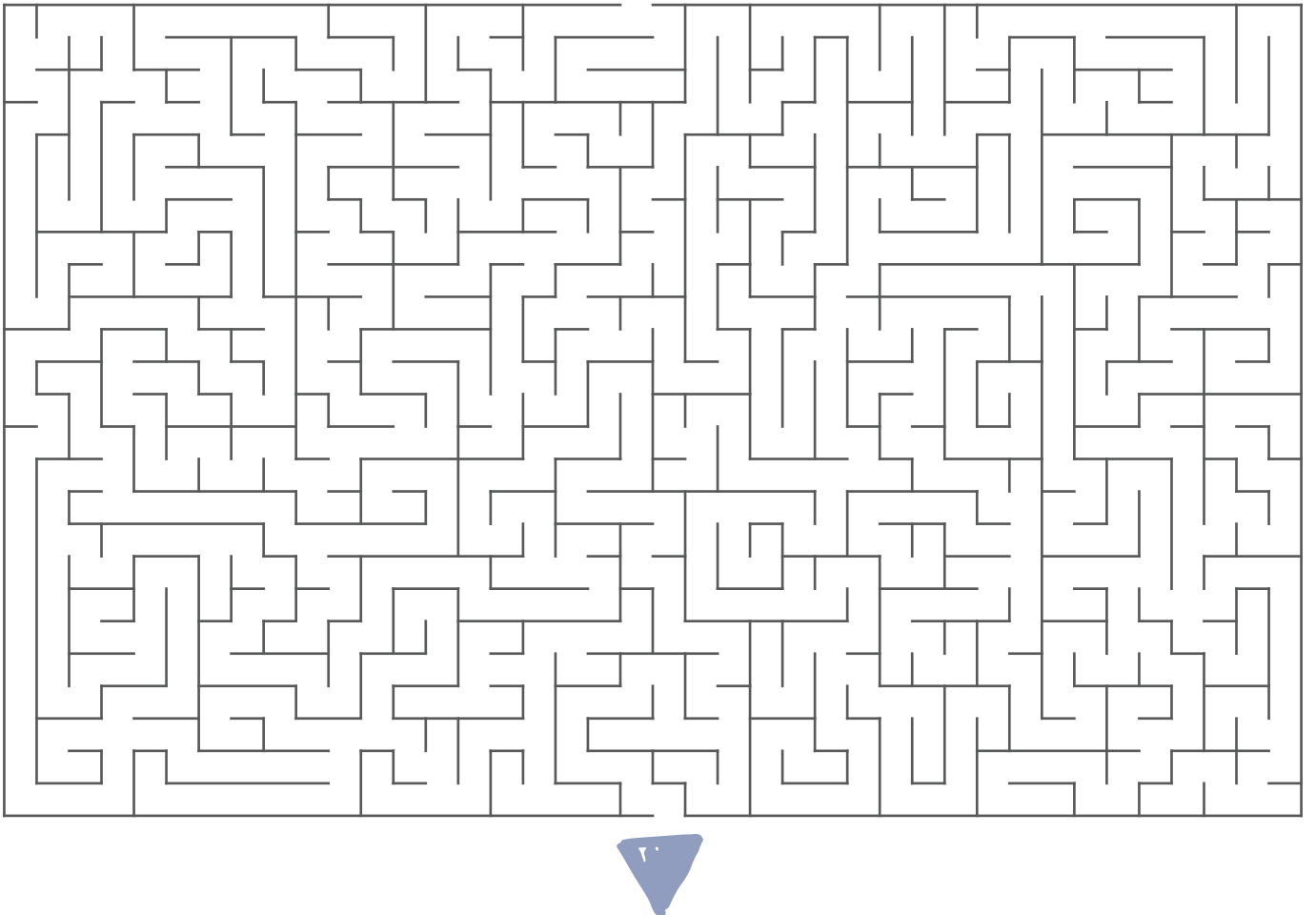
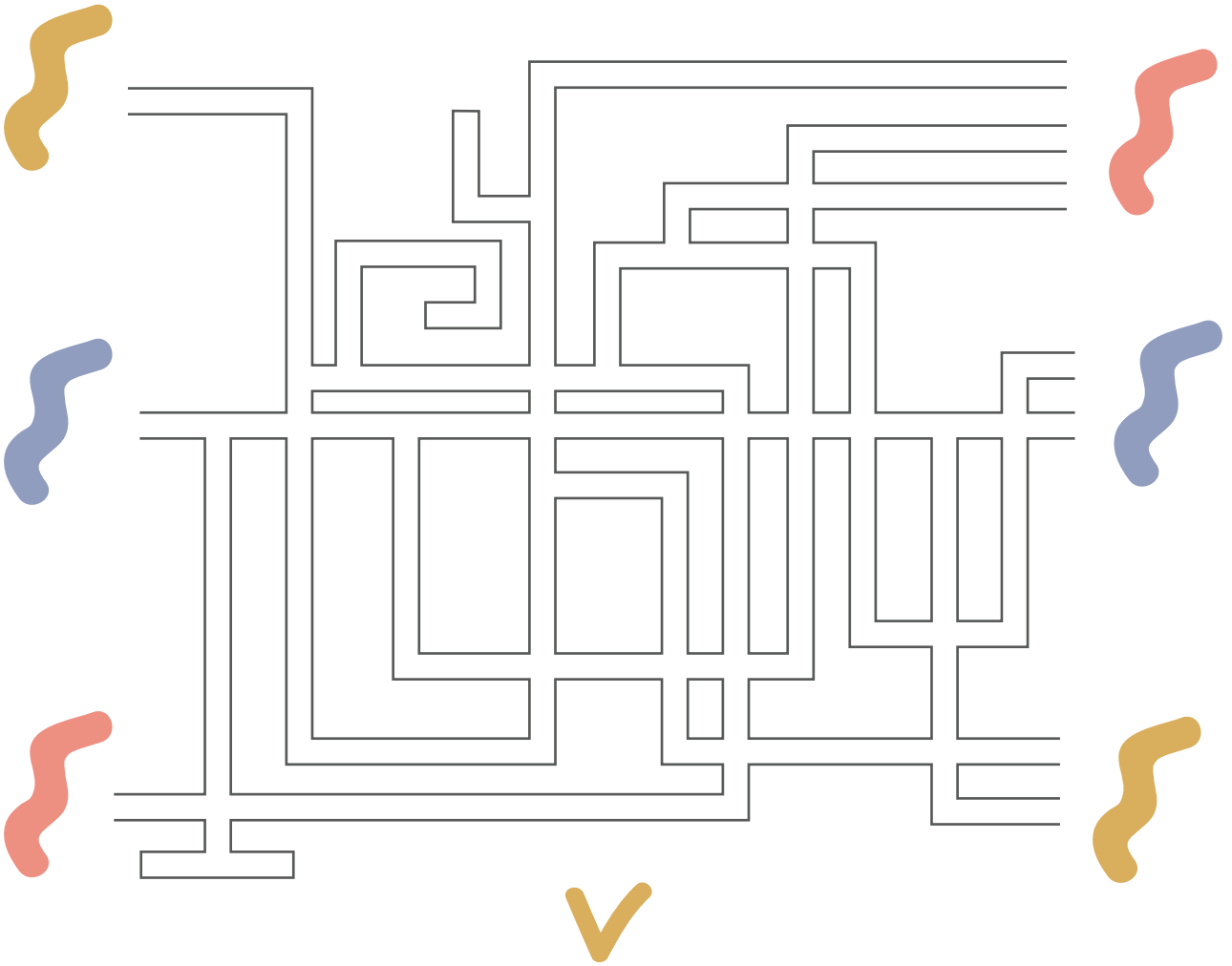
kietoparao.

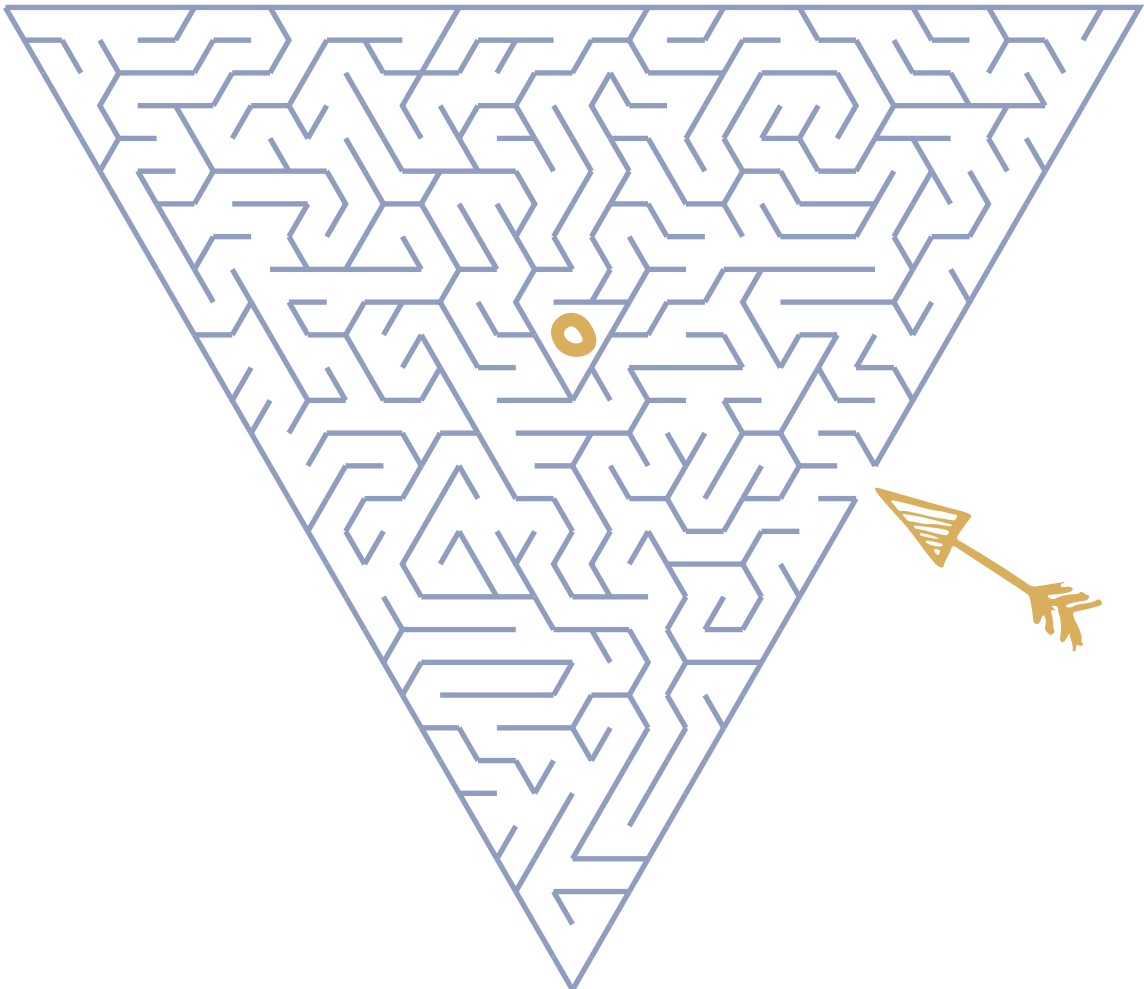
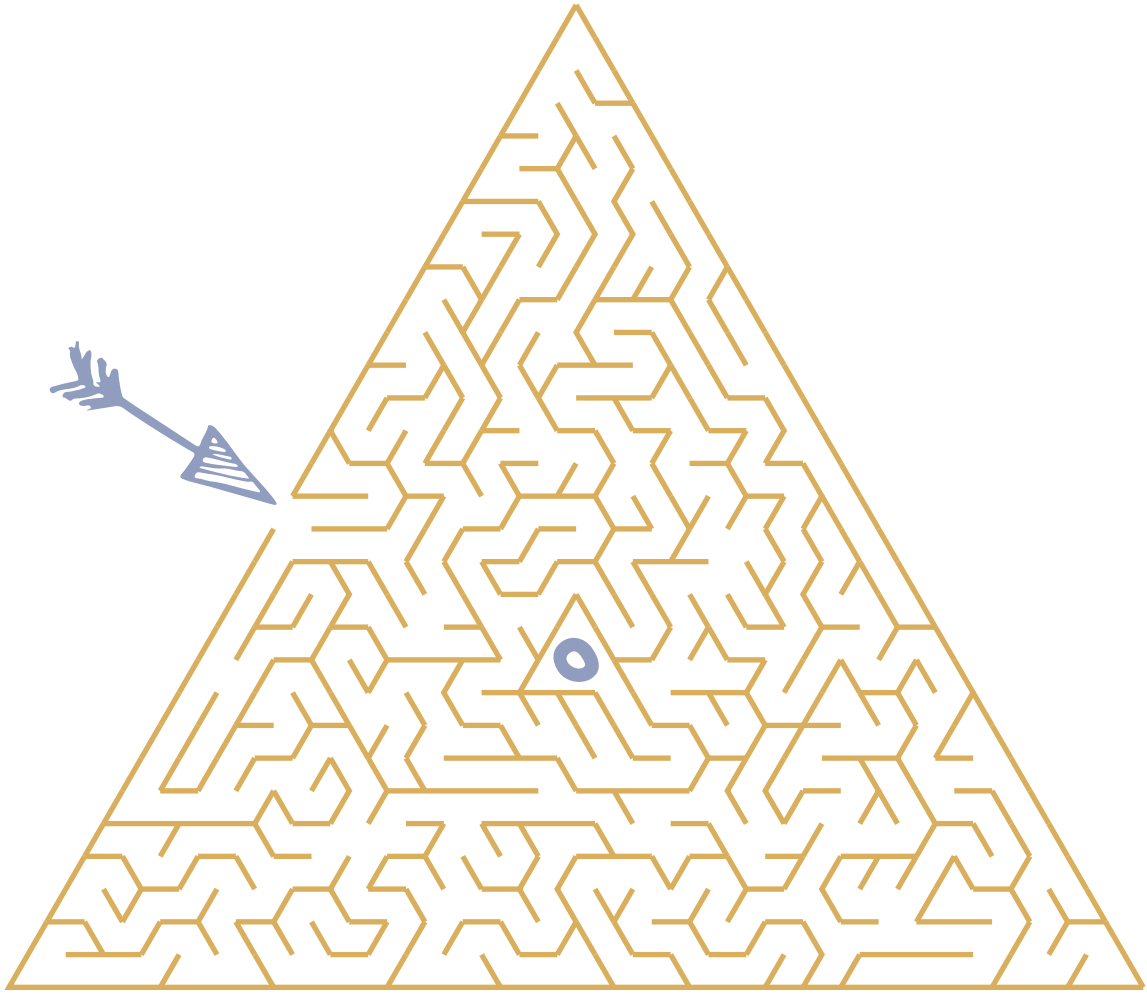
A wooden maze is constructed from light-colored wooden blocks on a light wood-grain surface. A single red wooden pin stands on the right side of the maze. The maze consists of several interconnected paths and dead ends.

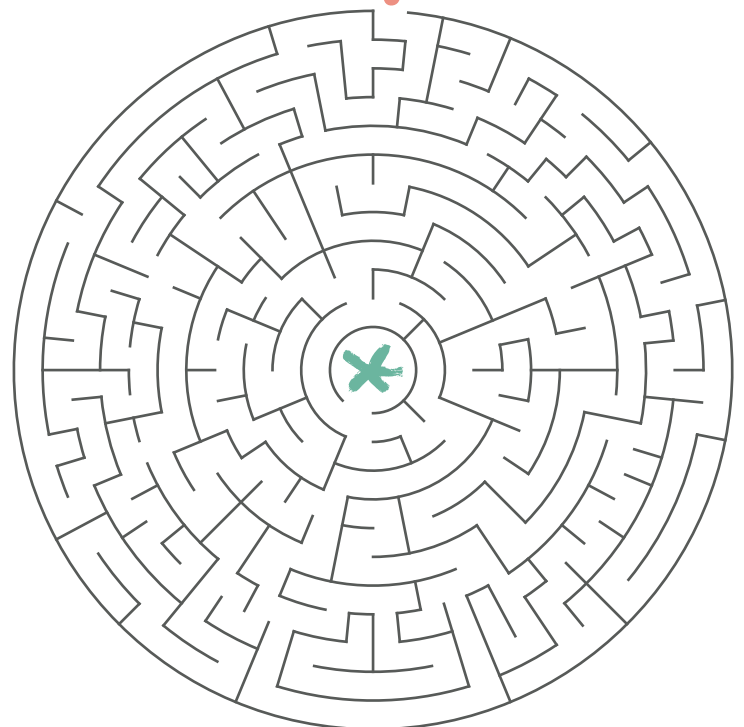
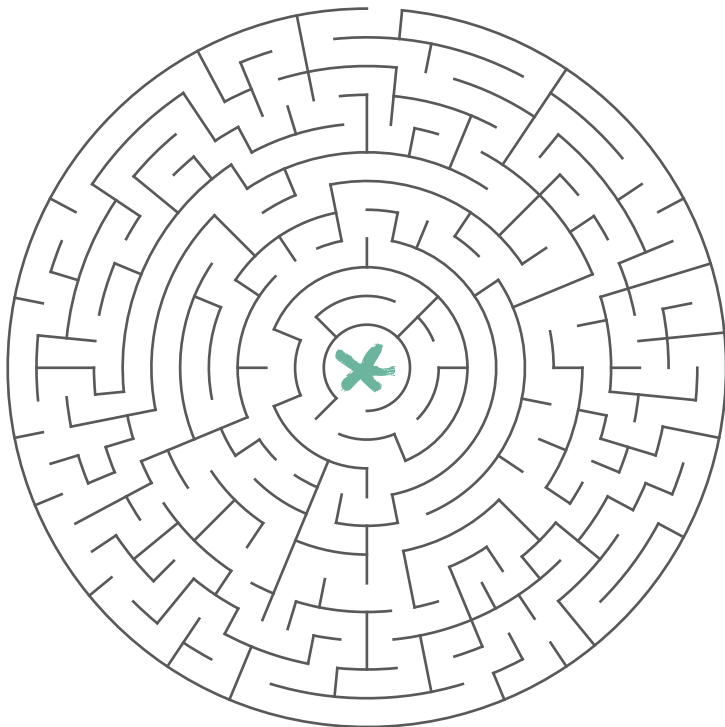
100 LABERINTOS
by *kietoparao.*

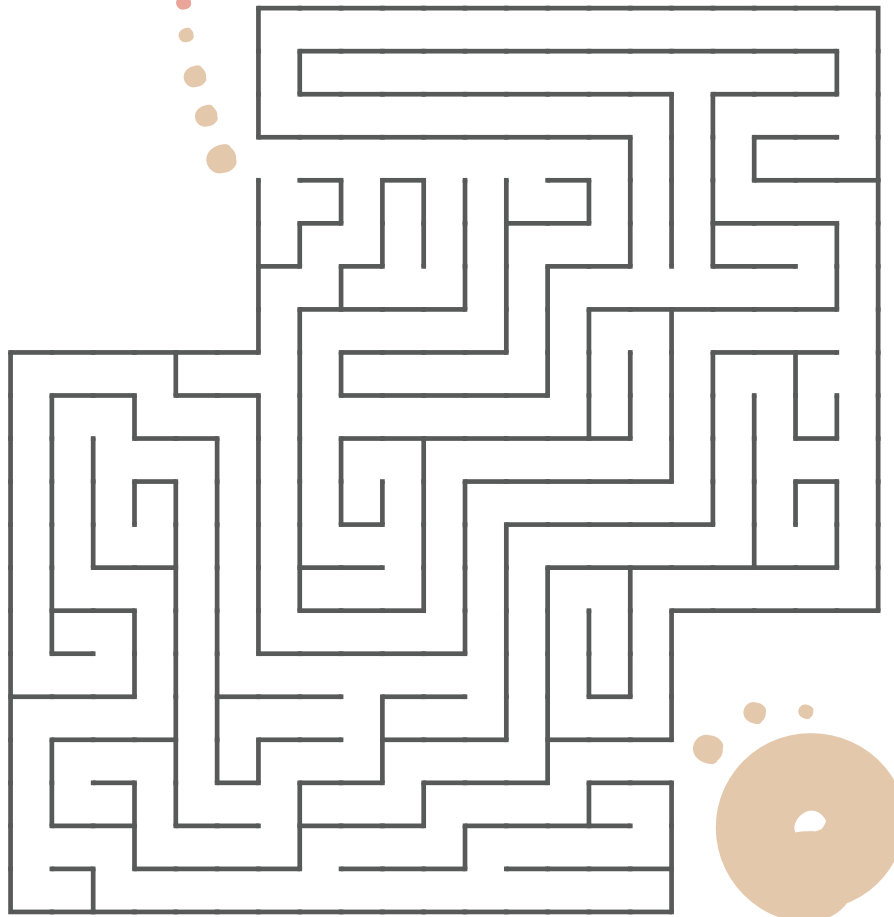
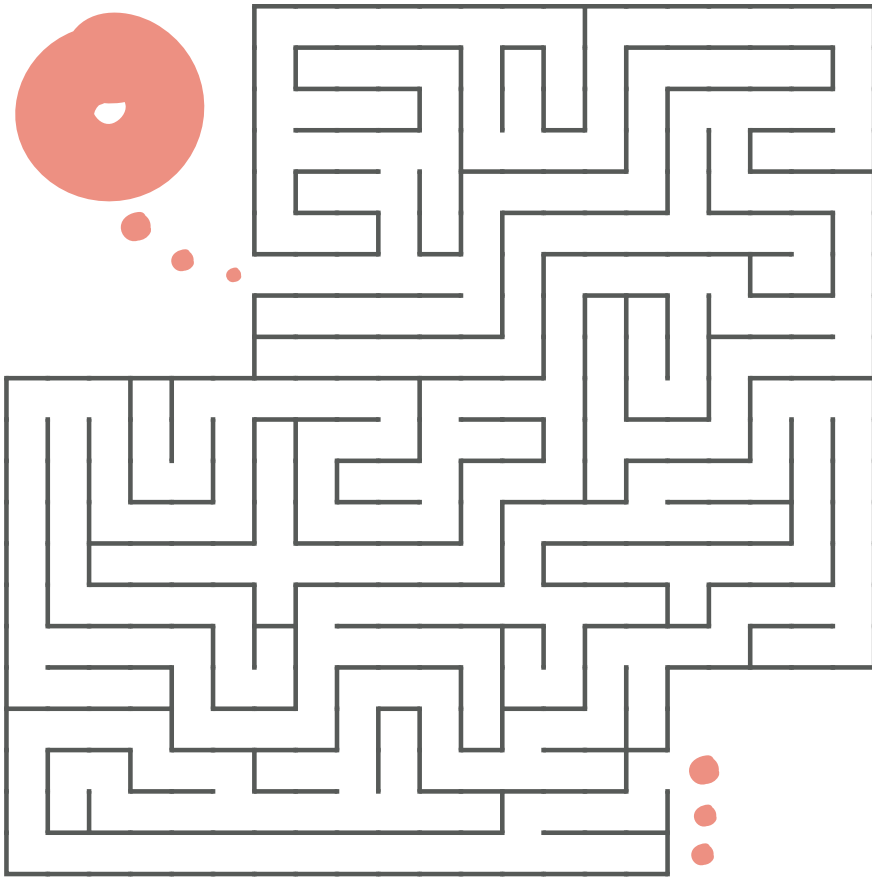


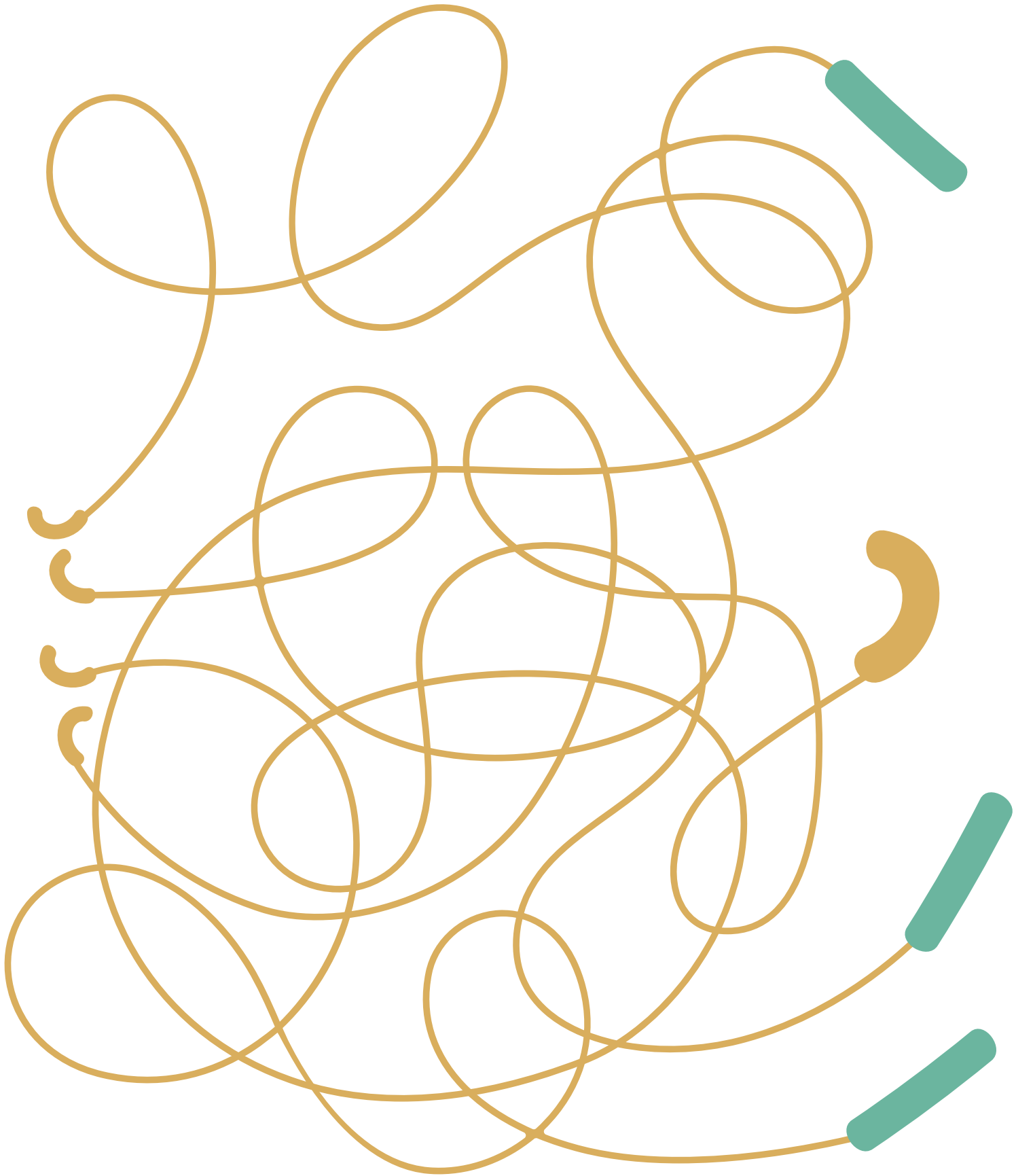


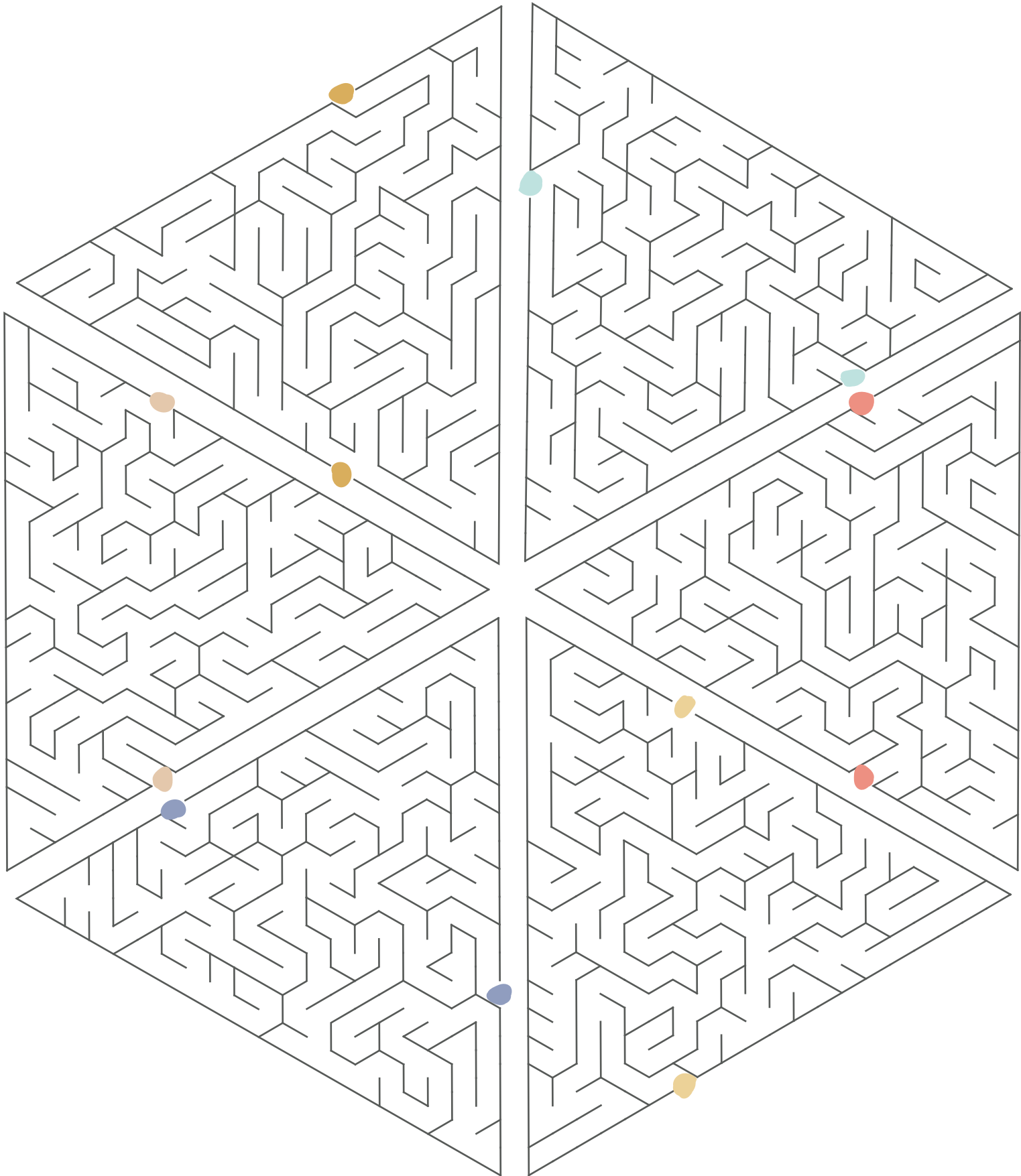


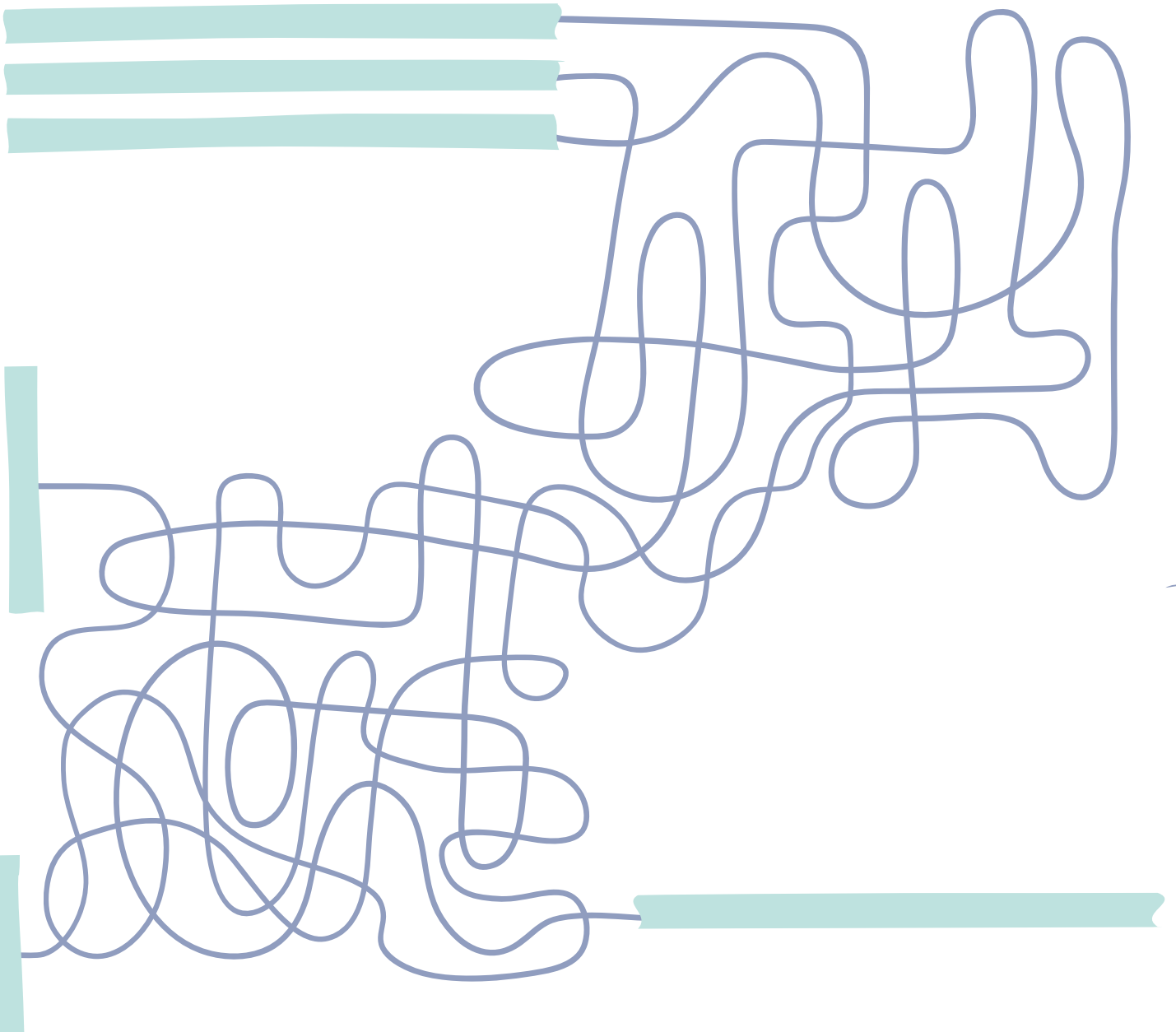
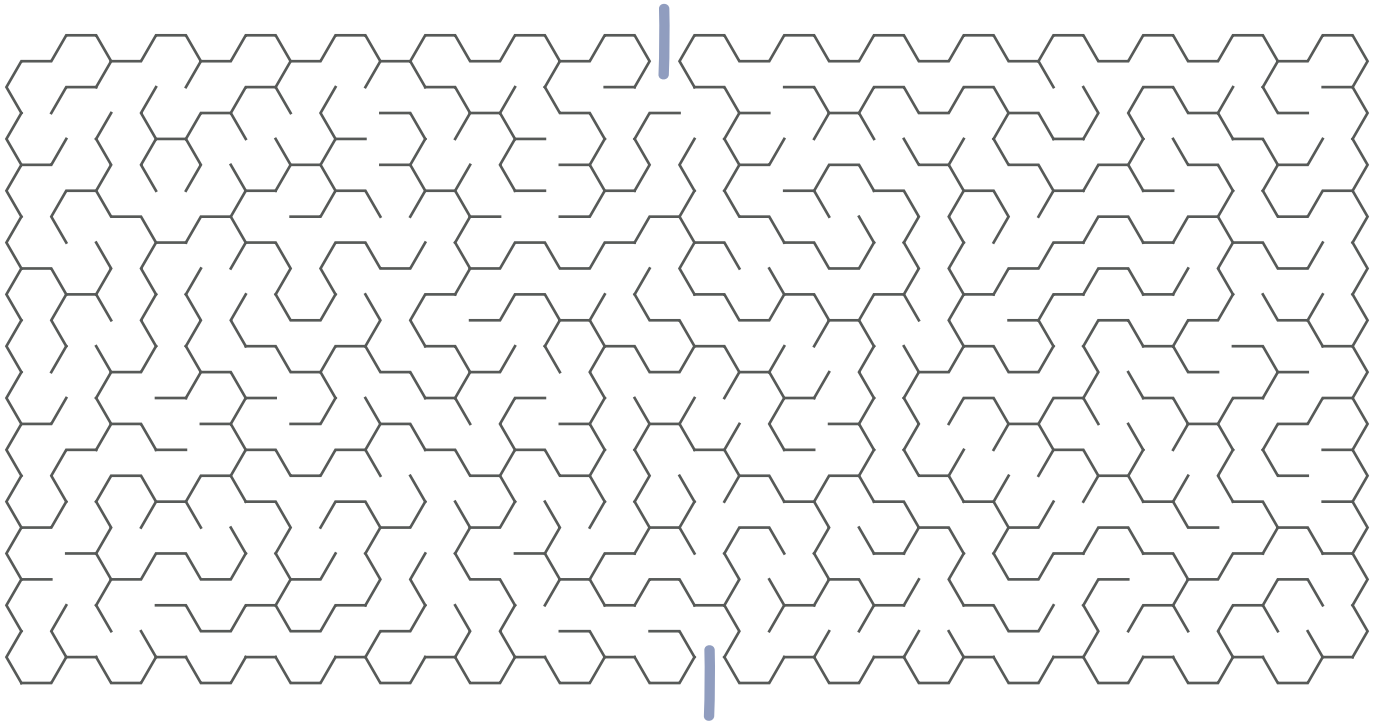


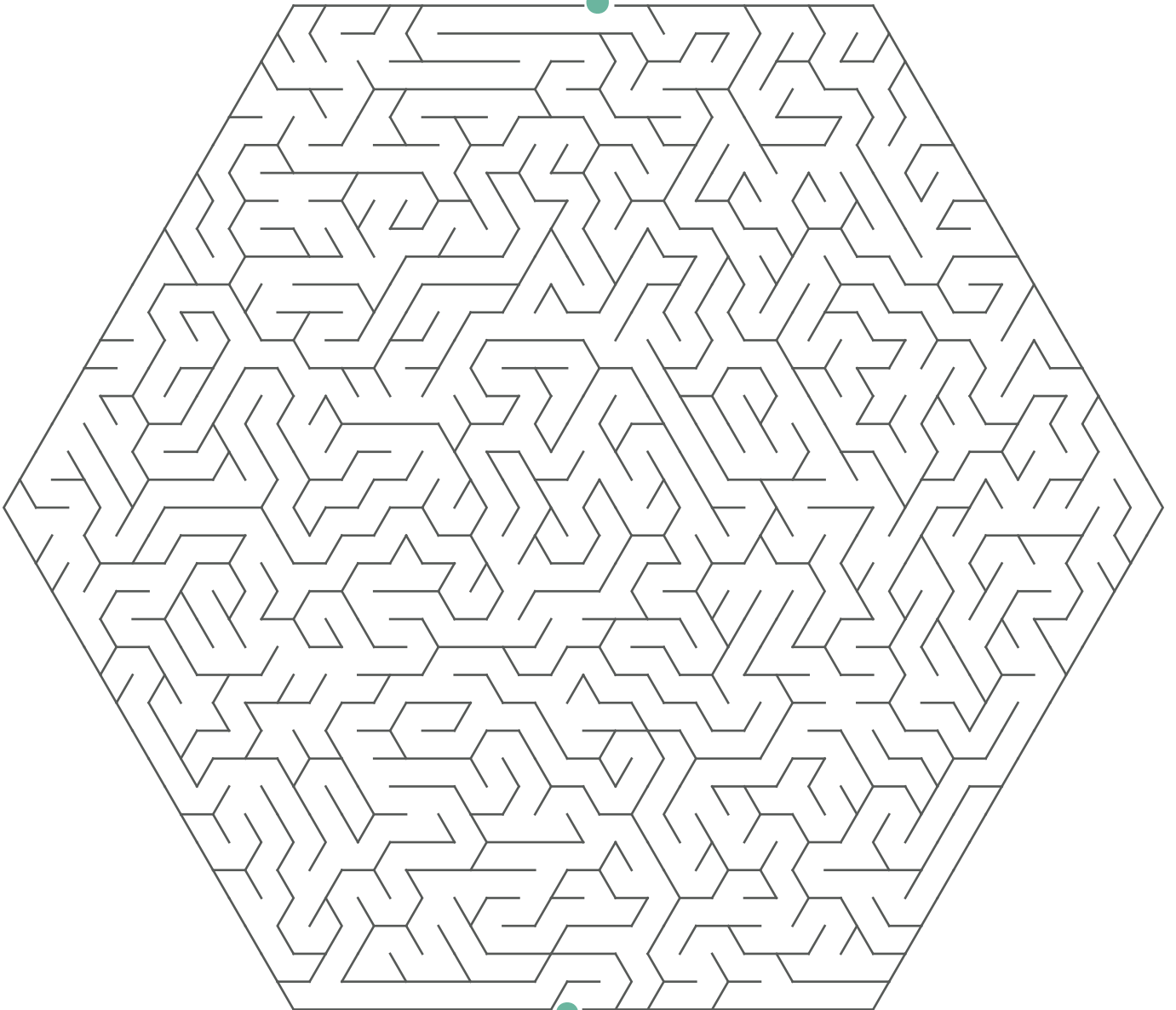
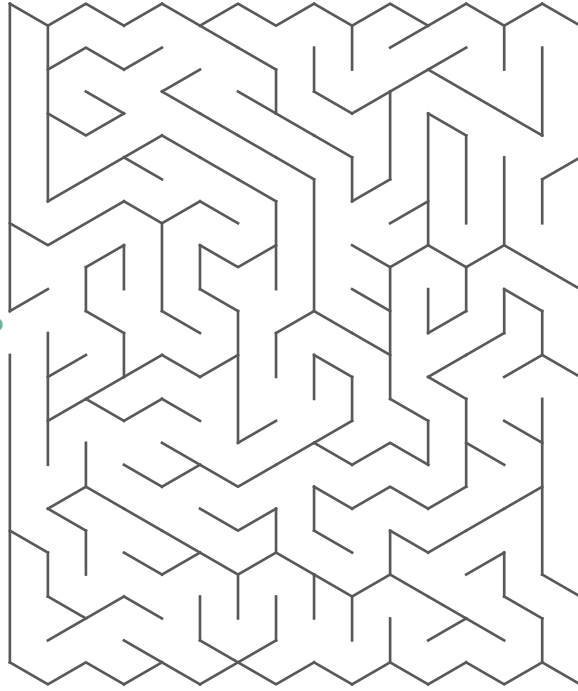


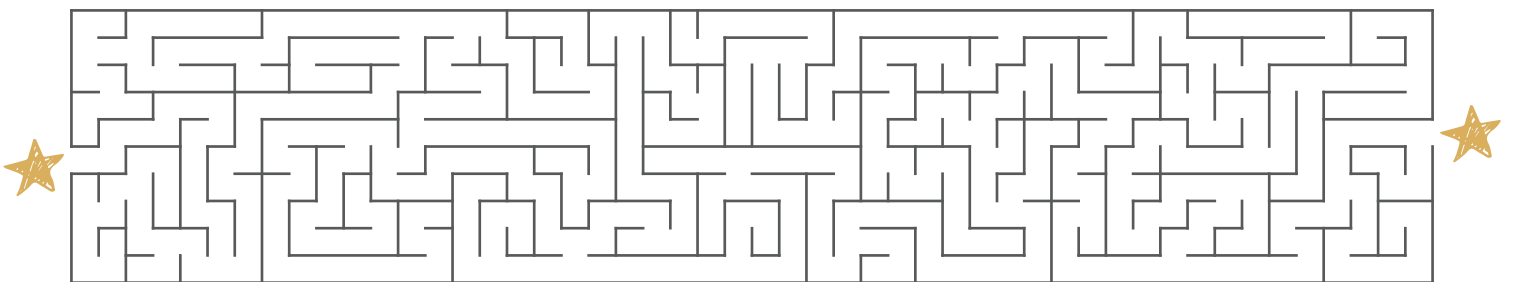
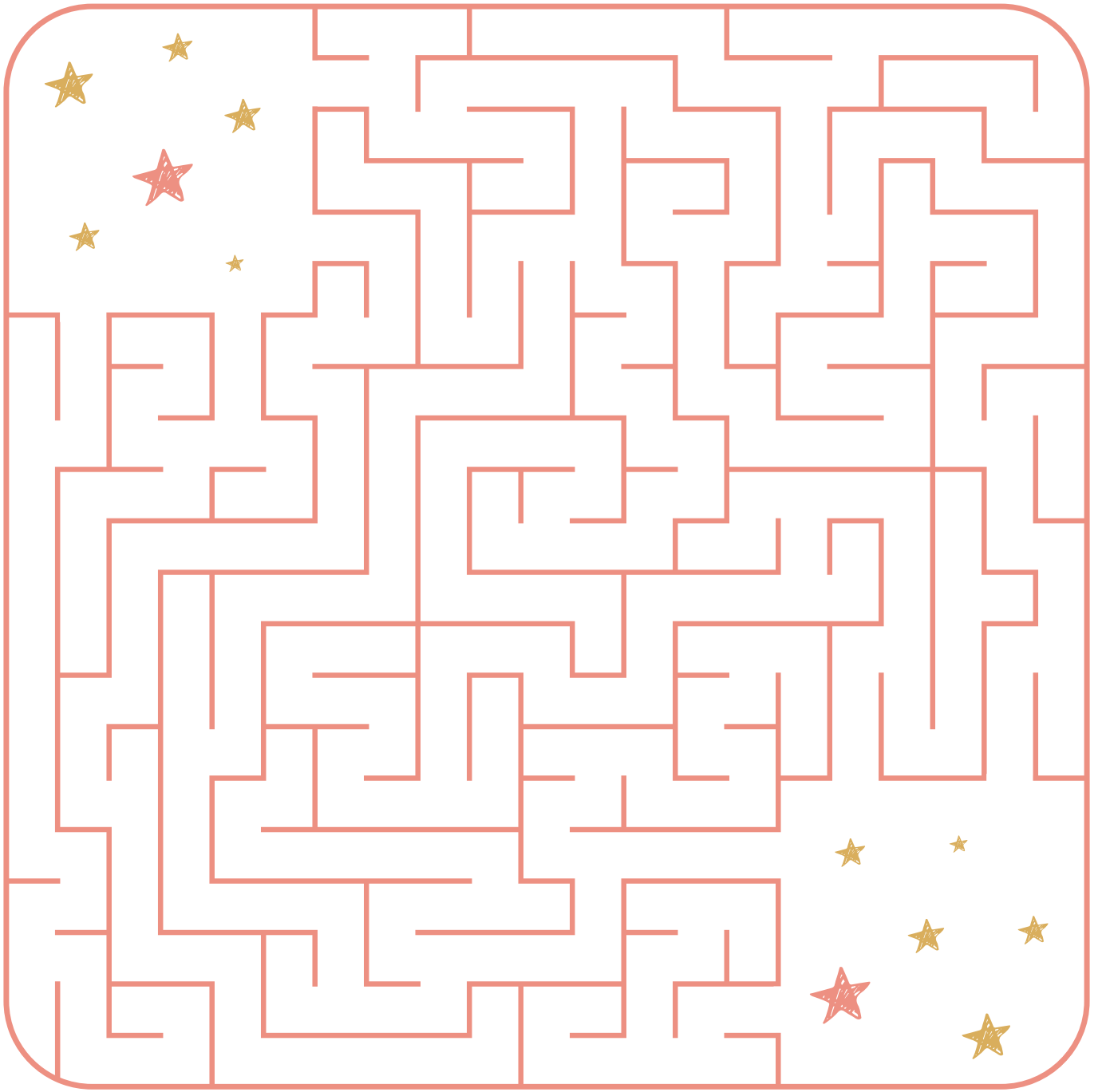


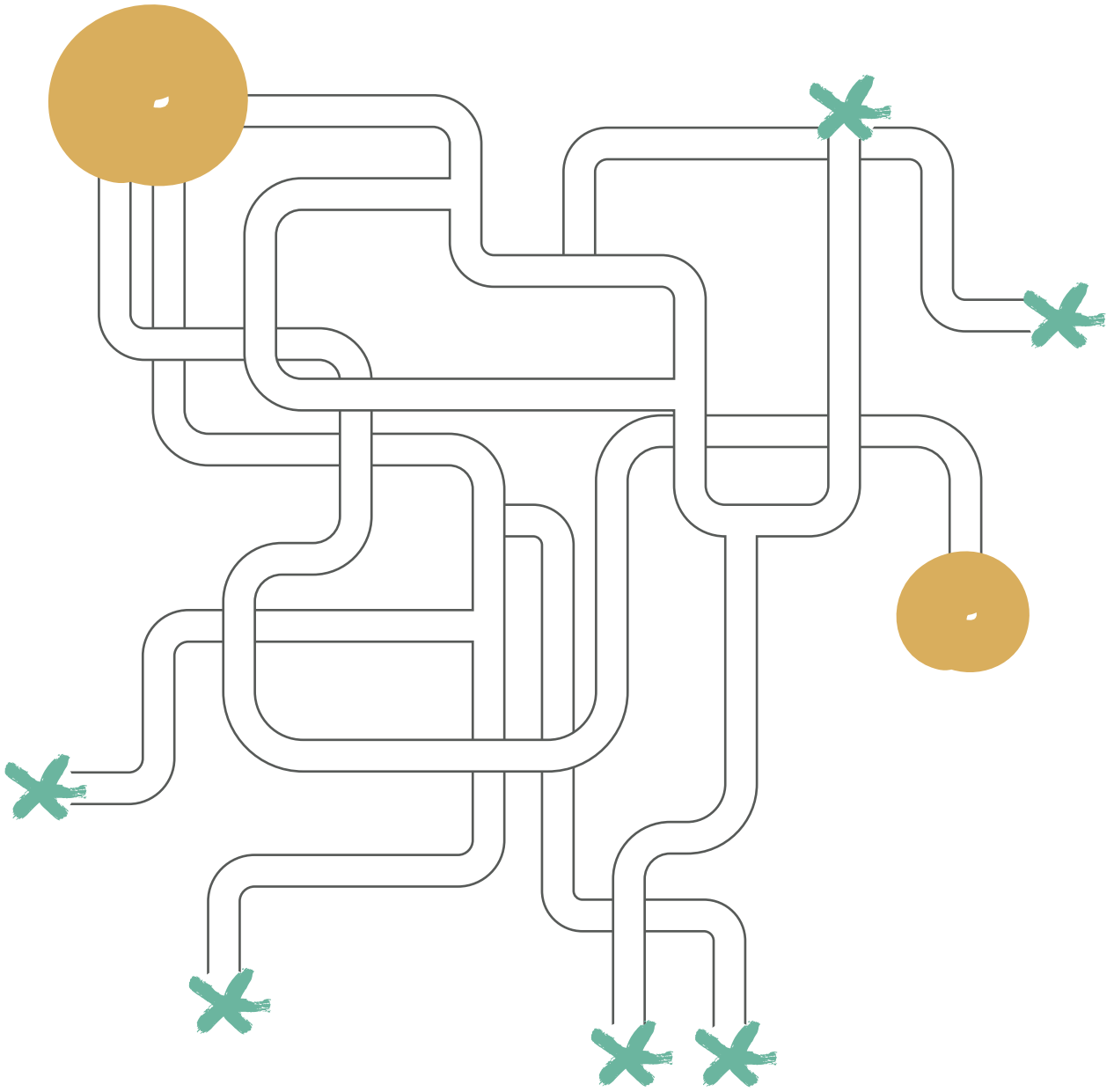


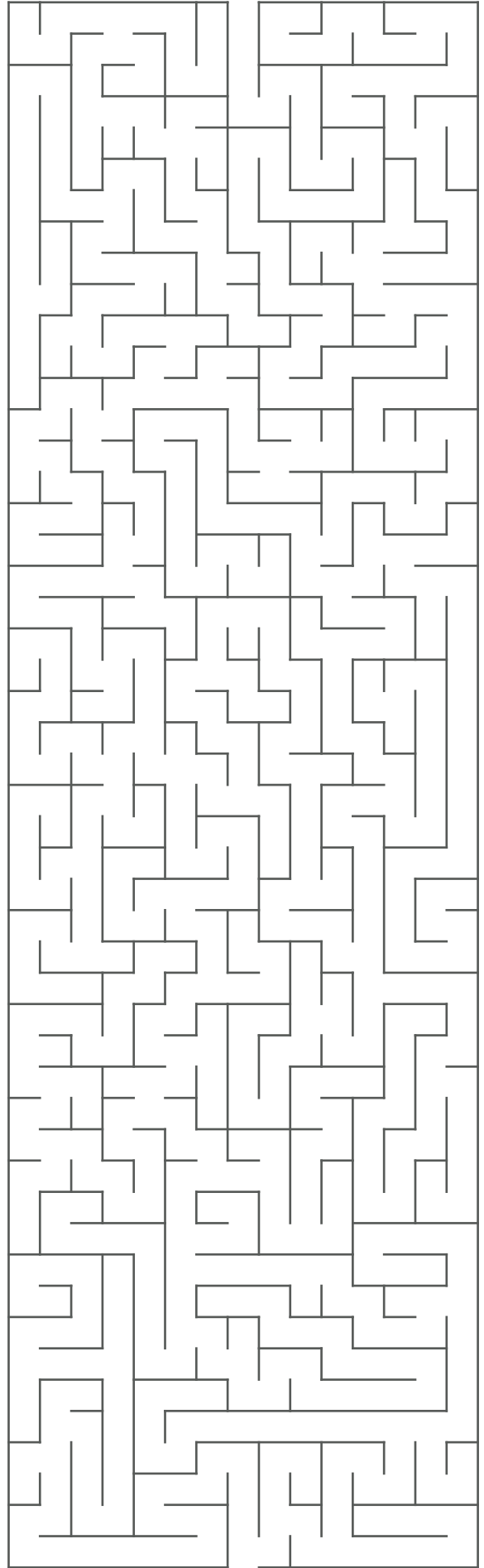
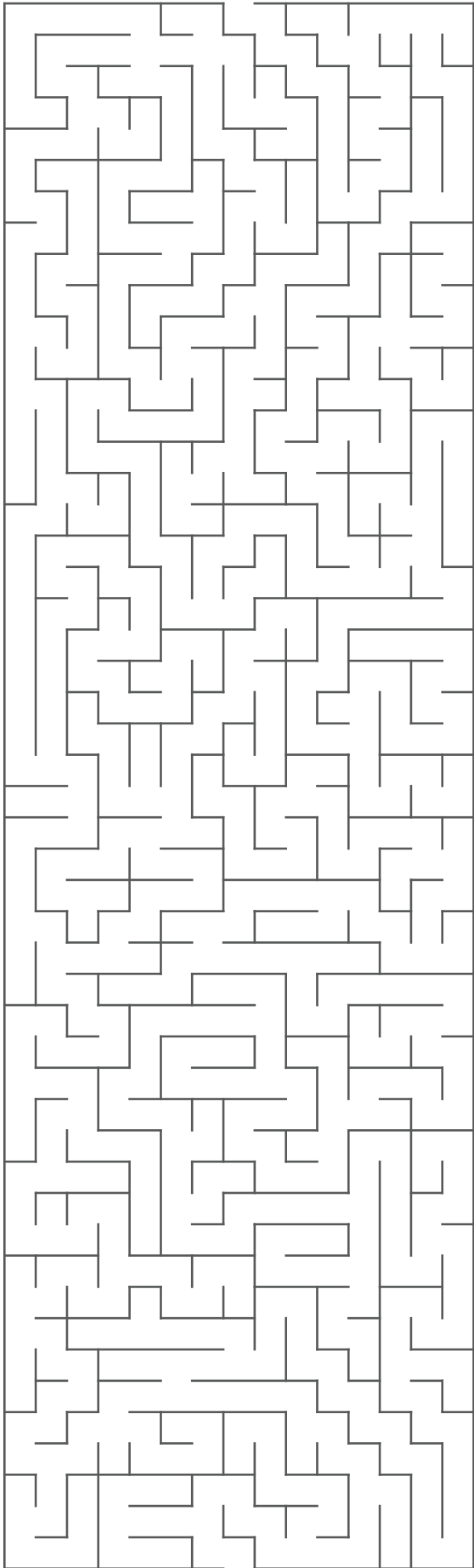


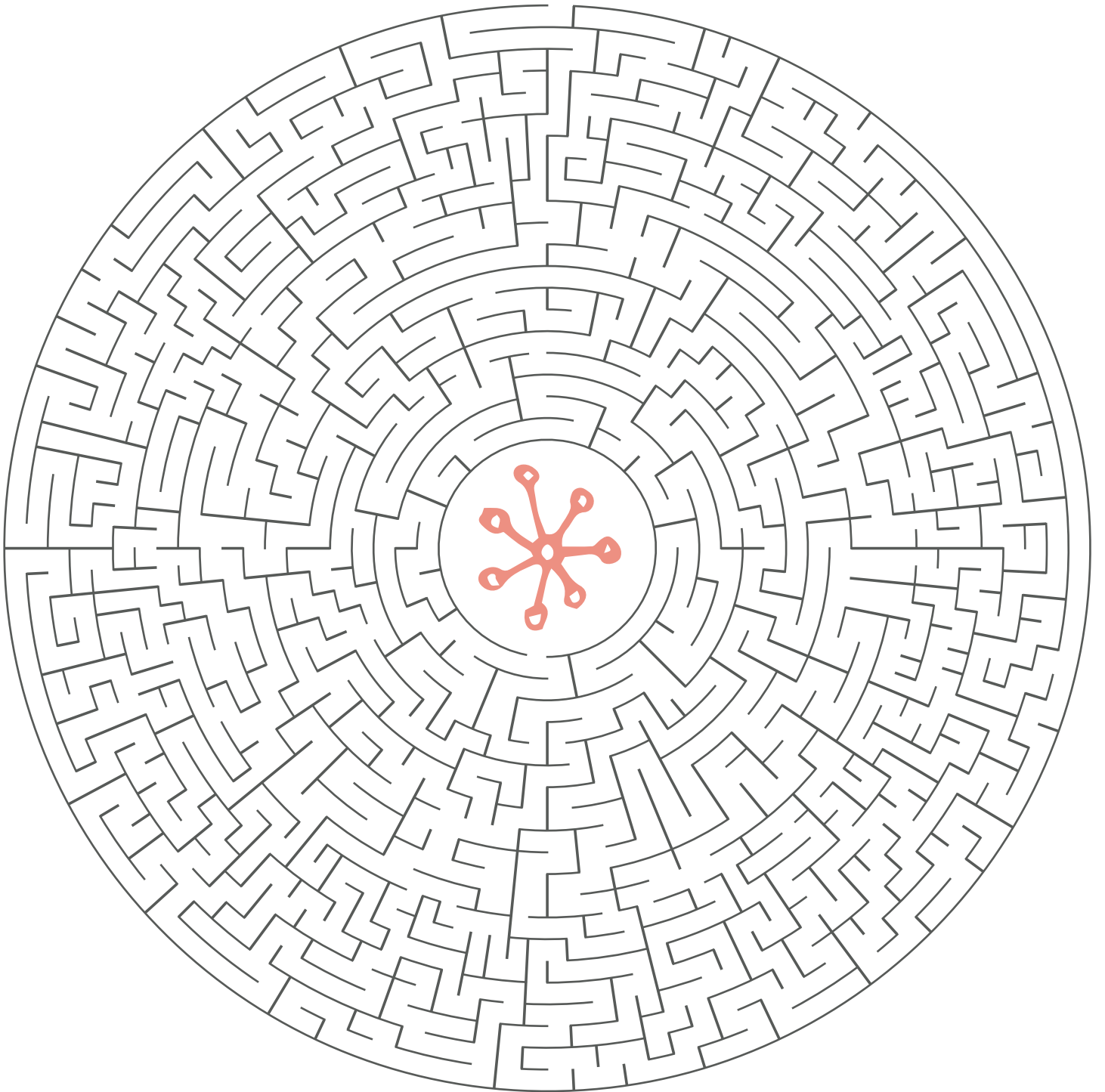


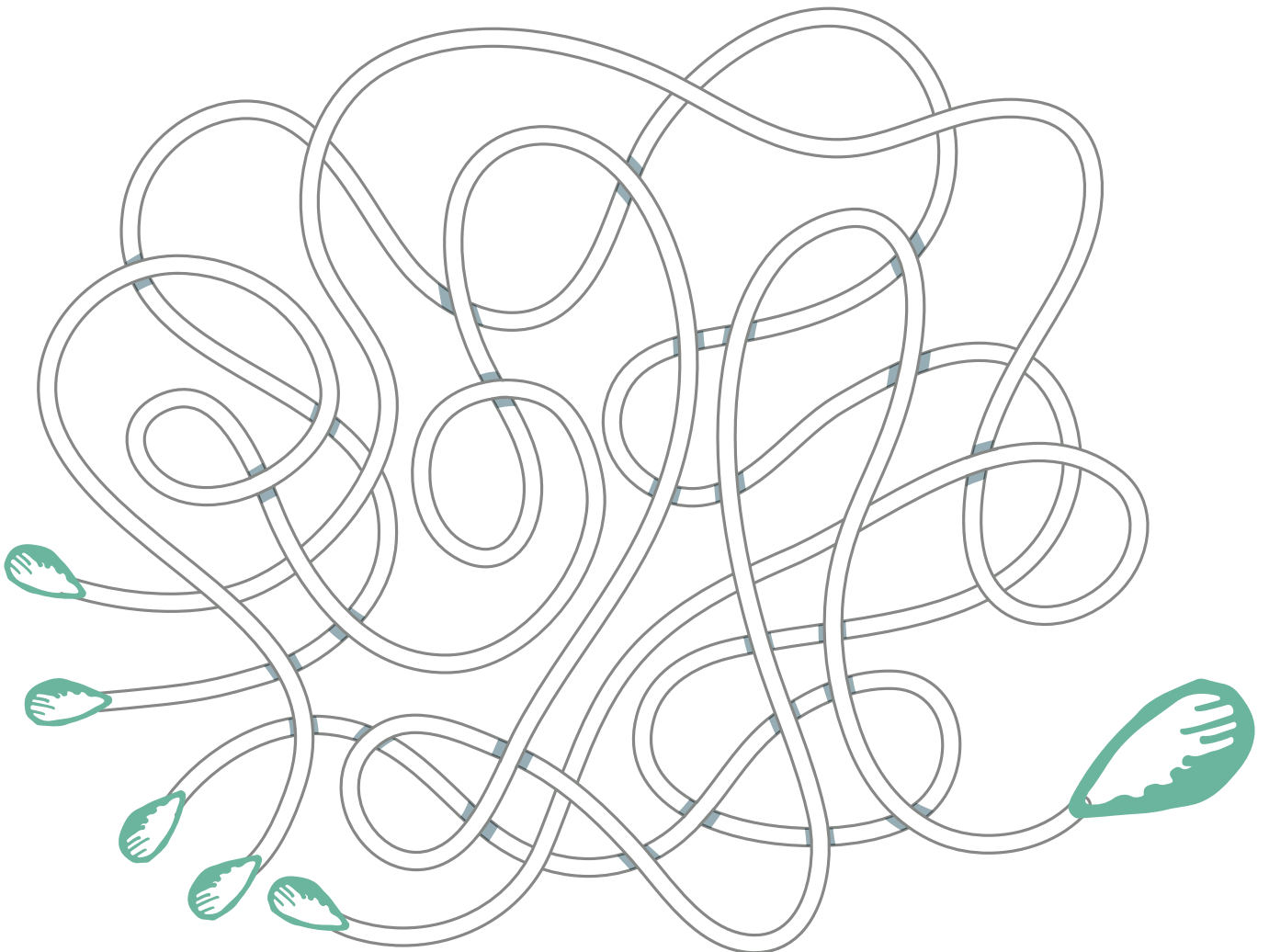
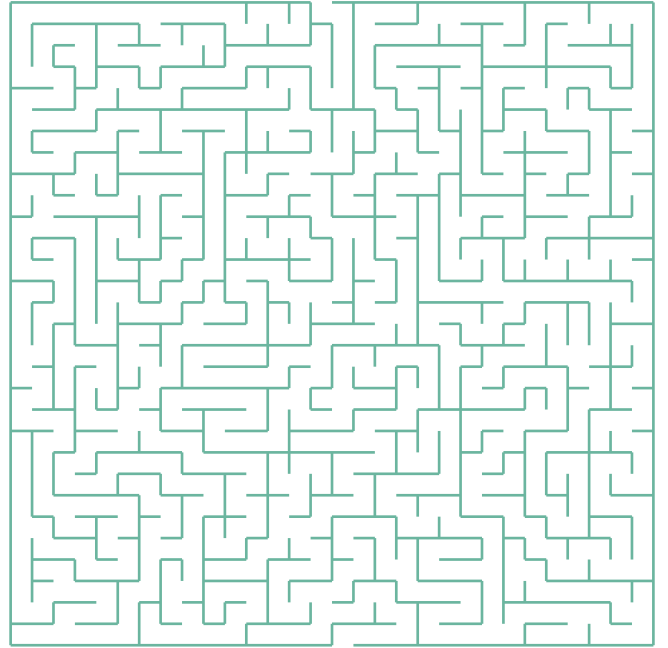
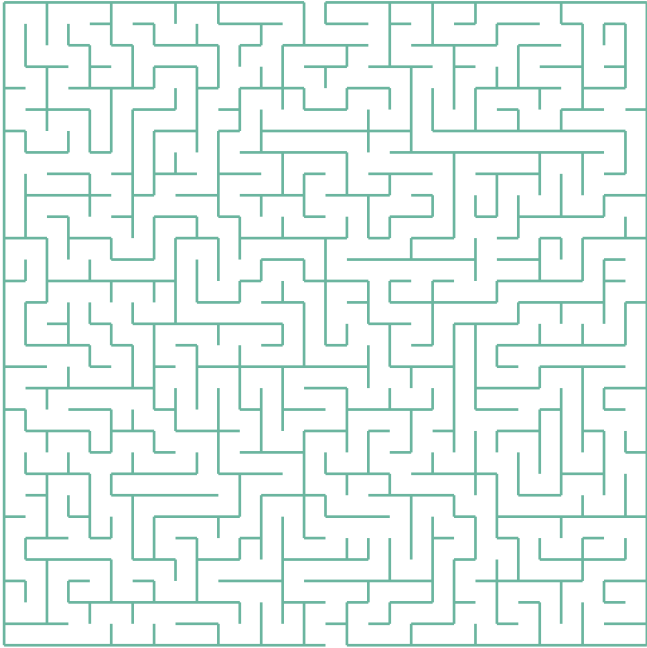


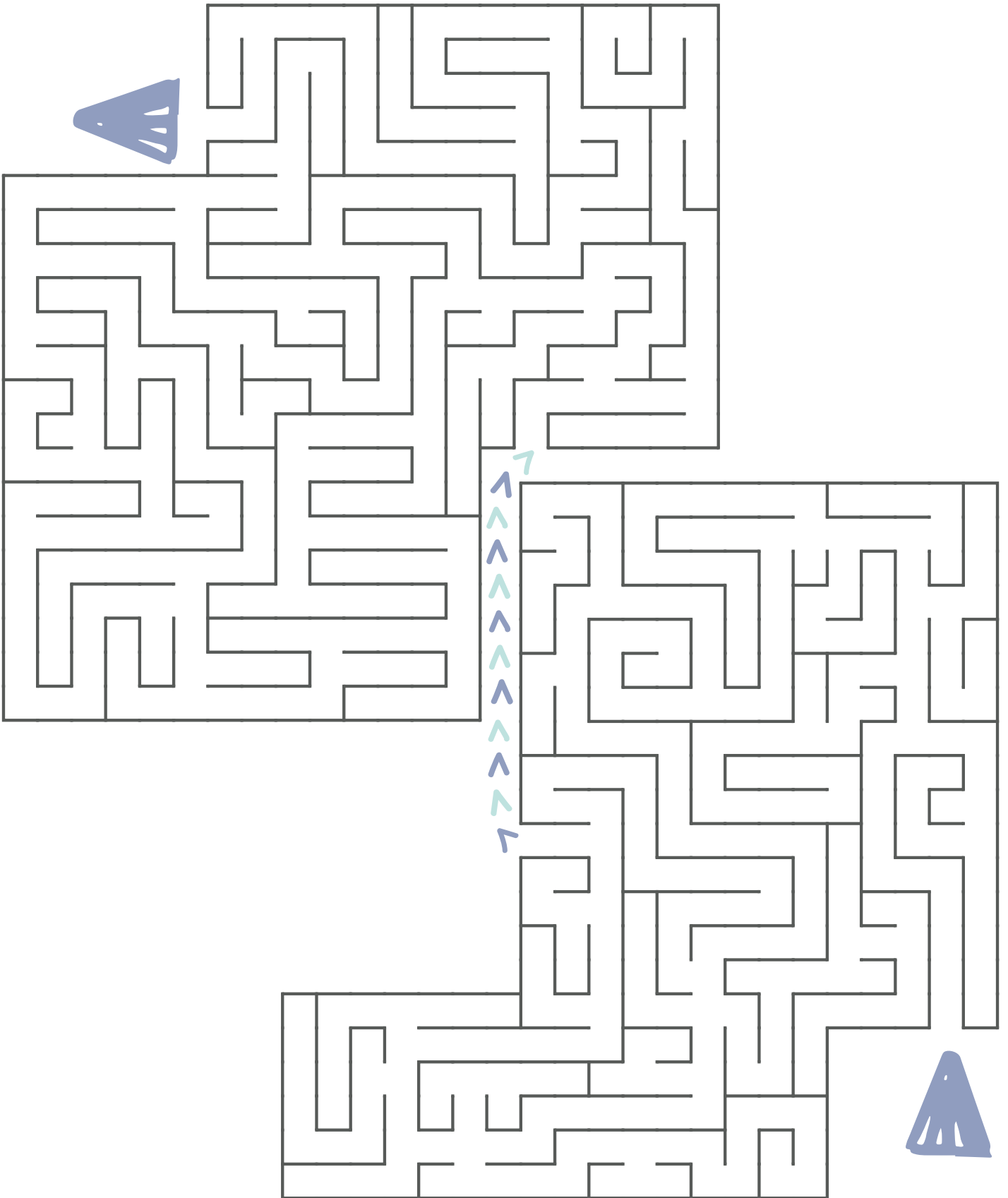


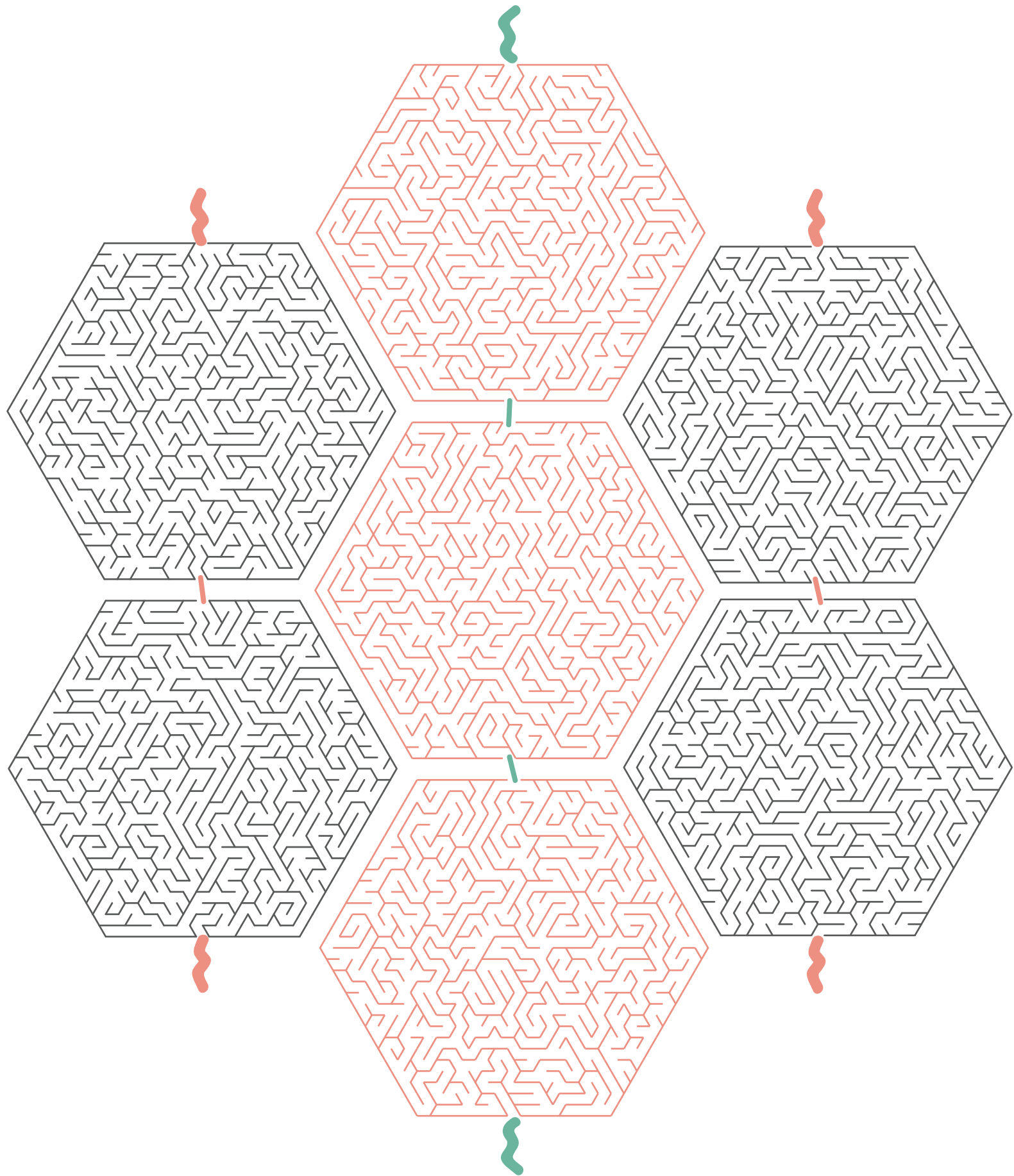


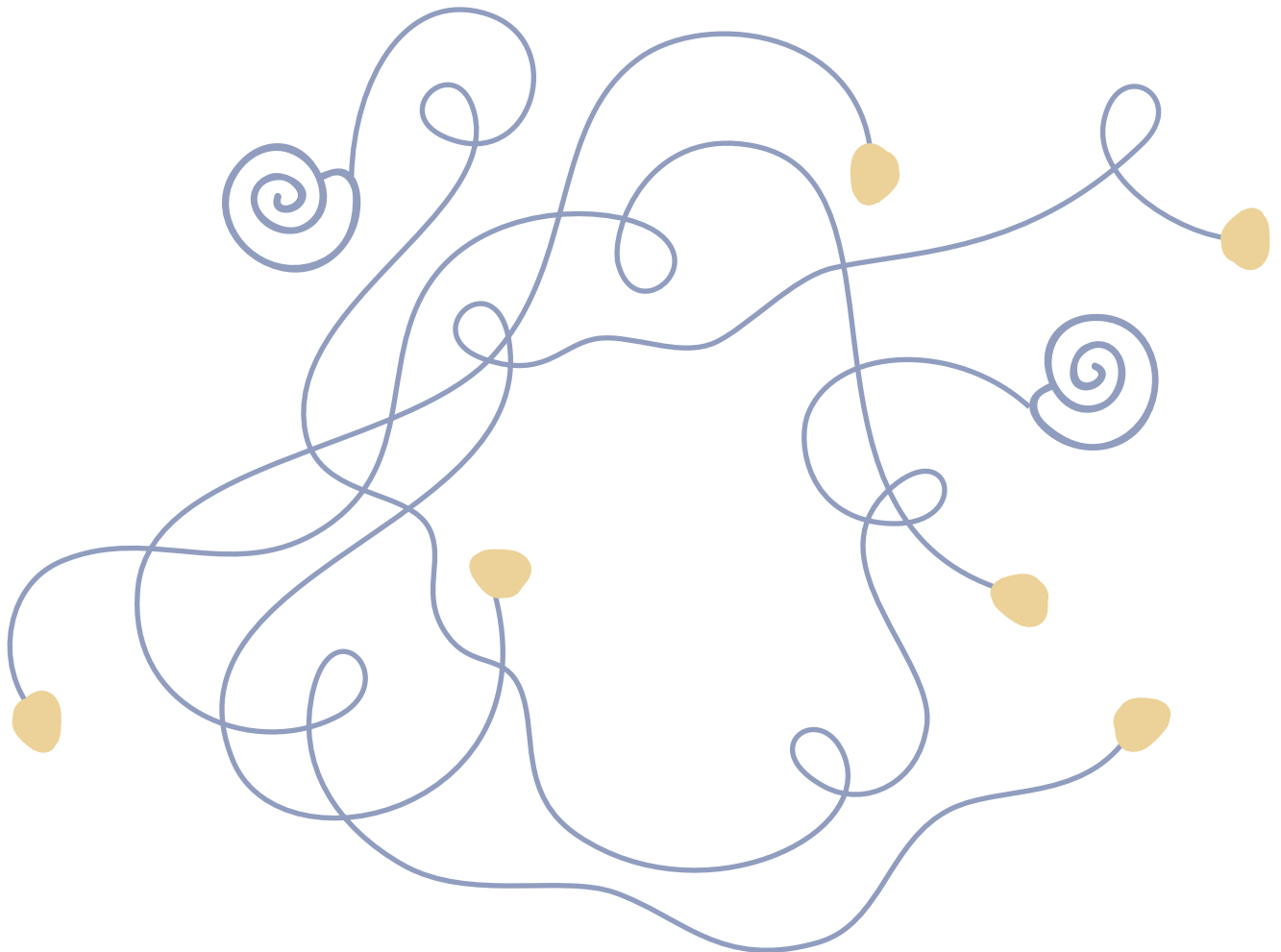
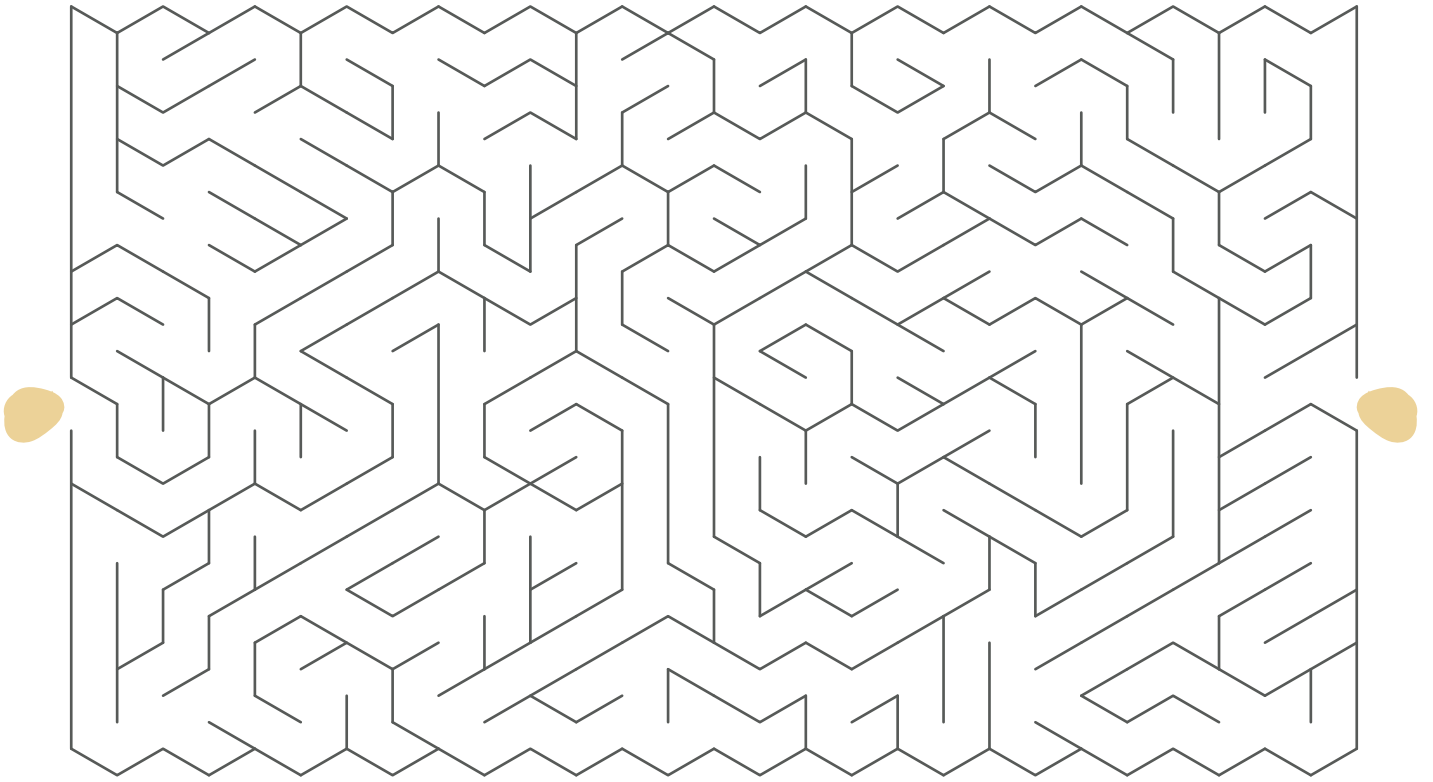


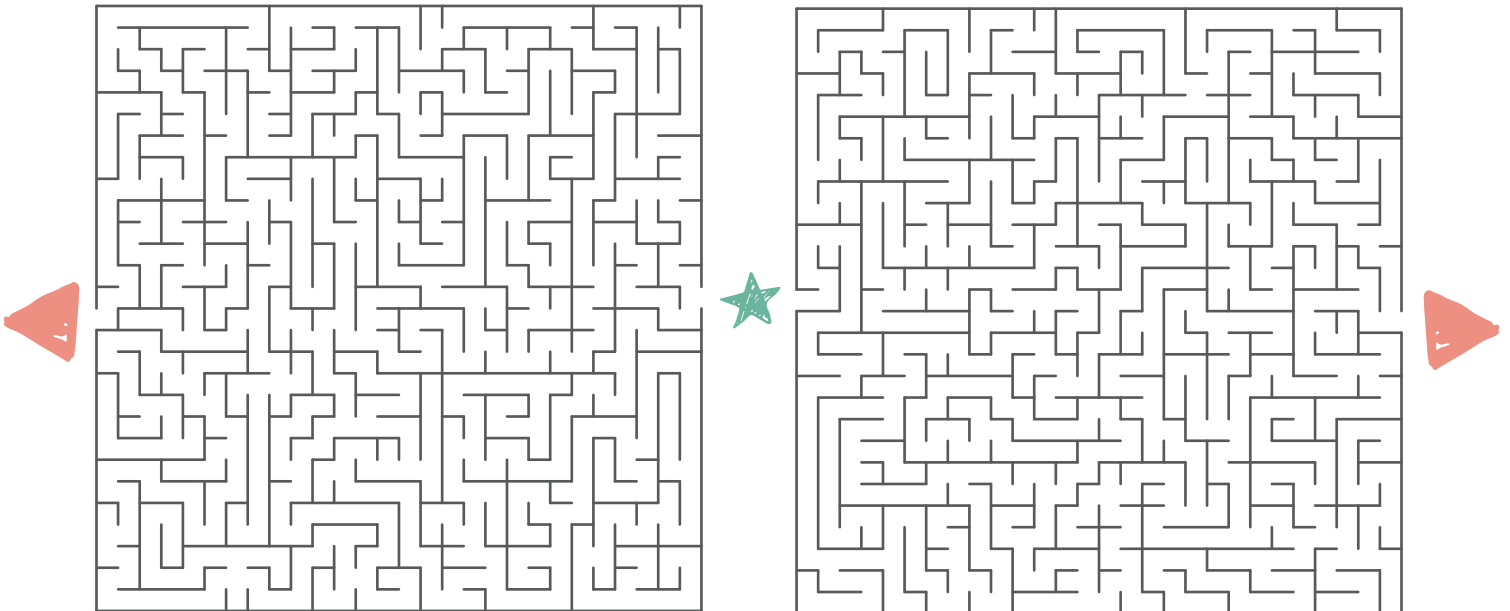
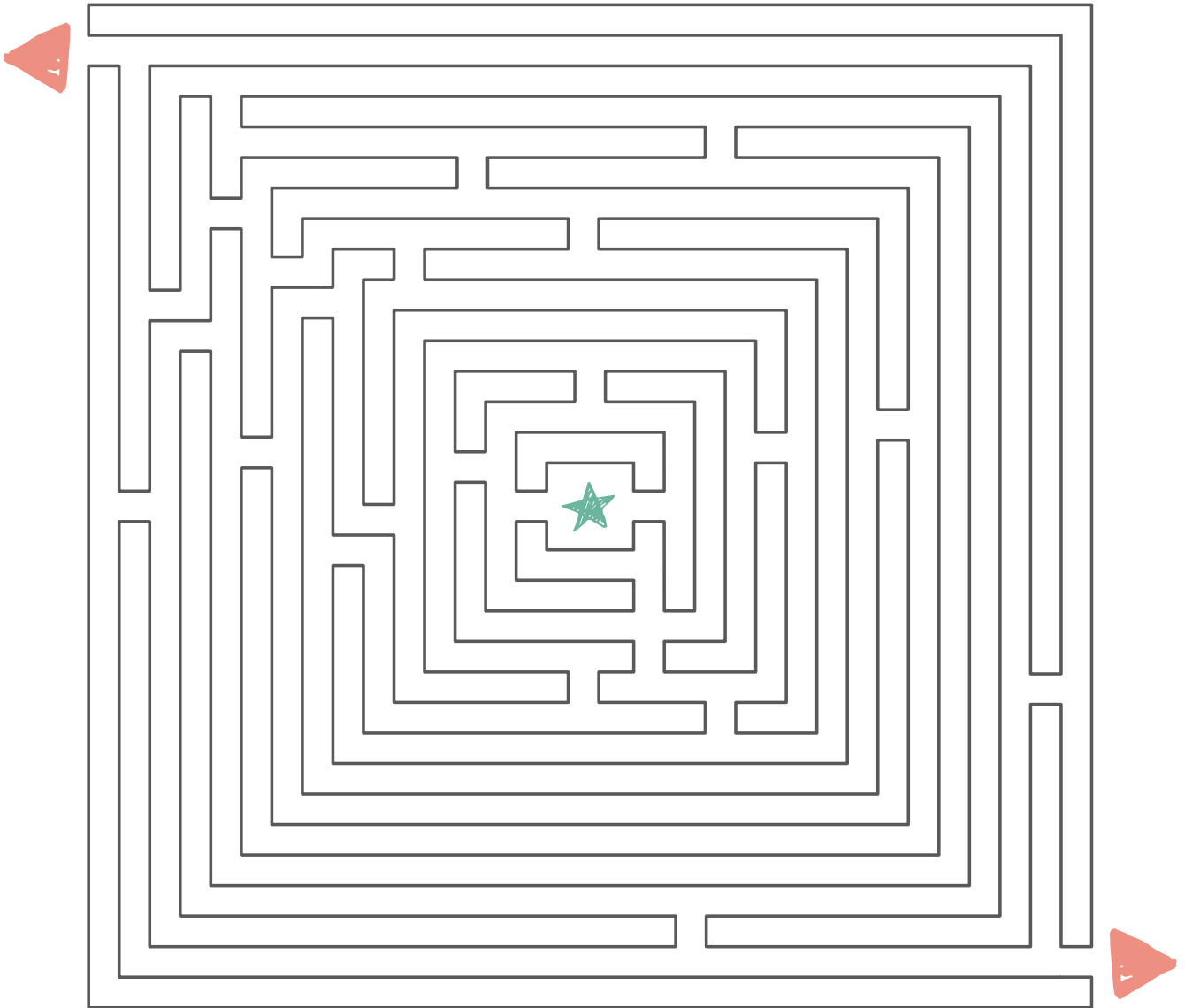


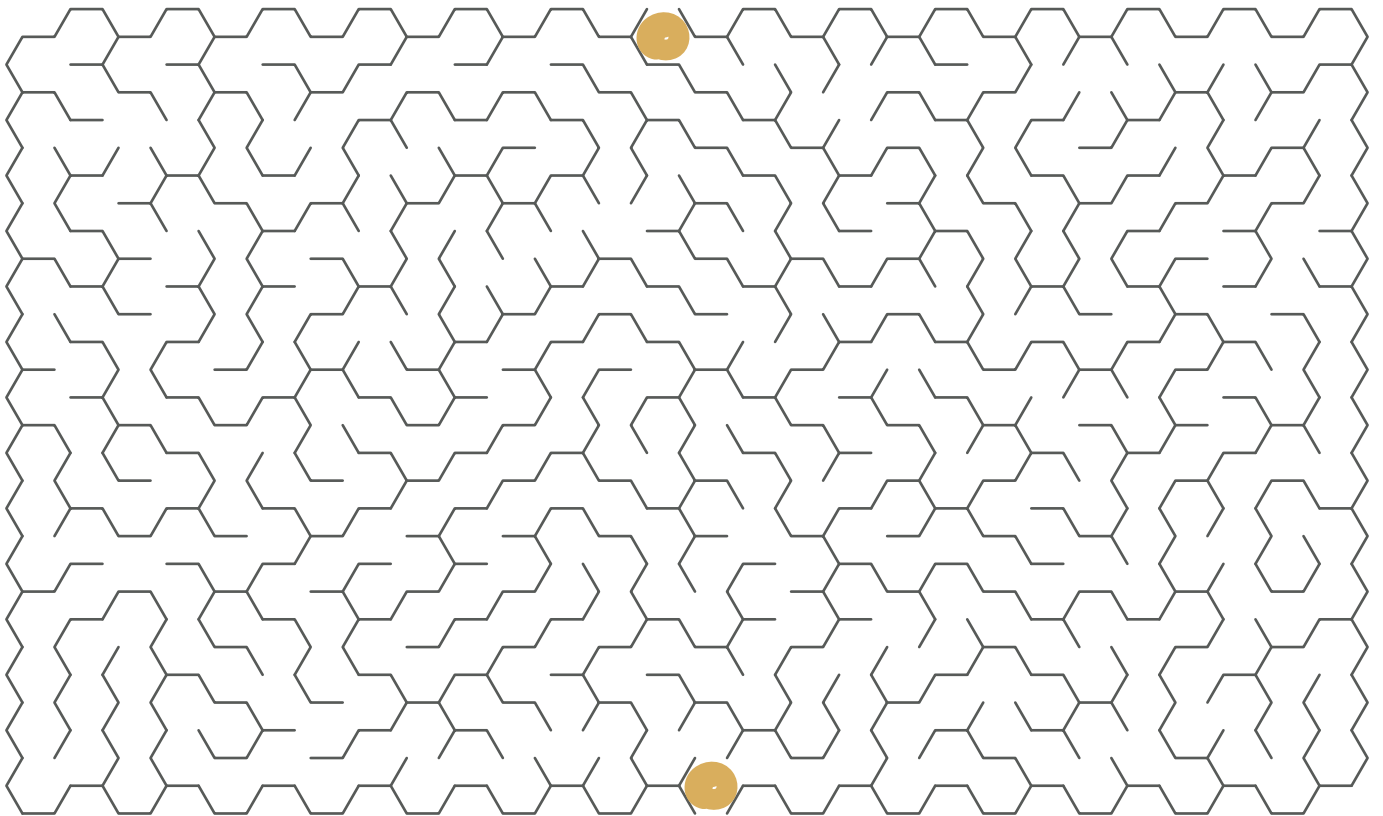


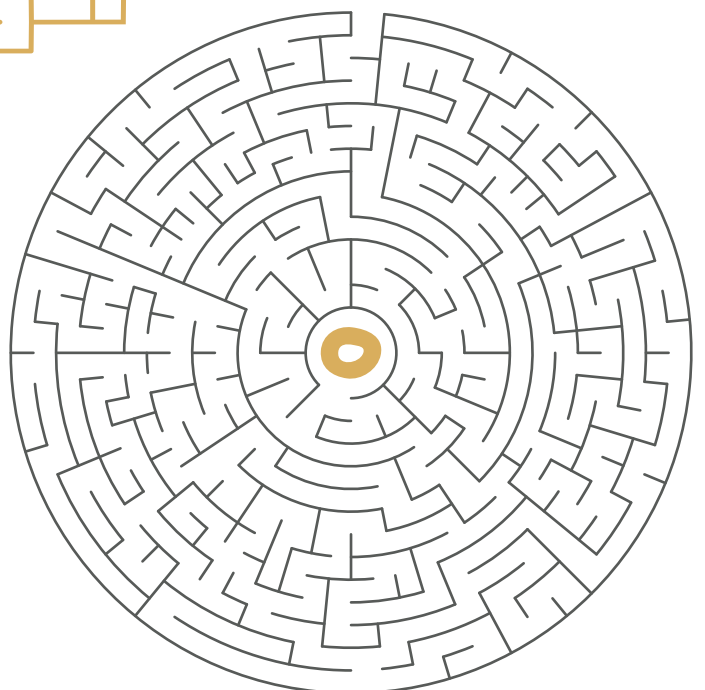
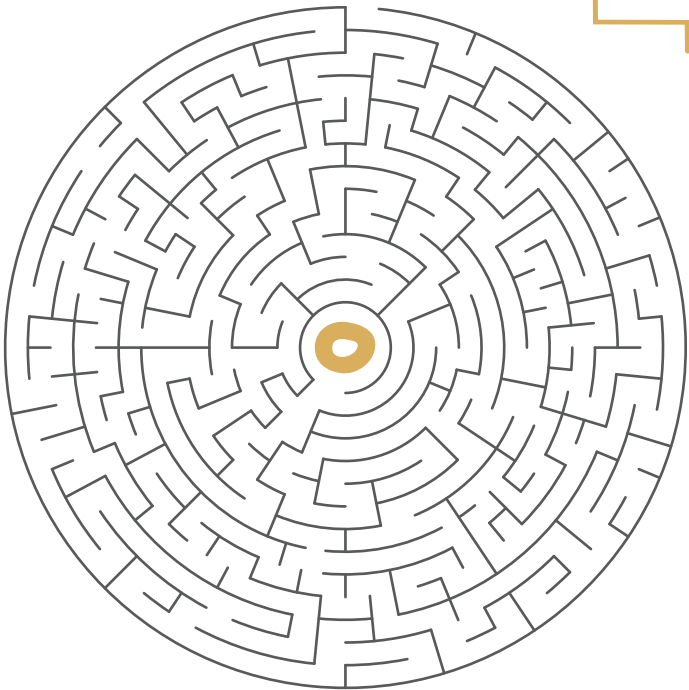
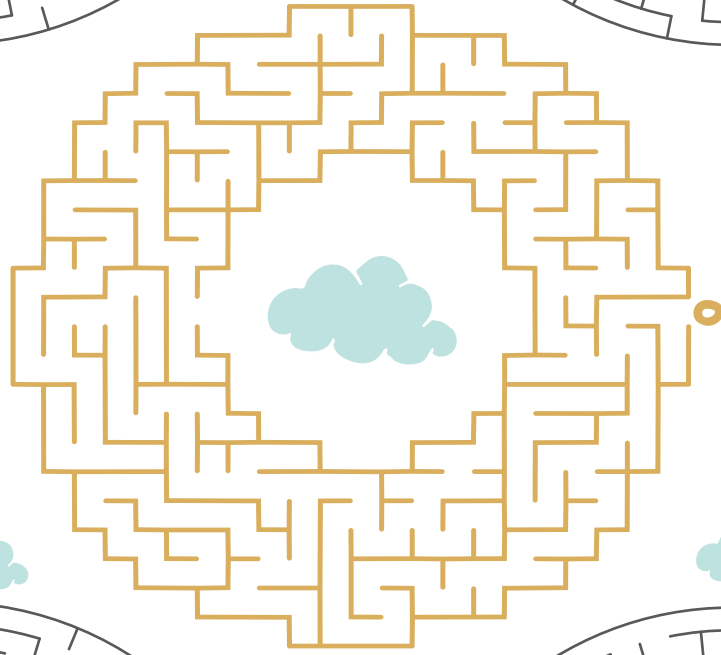
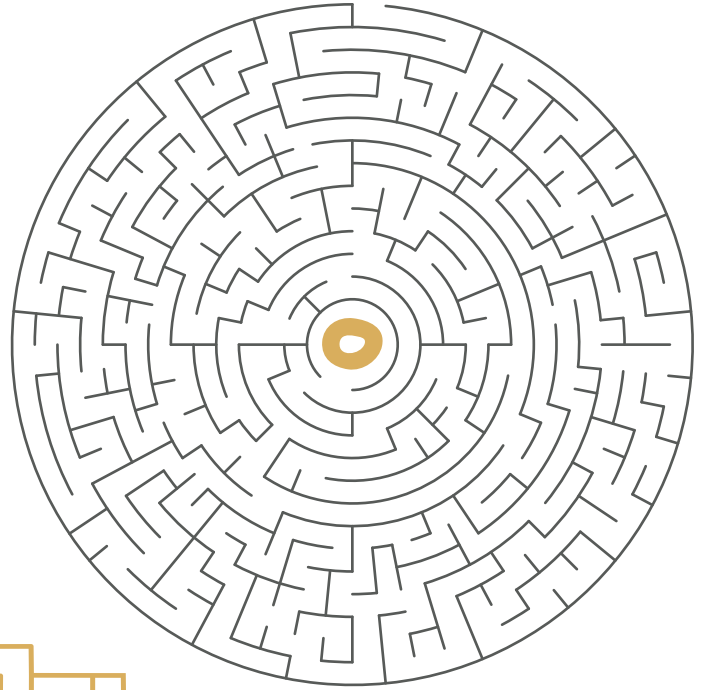
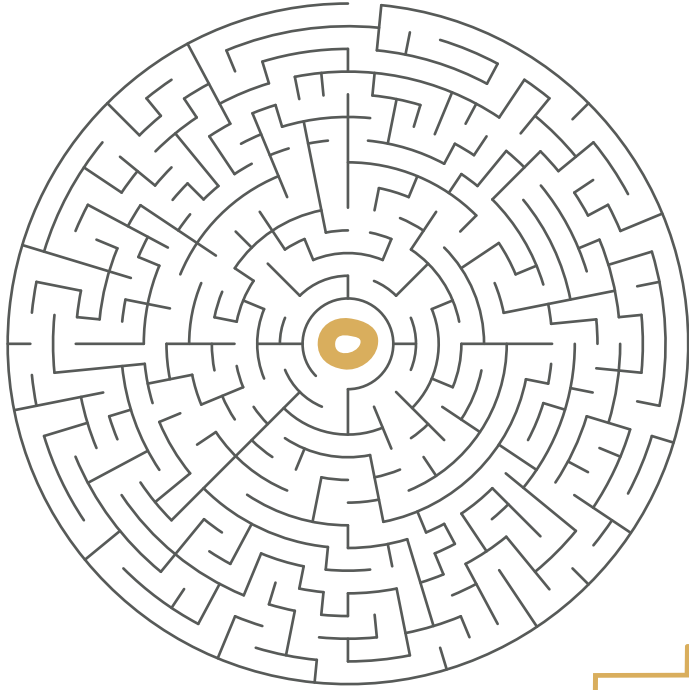


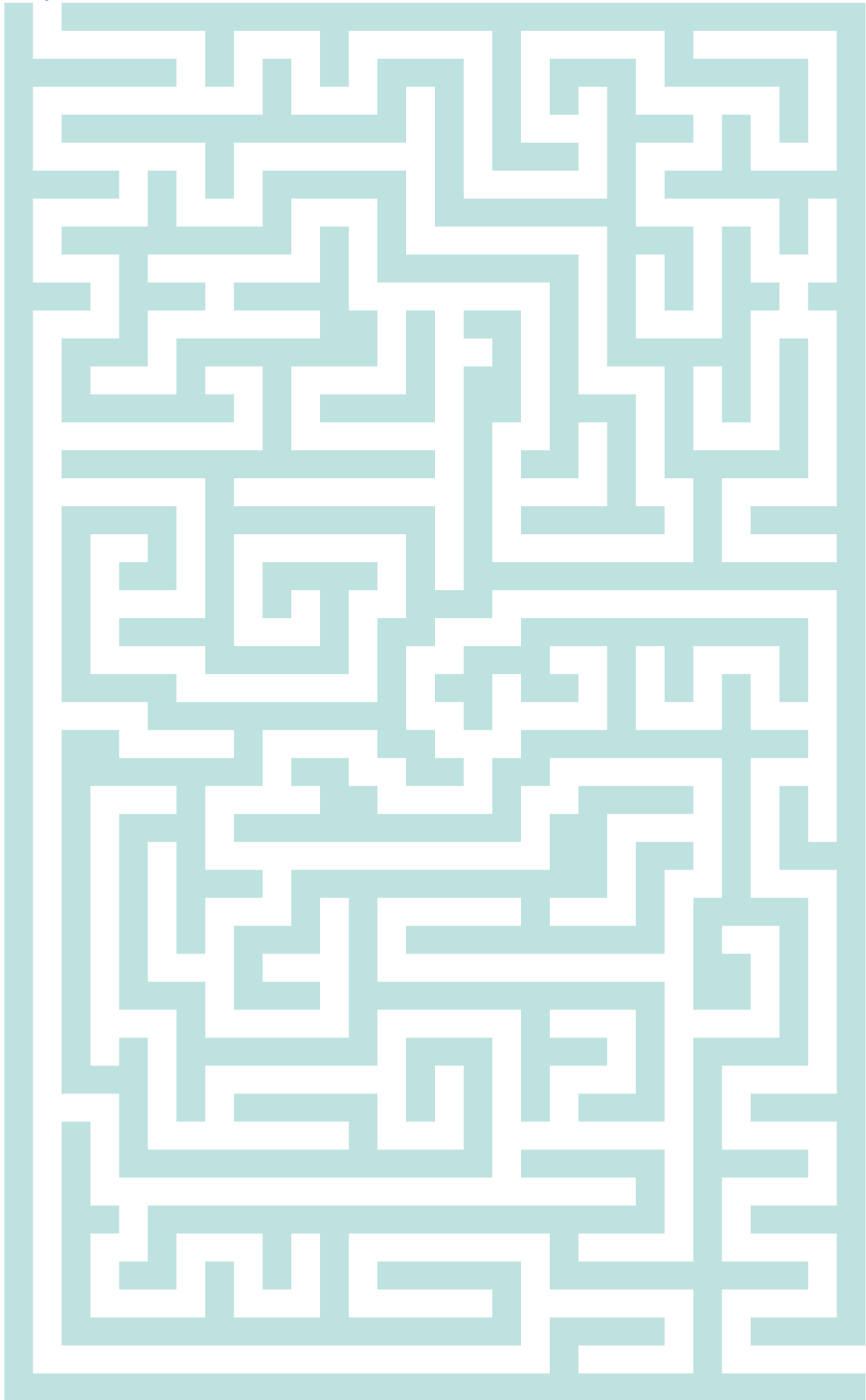


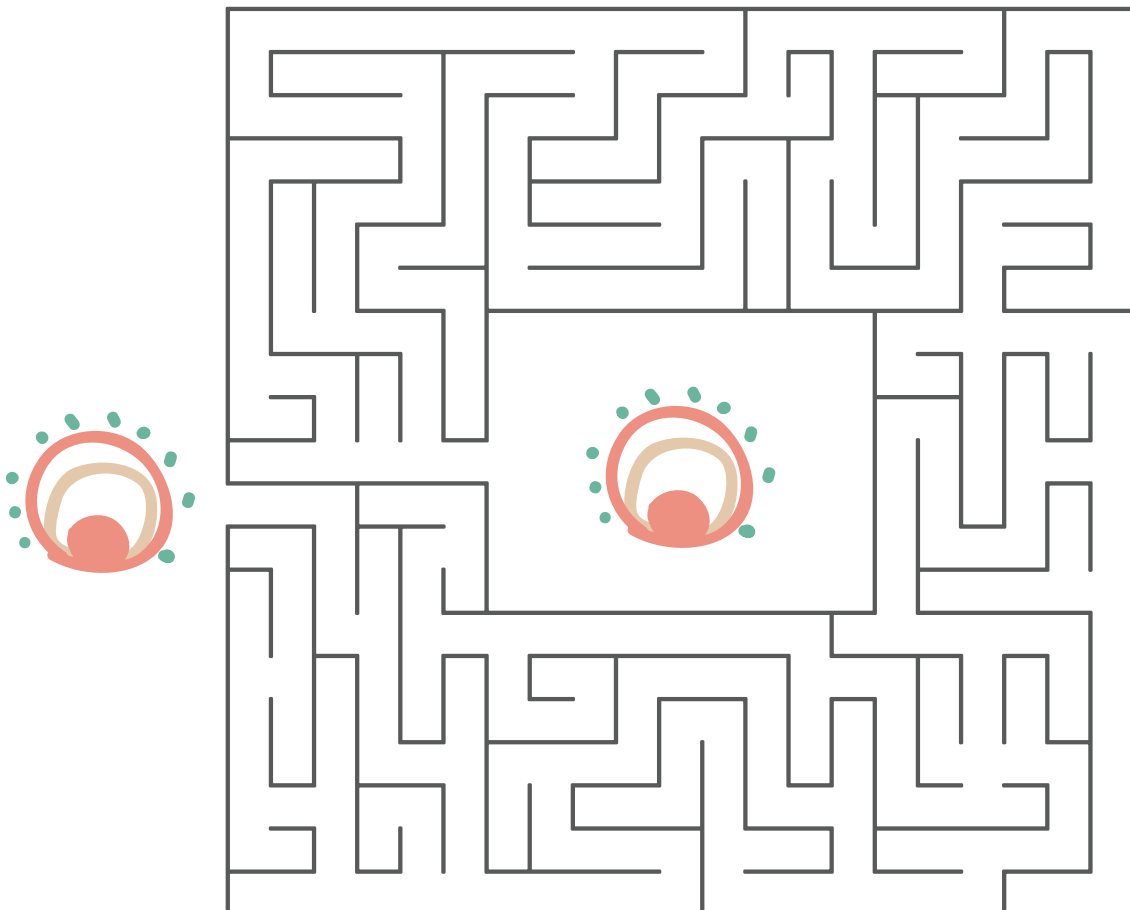
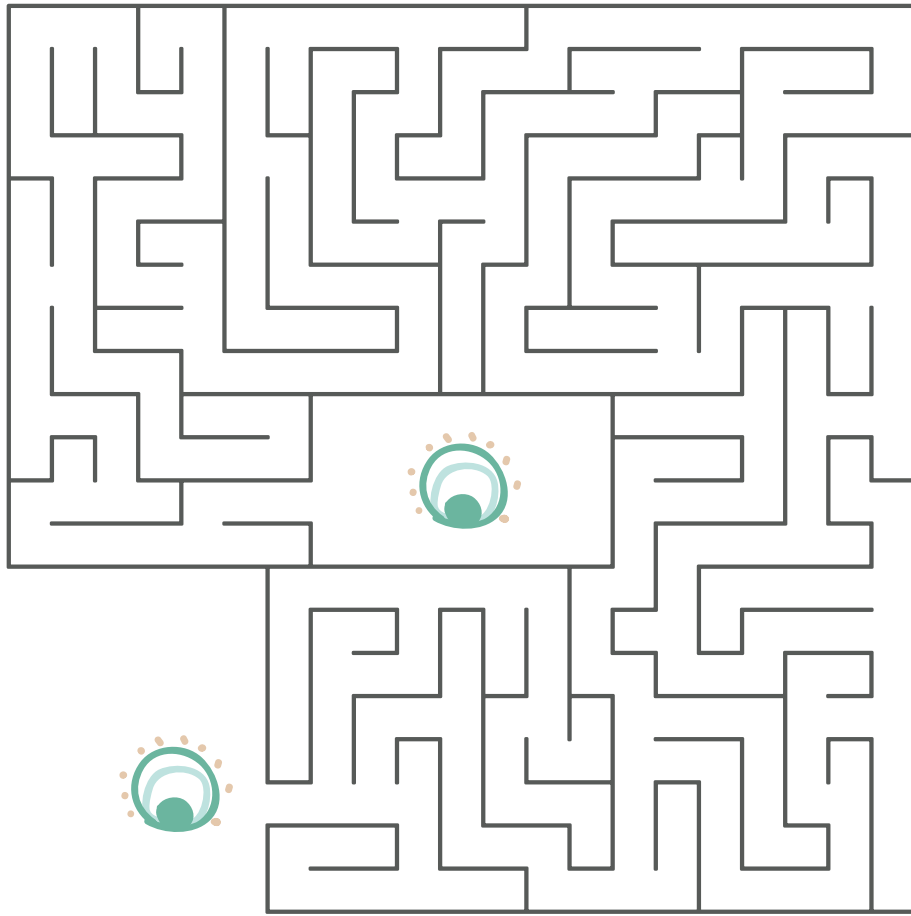


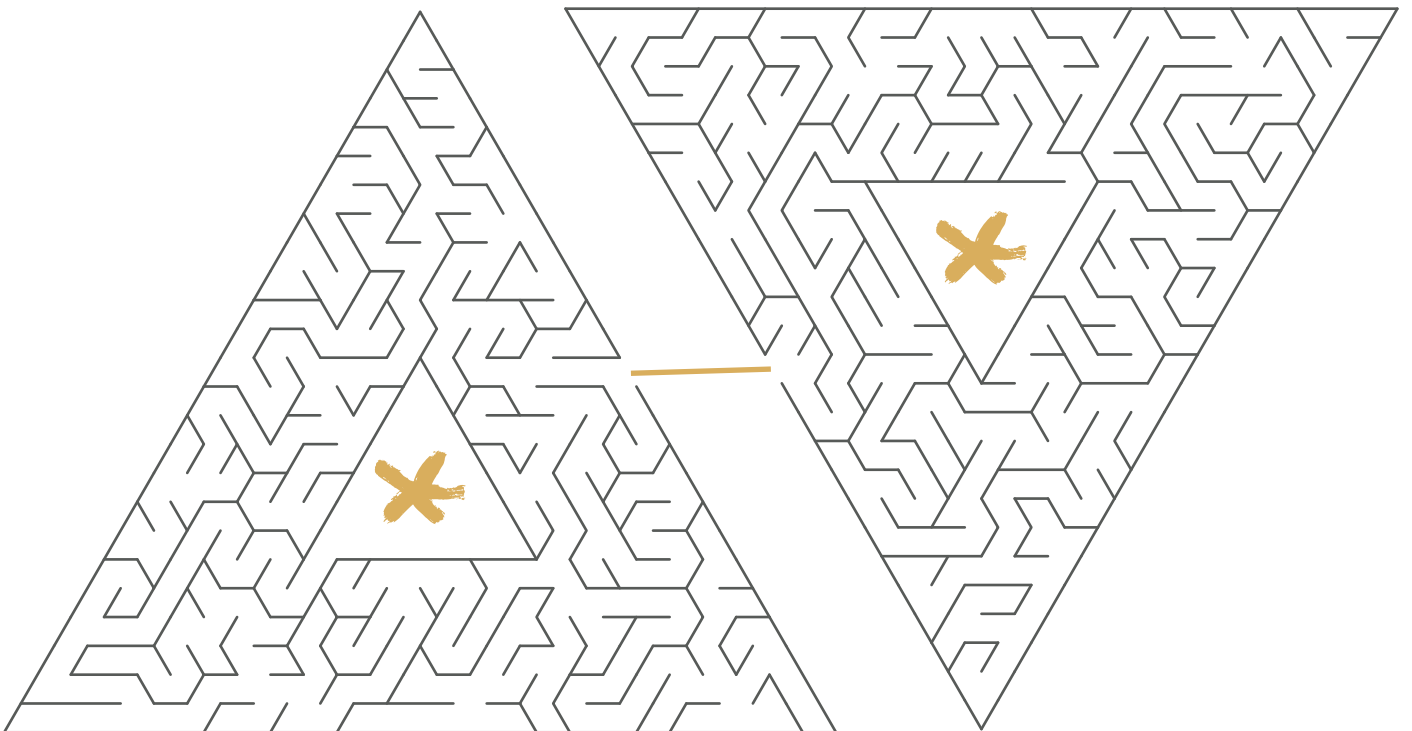
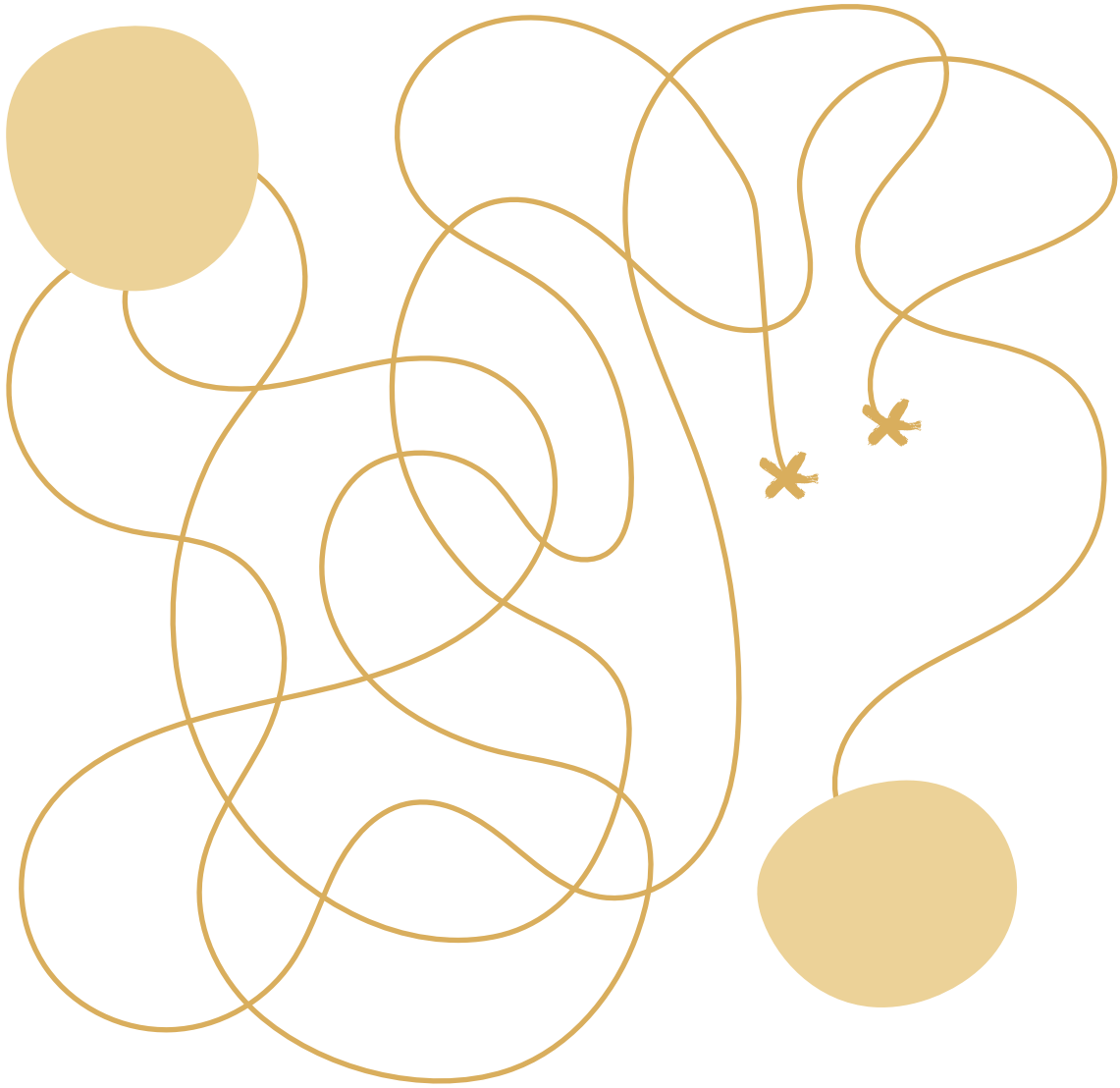


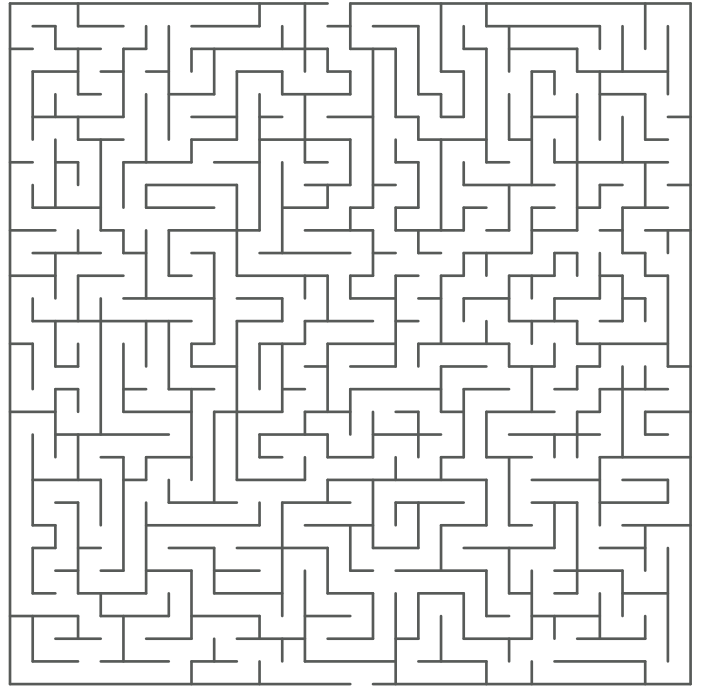
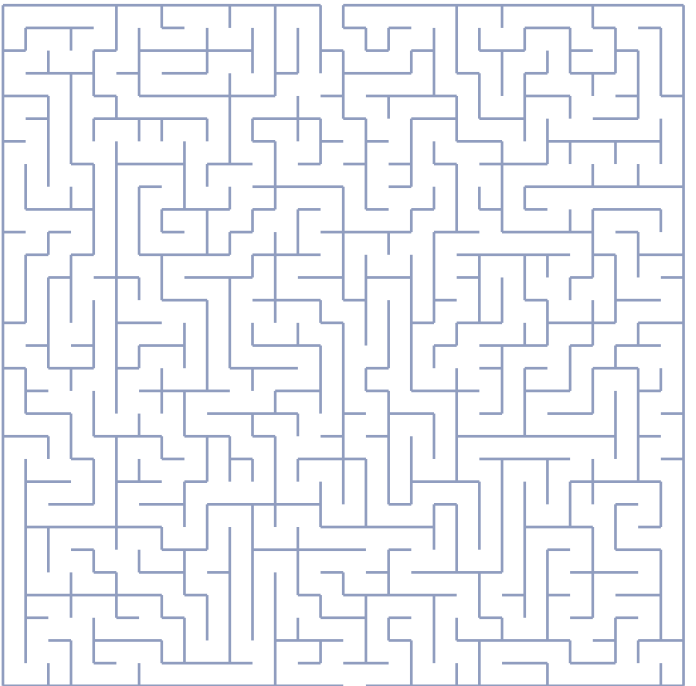
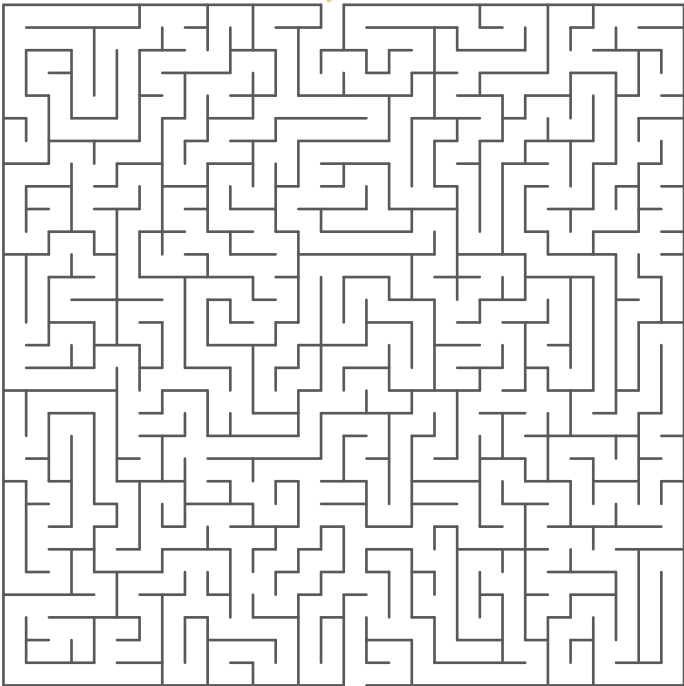
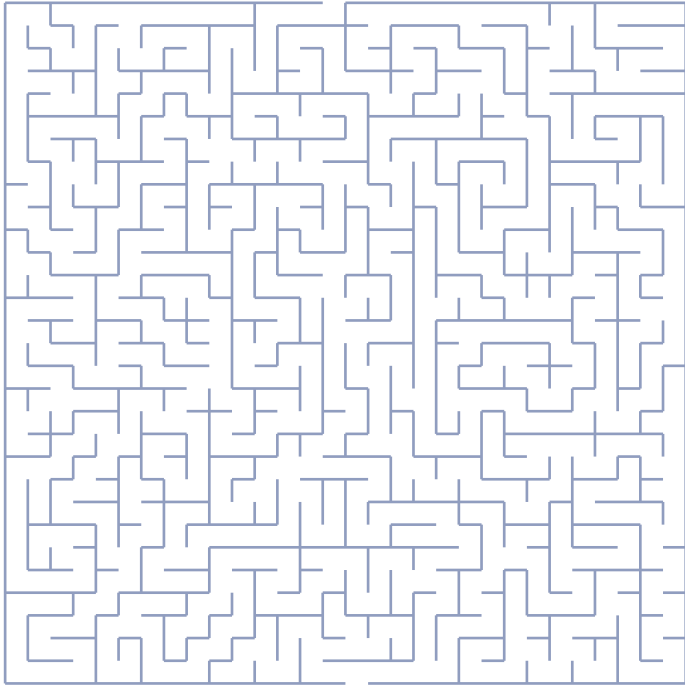


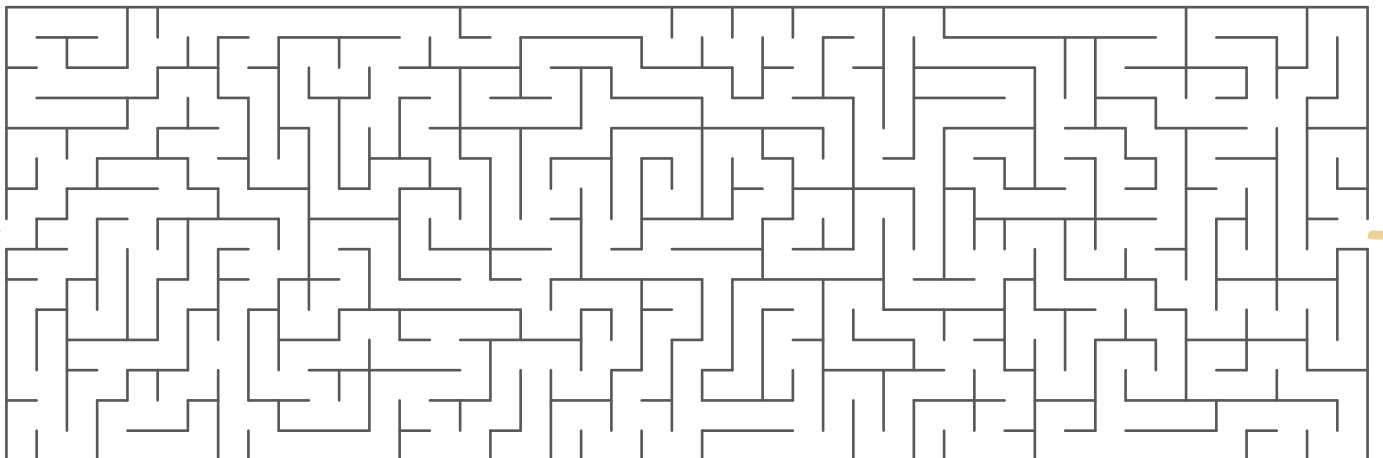
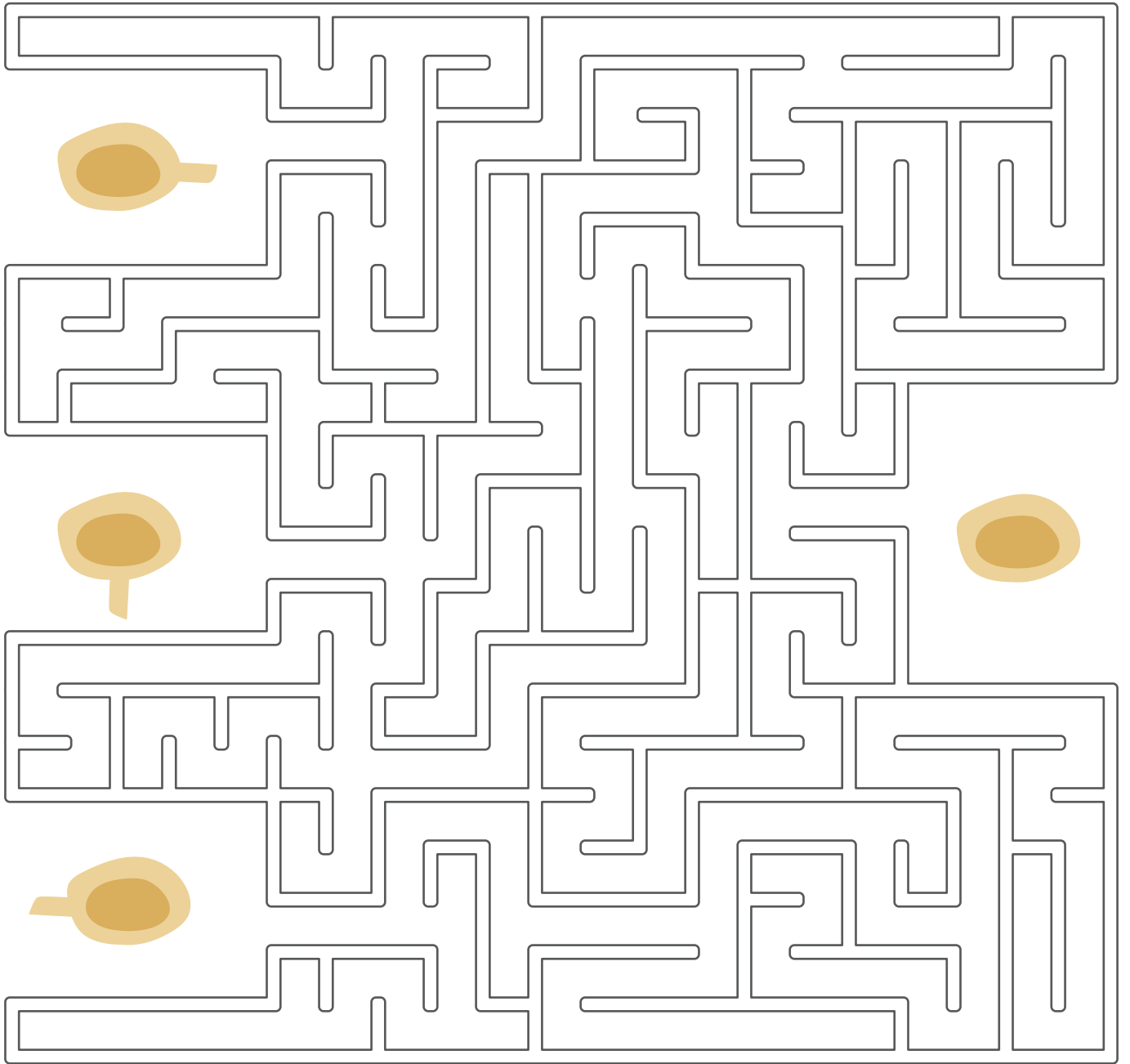


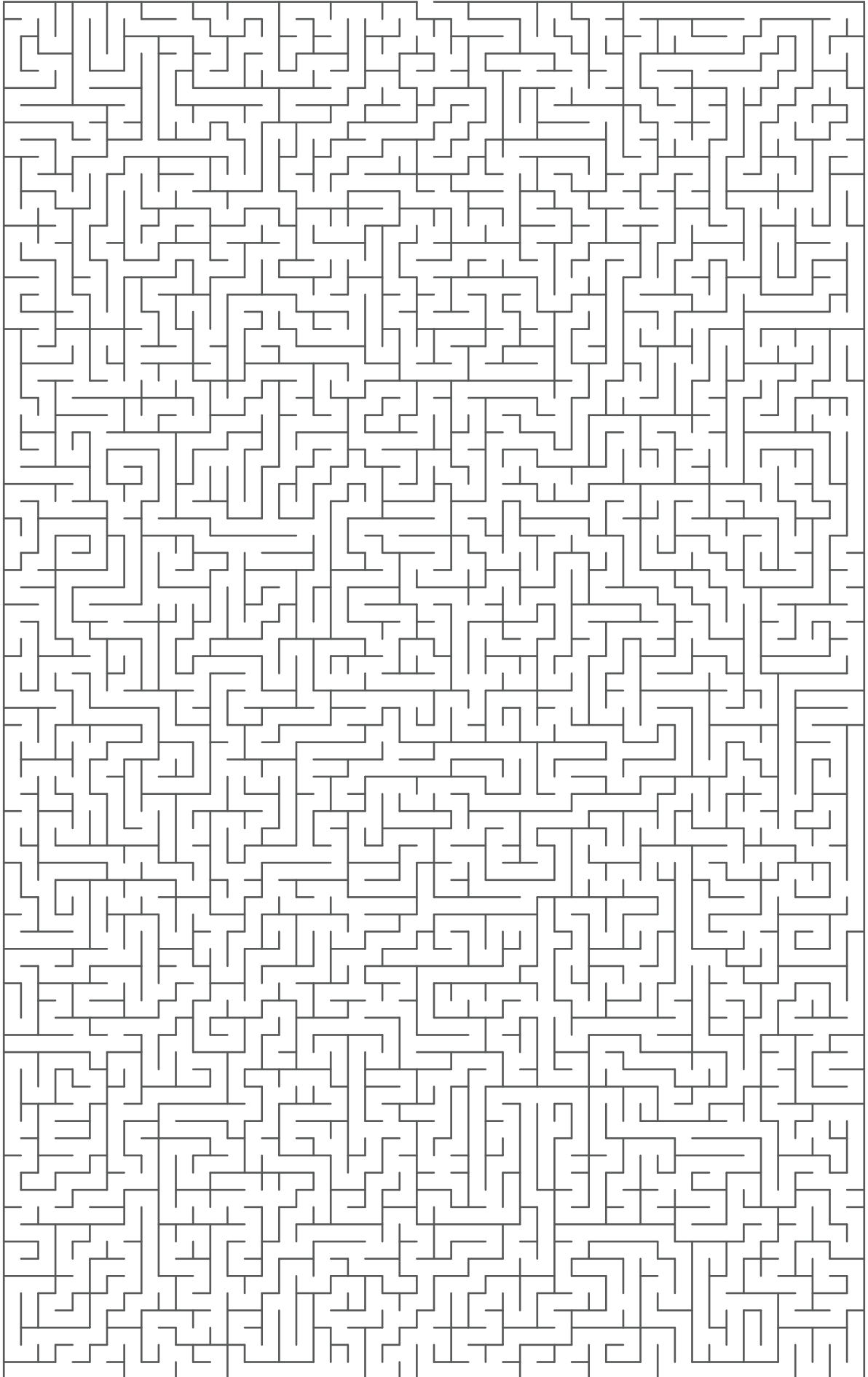


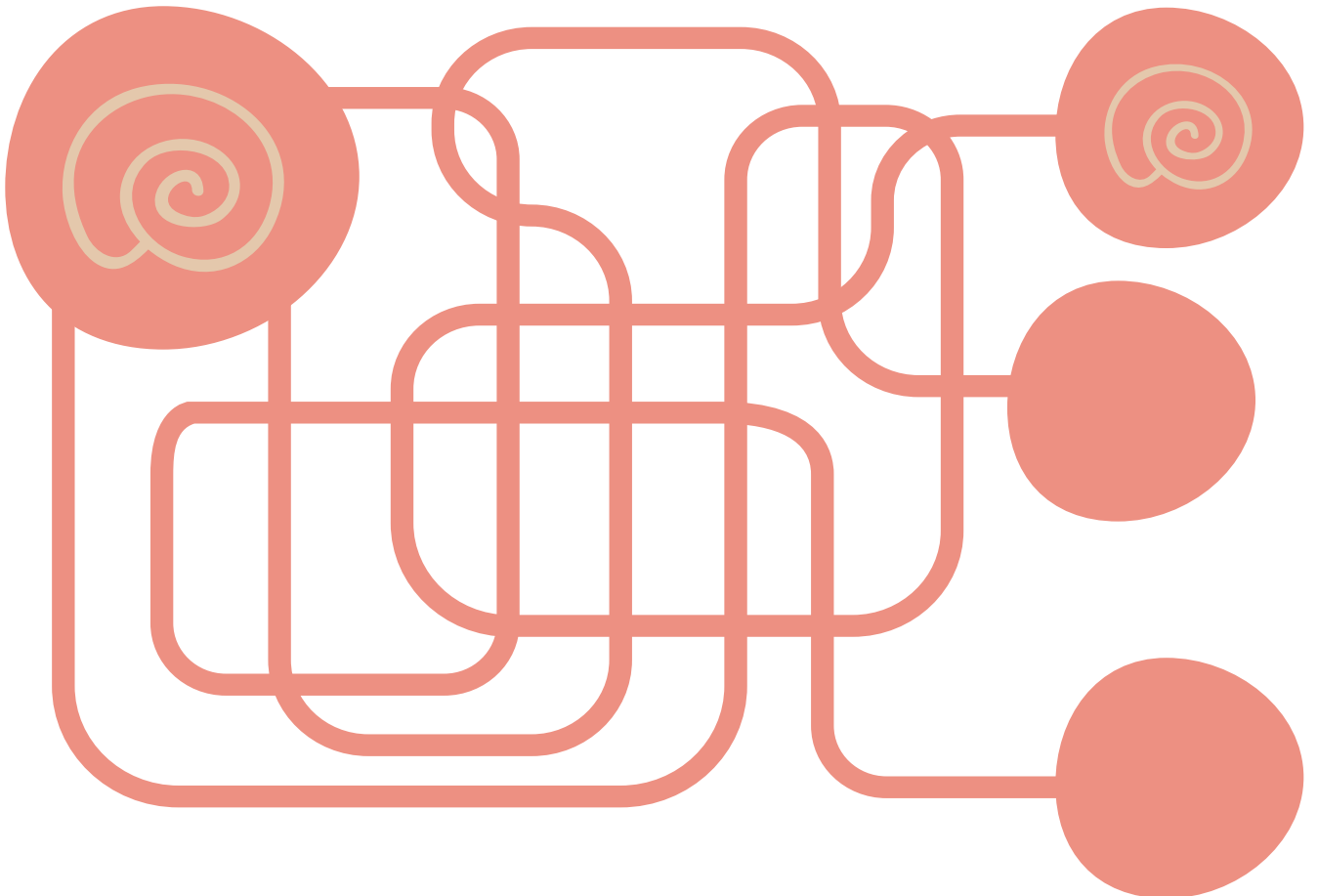
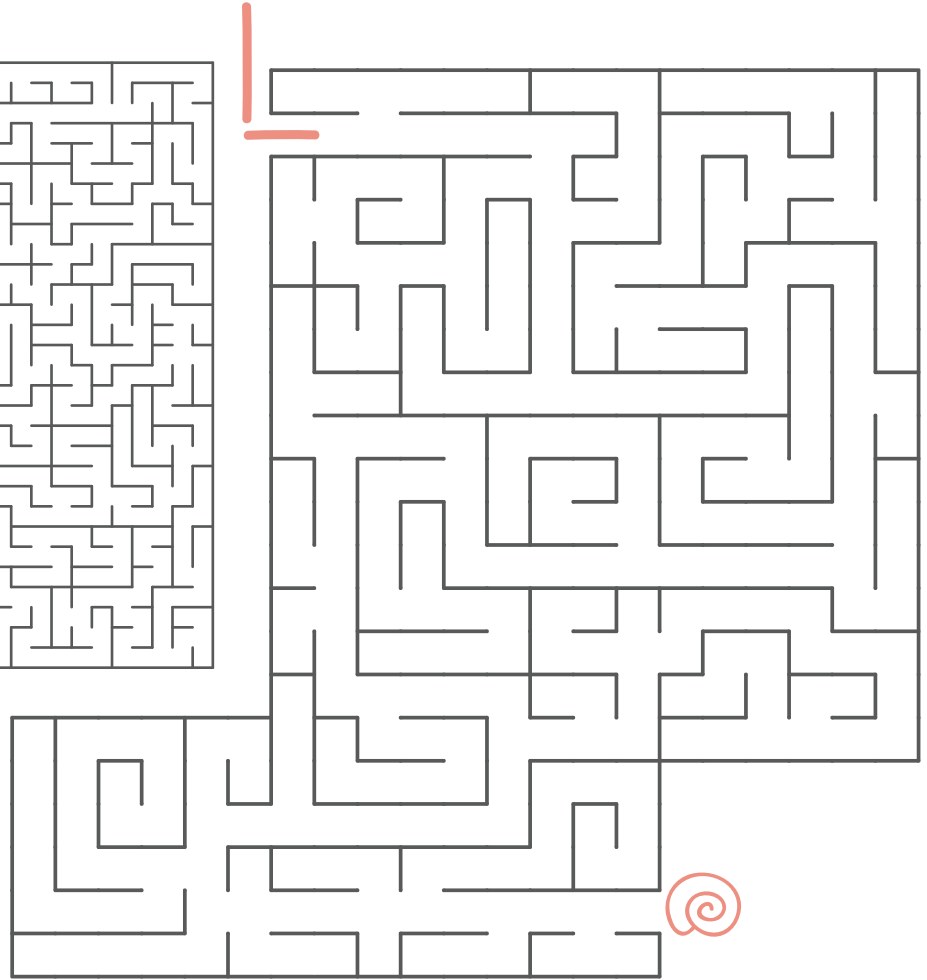
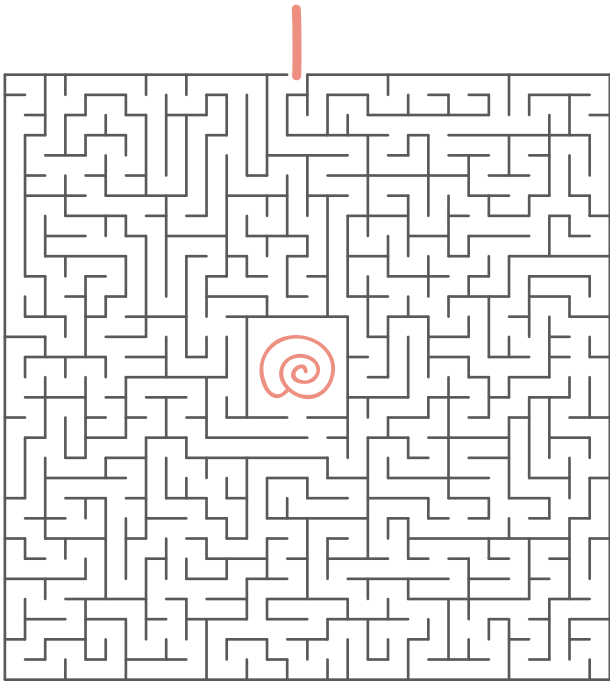


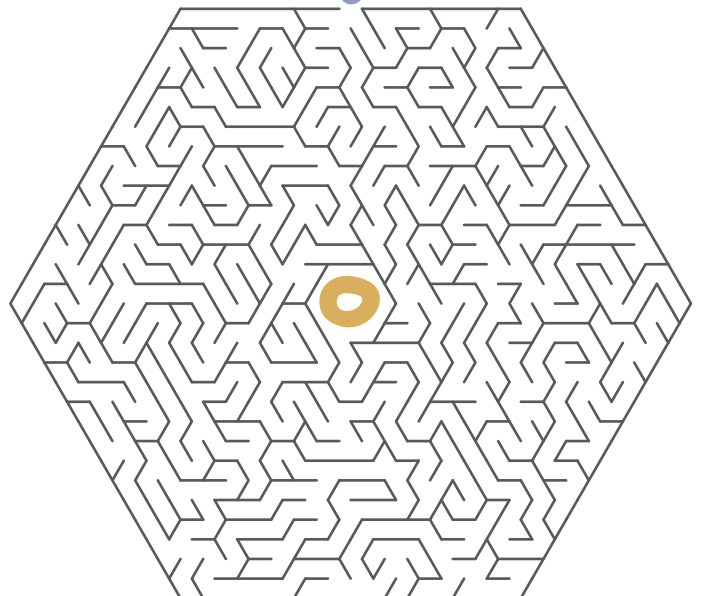
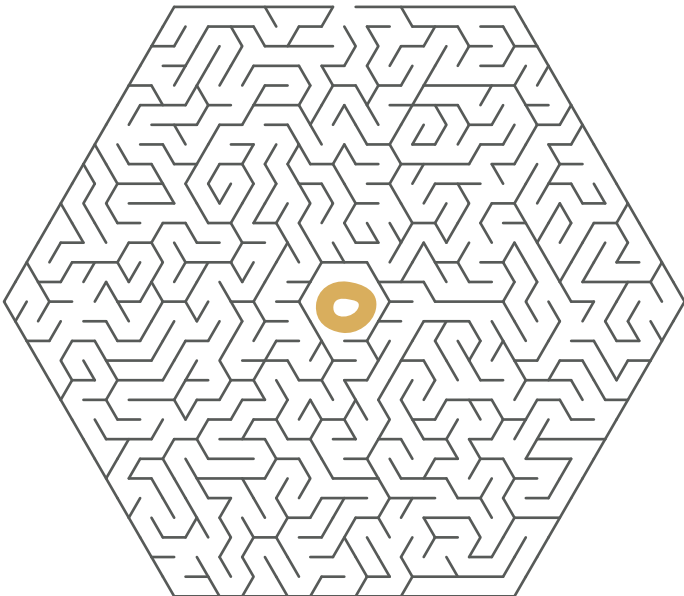
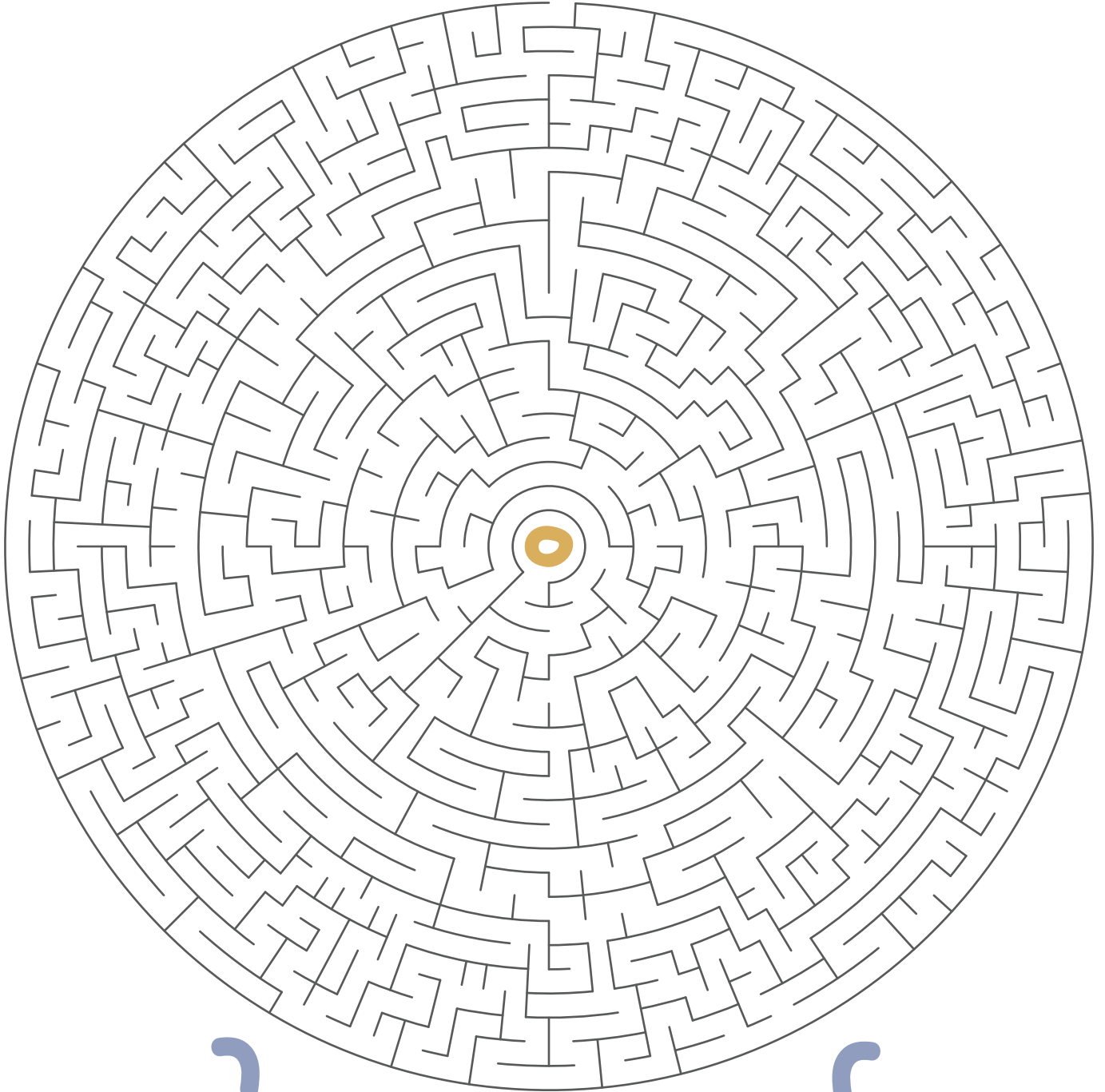


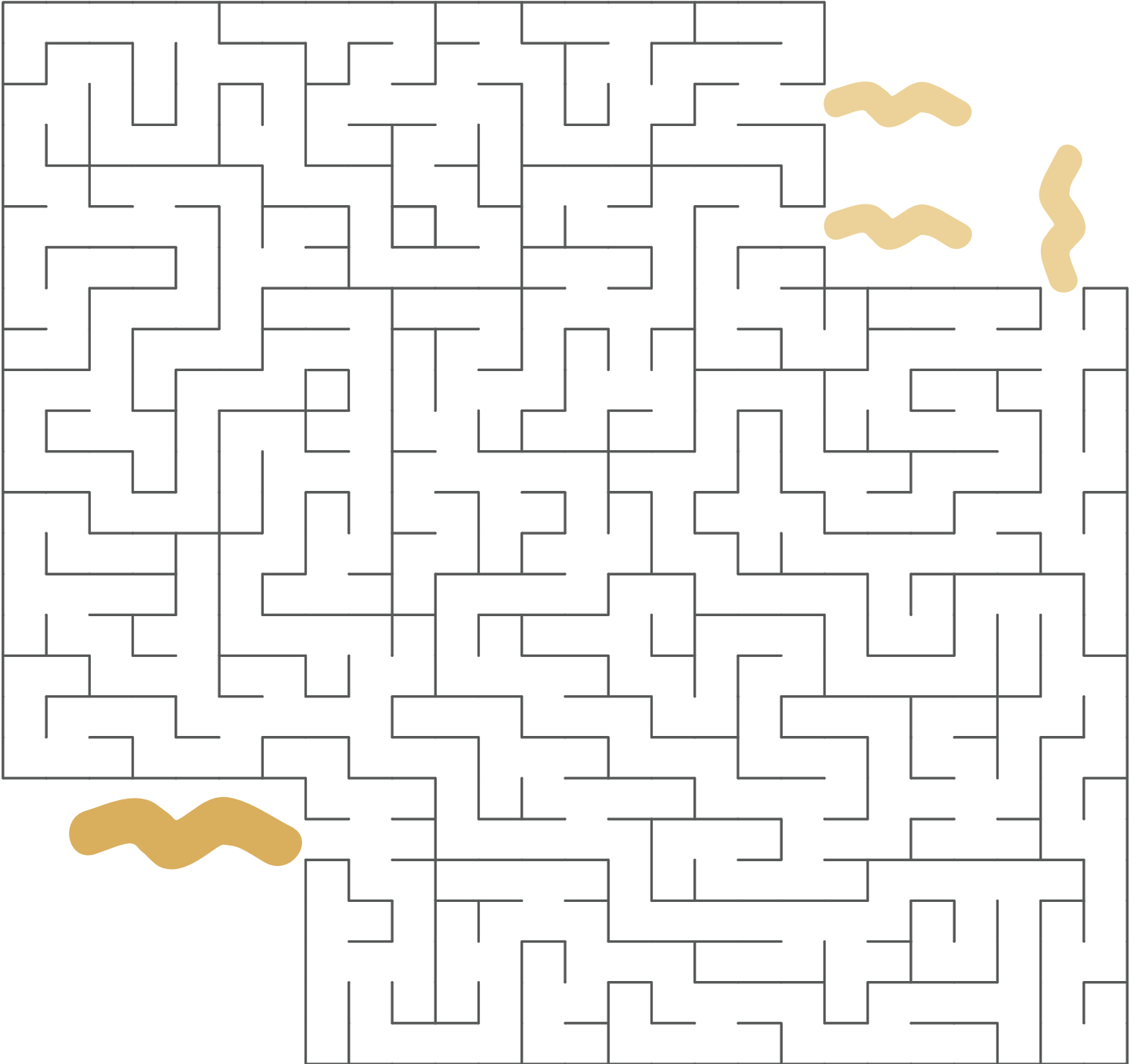


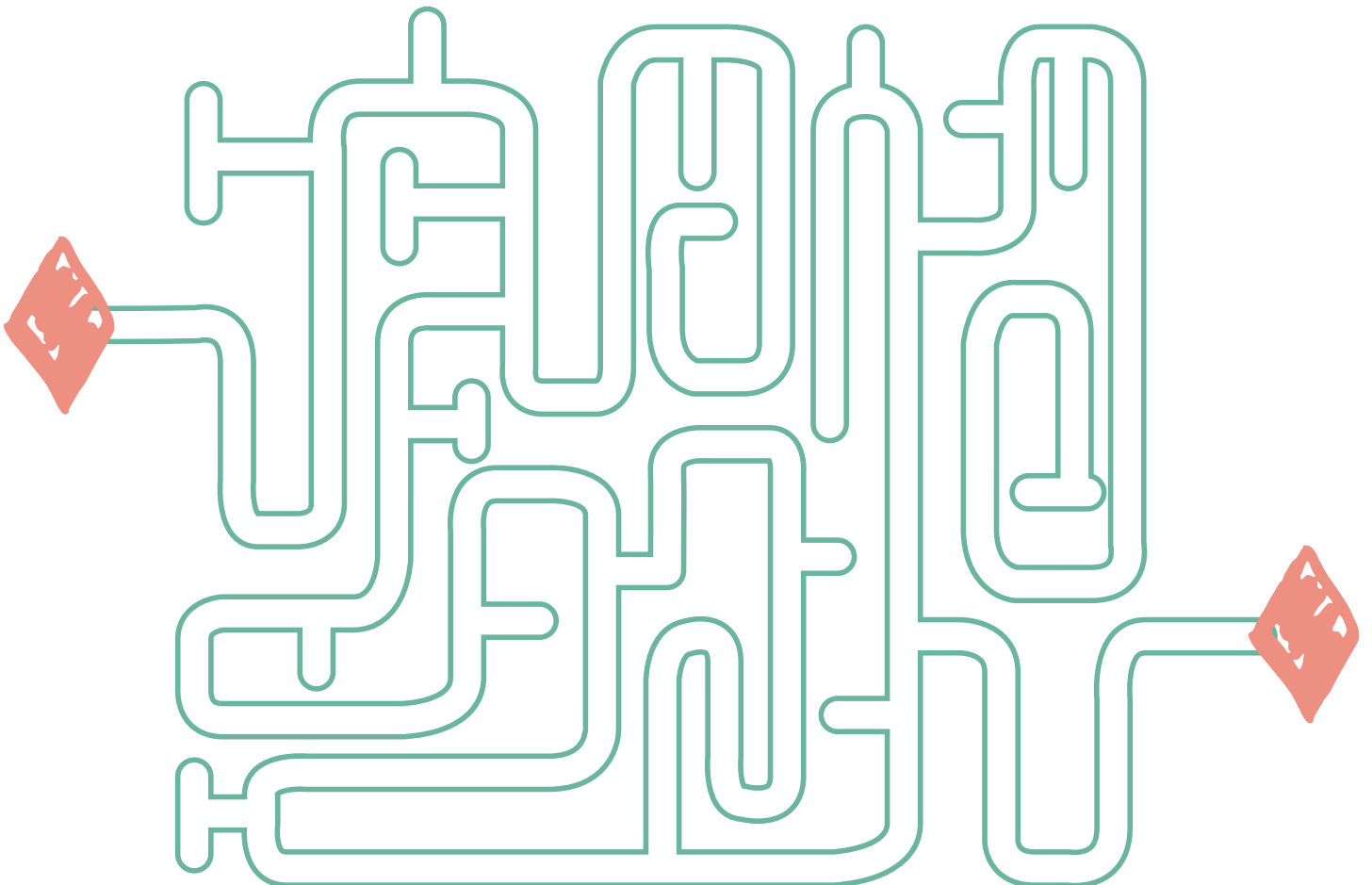
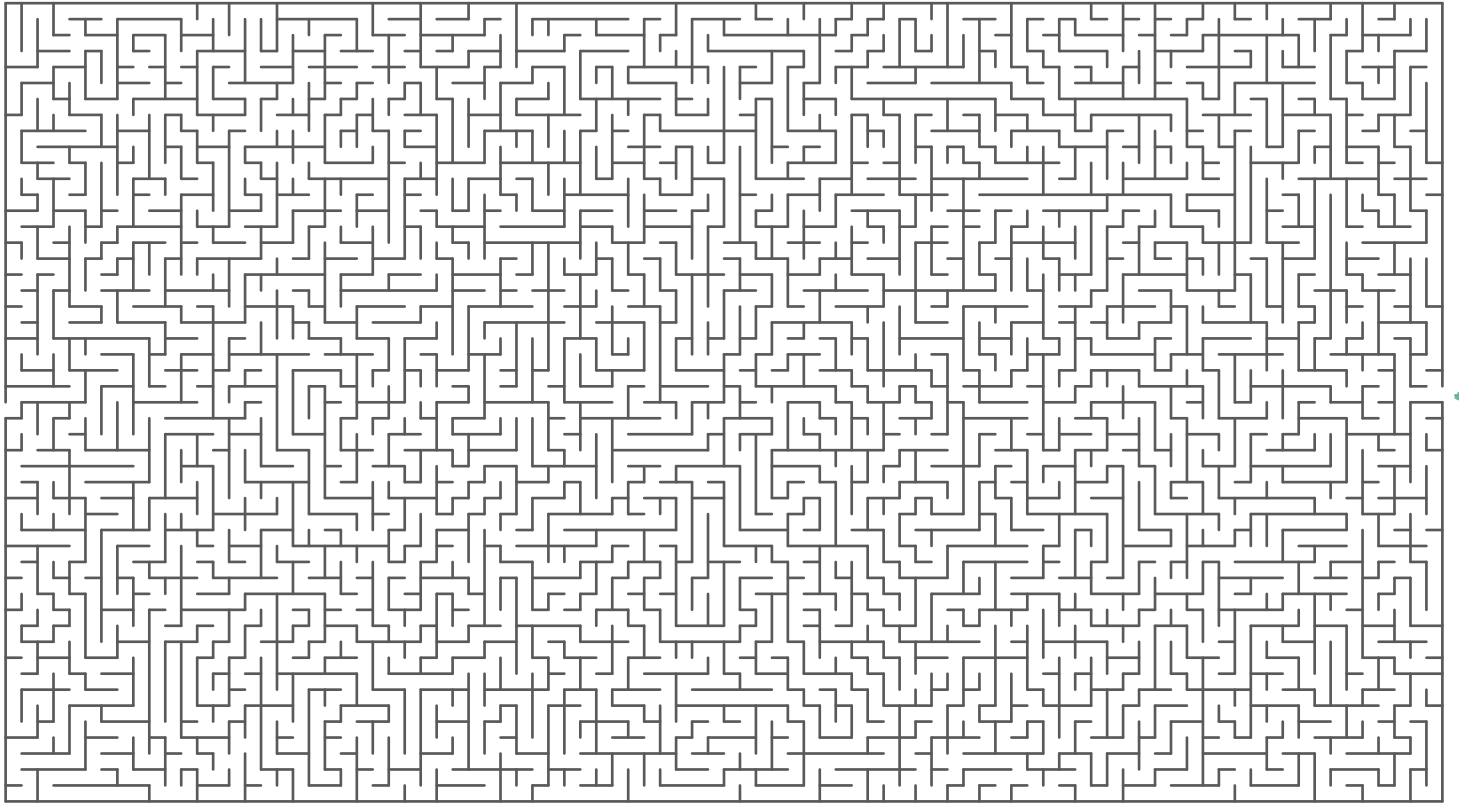


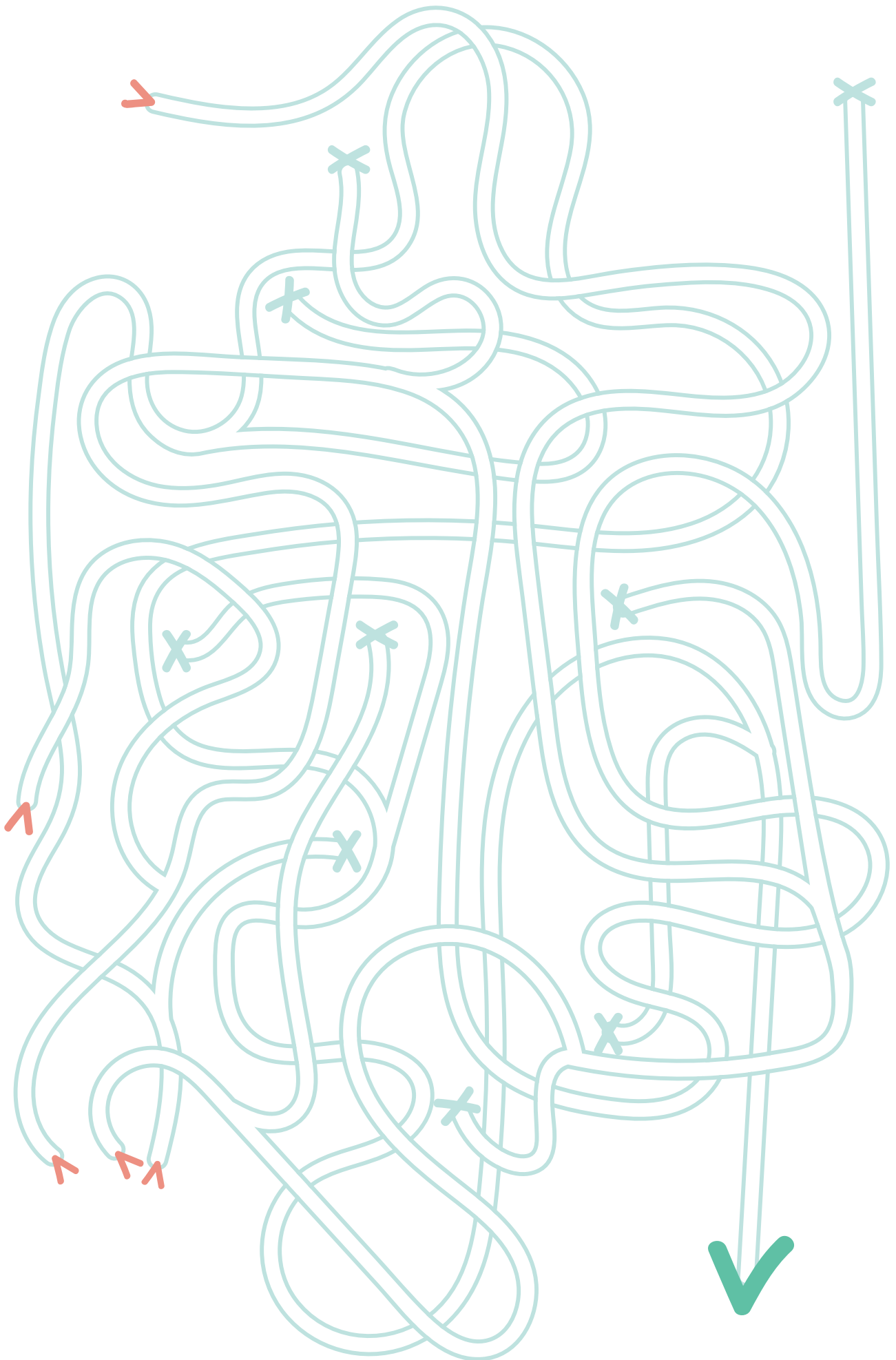


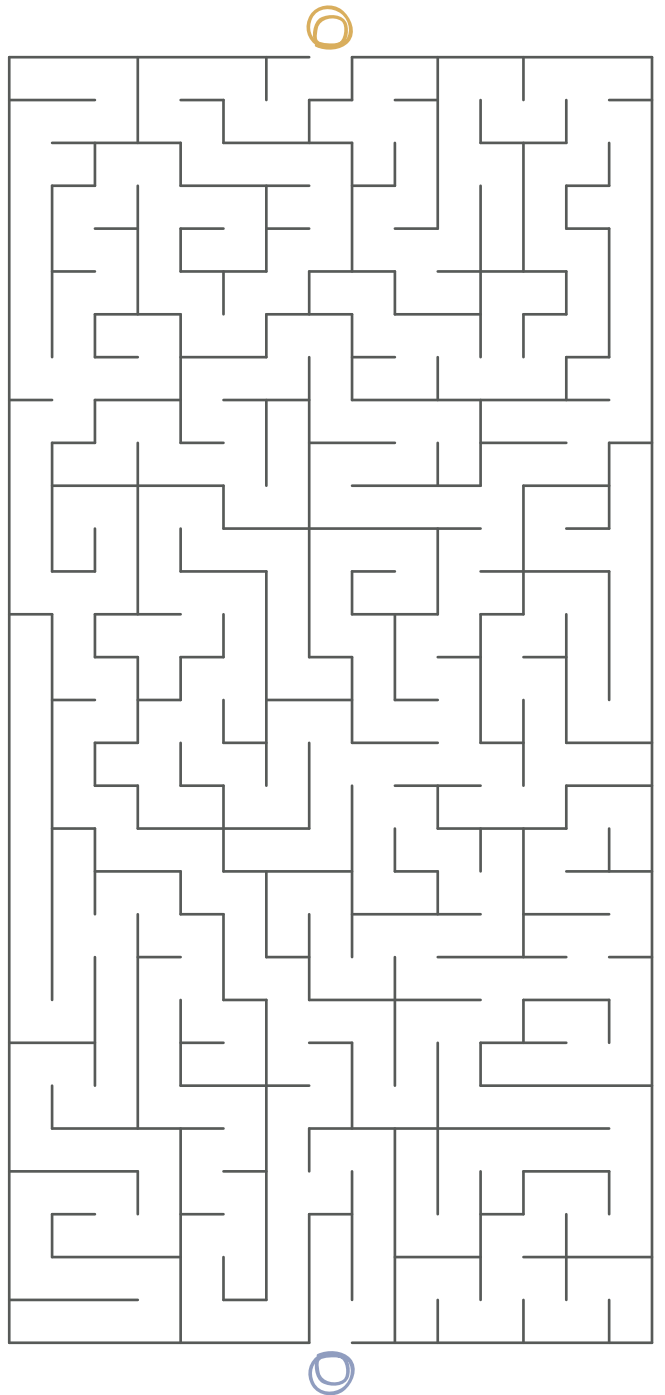
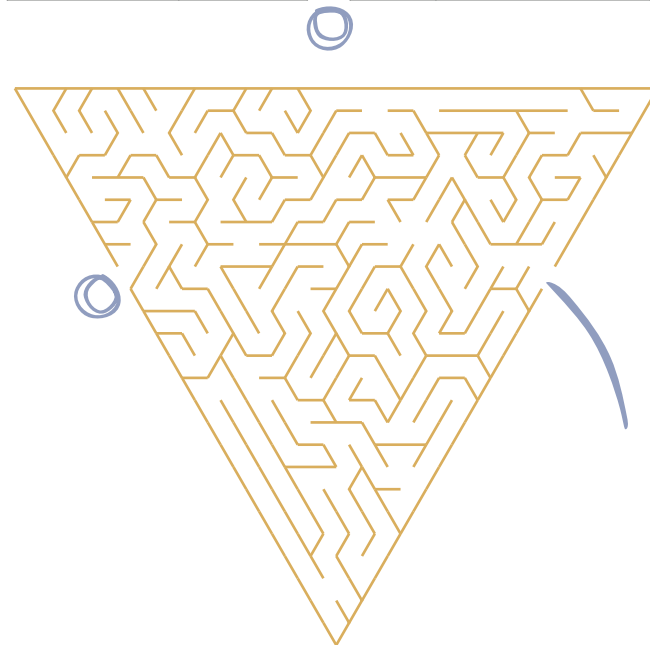
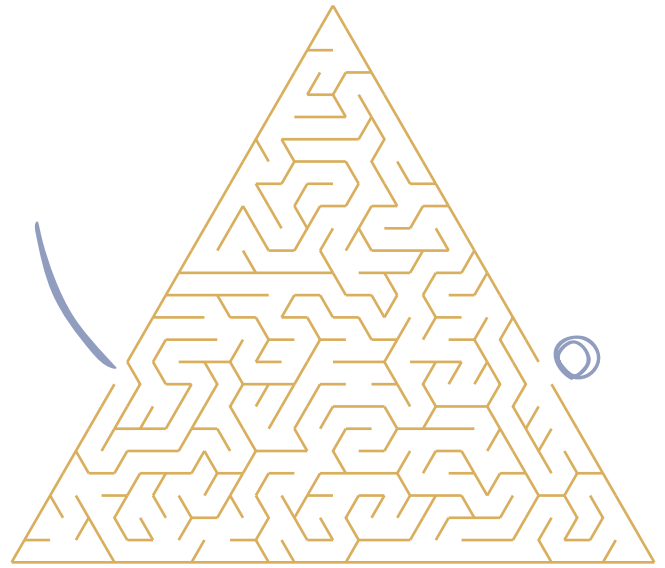
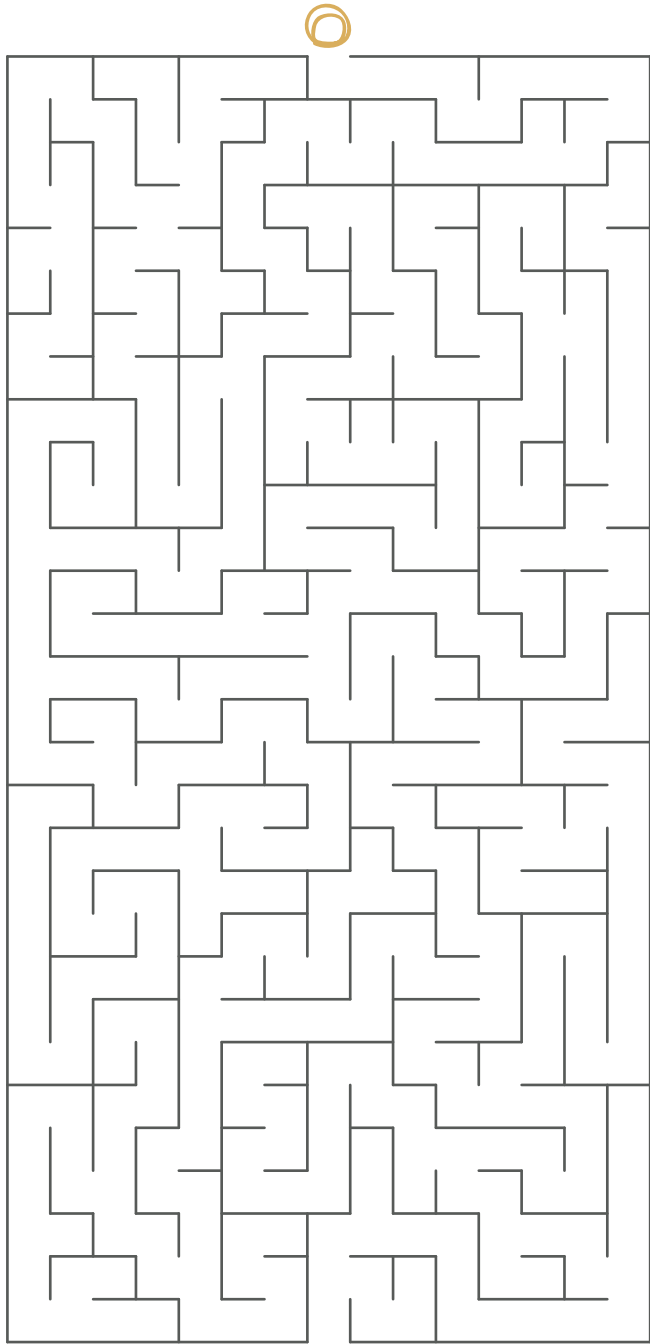


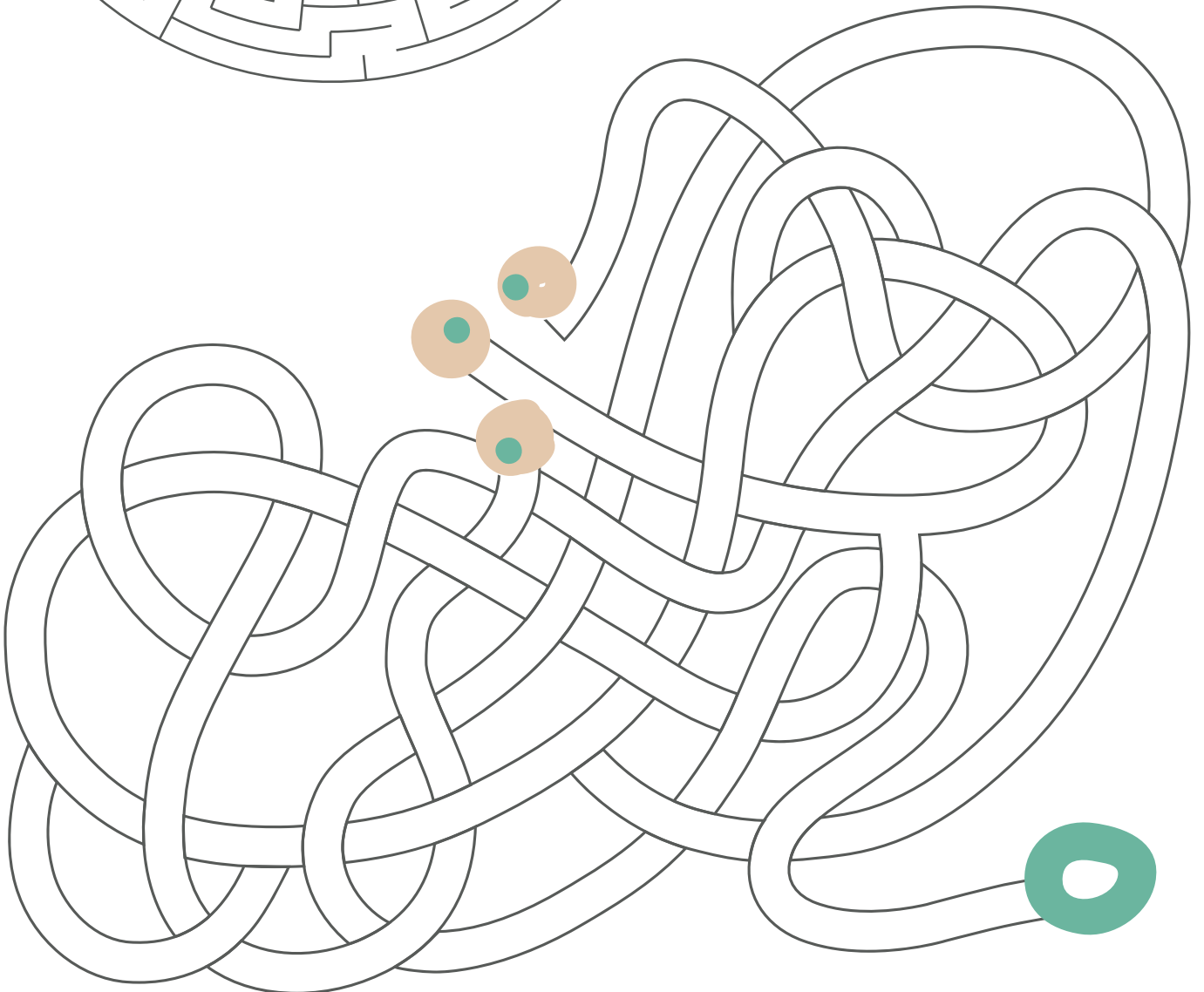
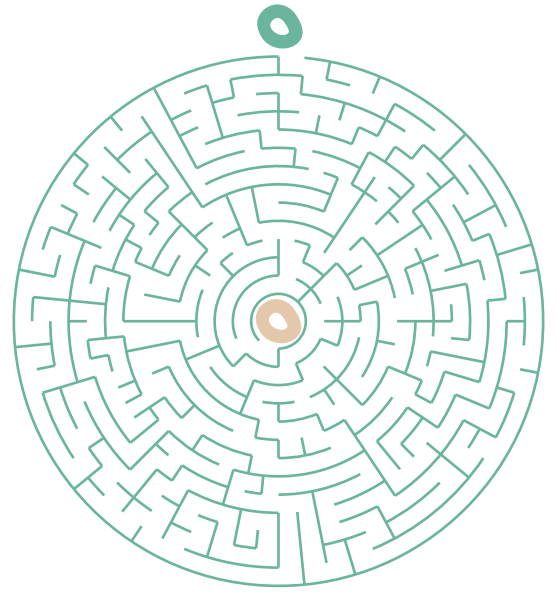
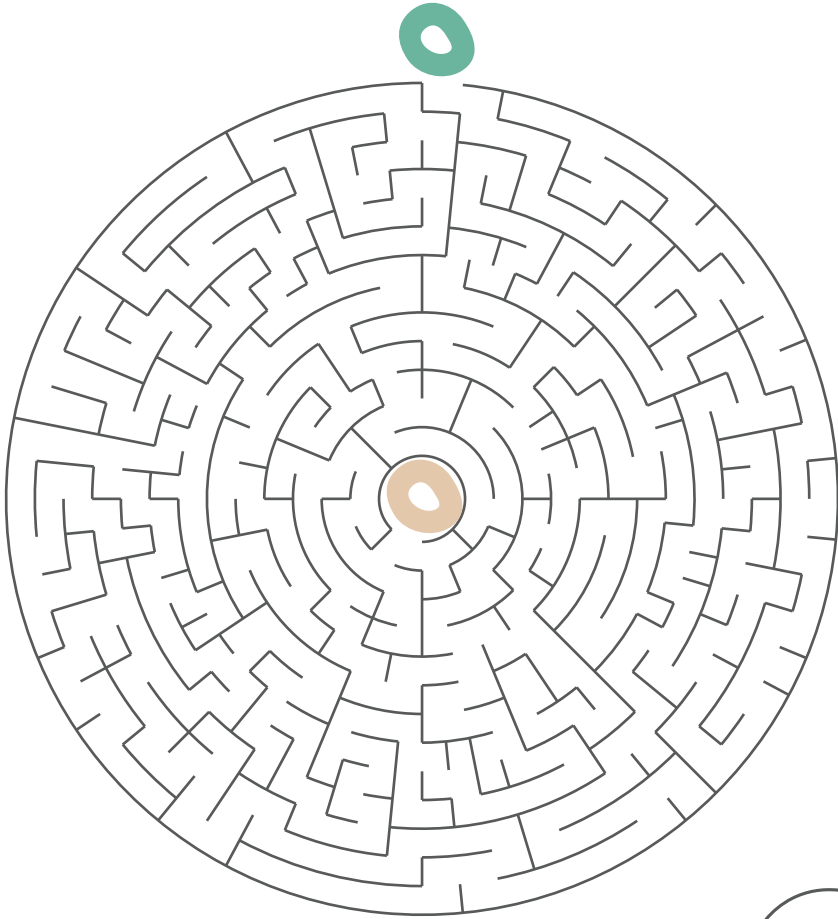


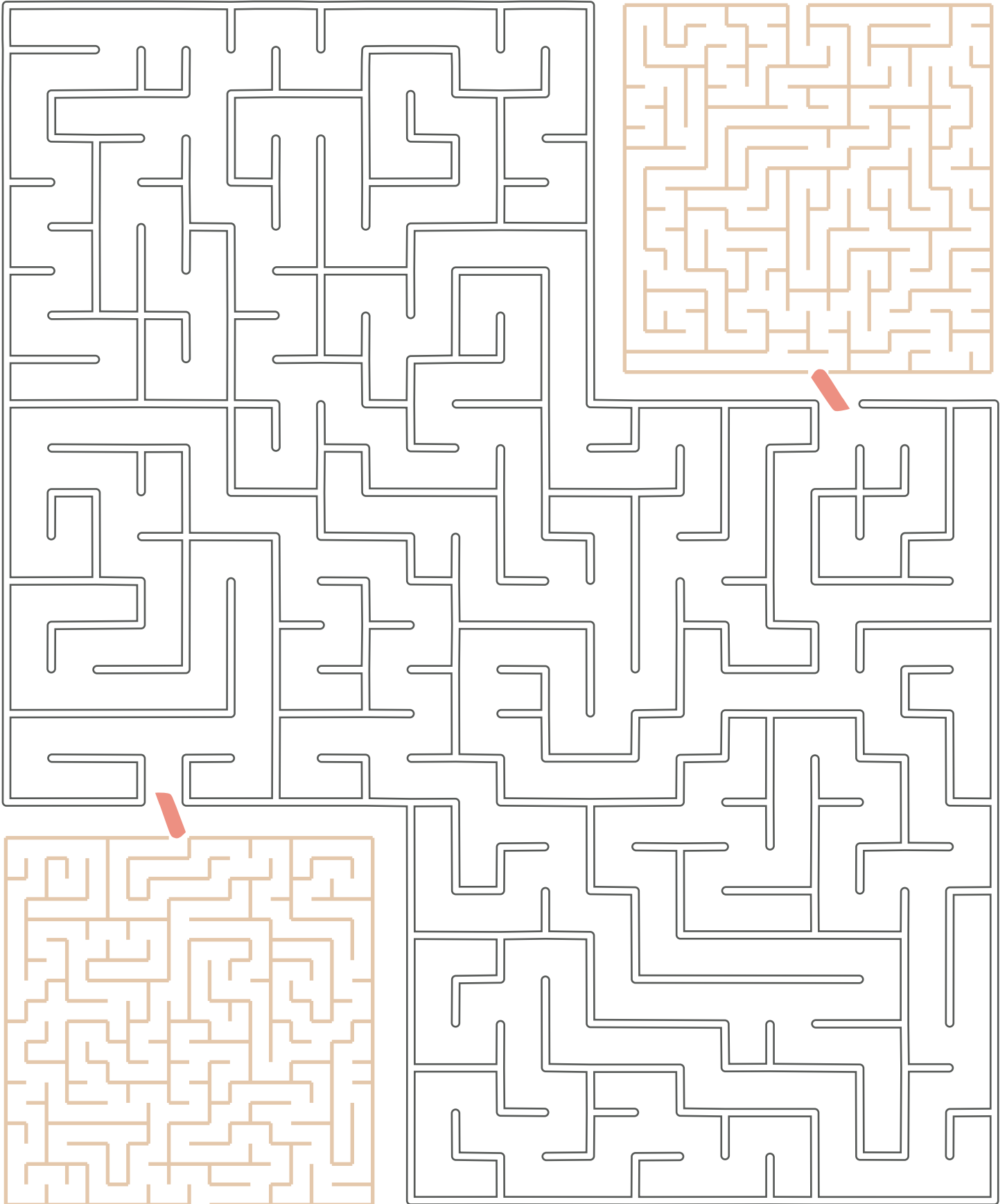


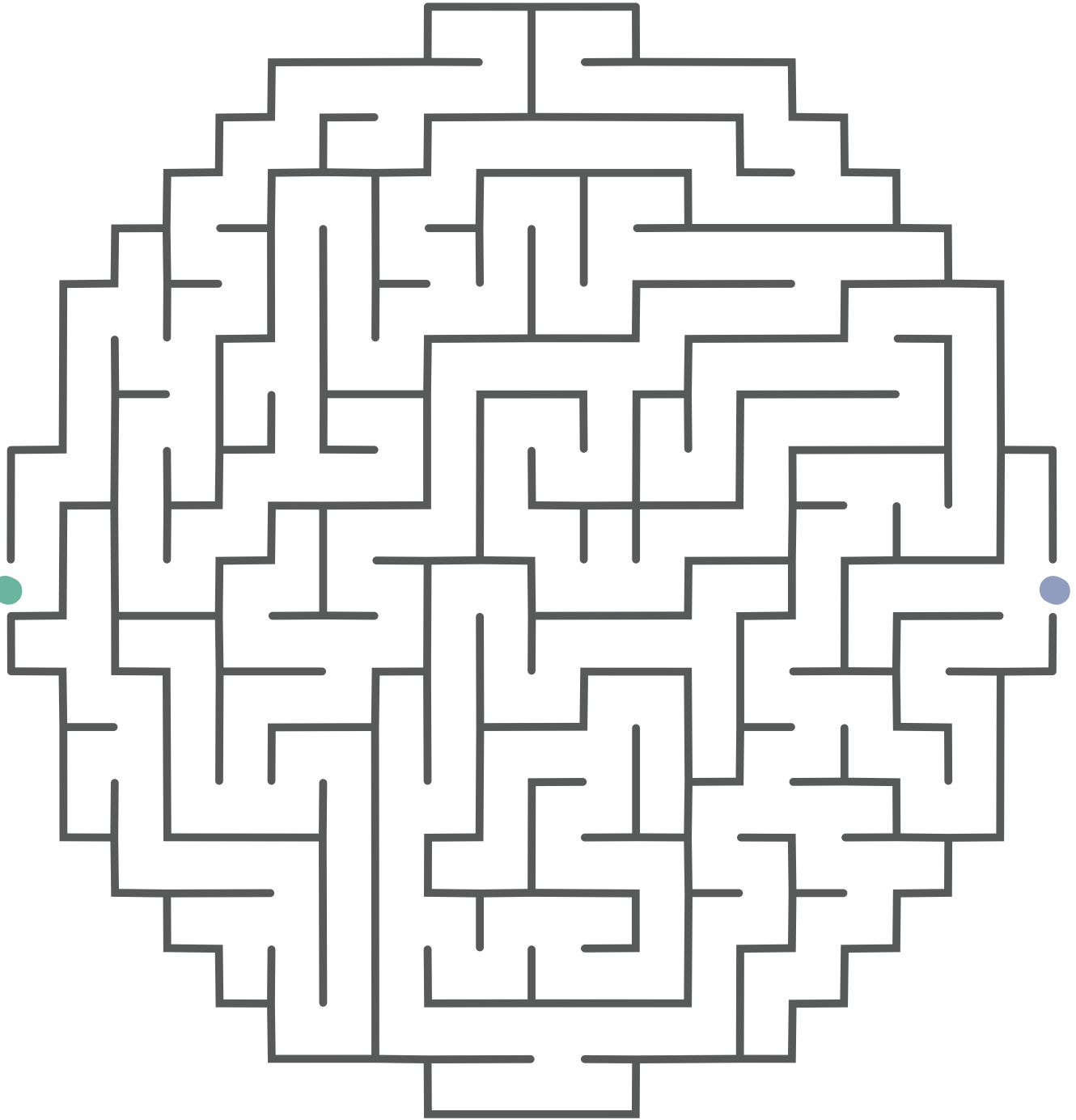


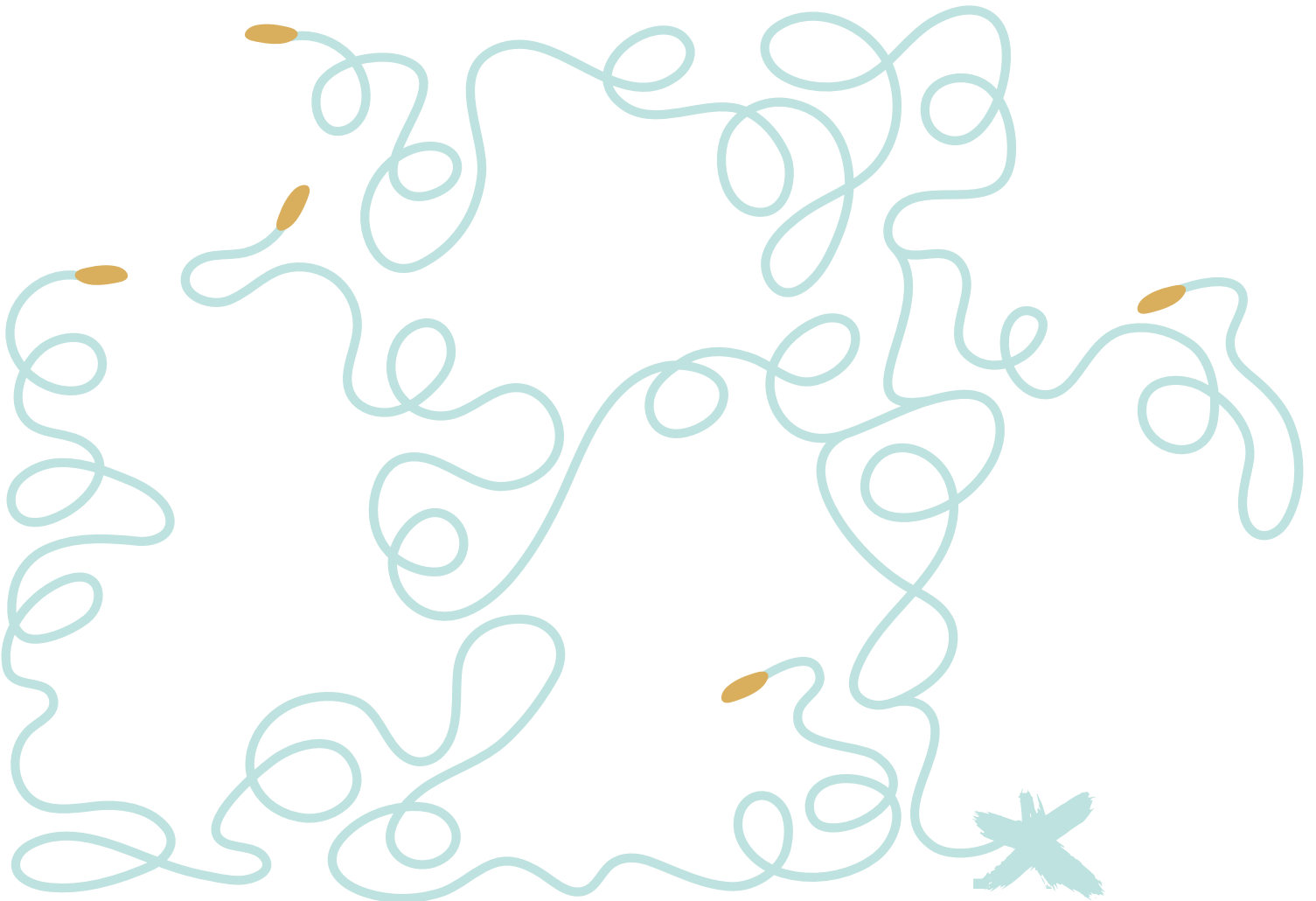
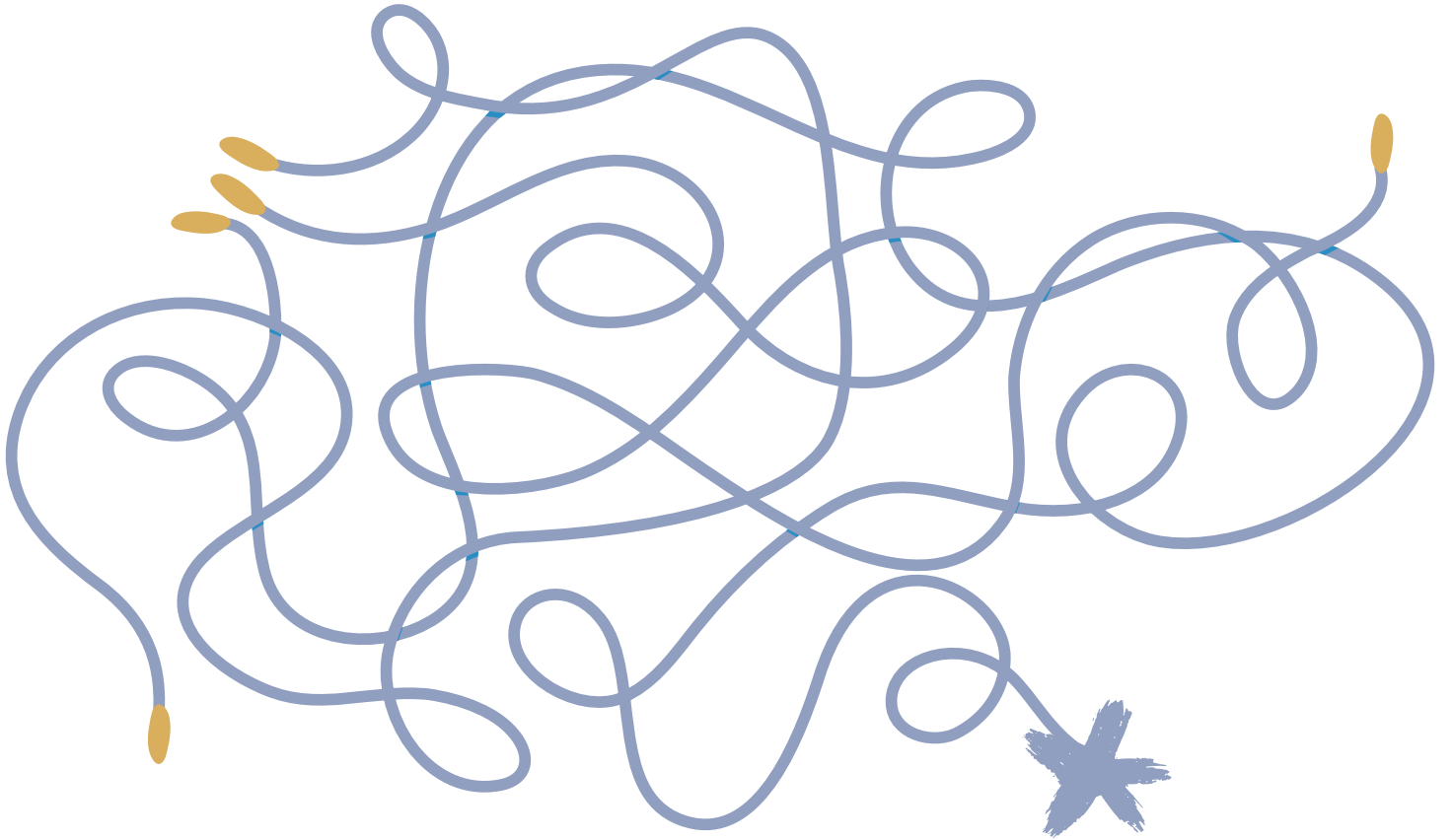


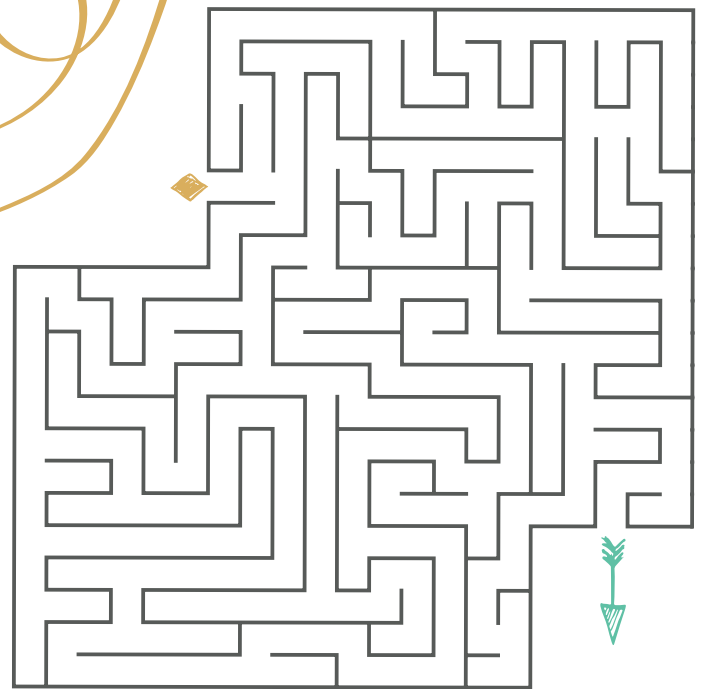
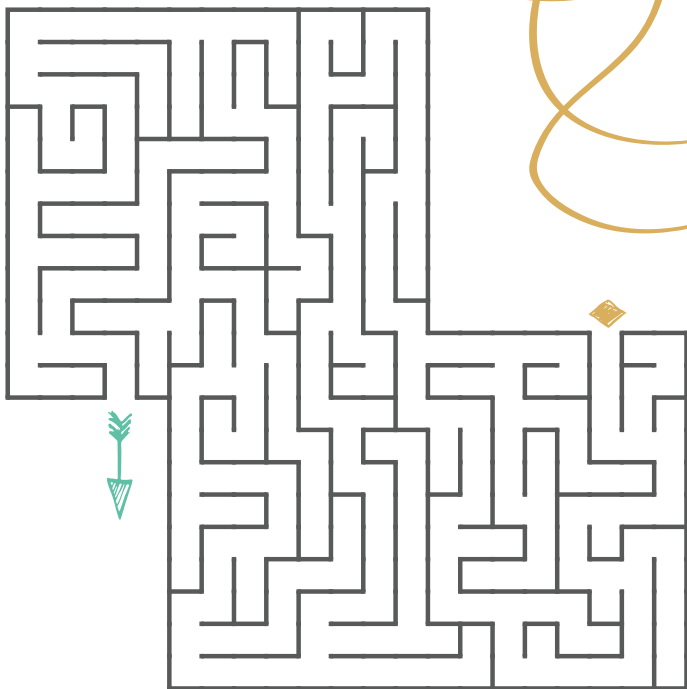
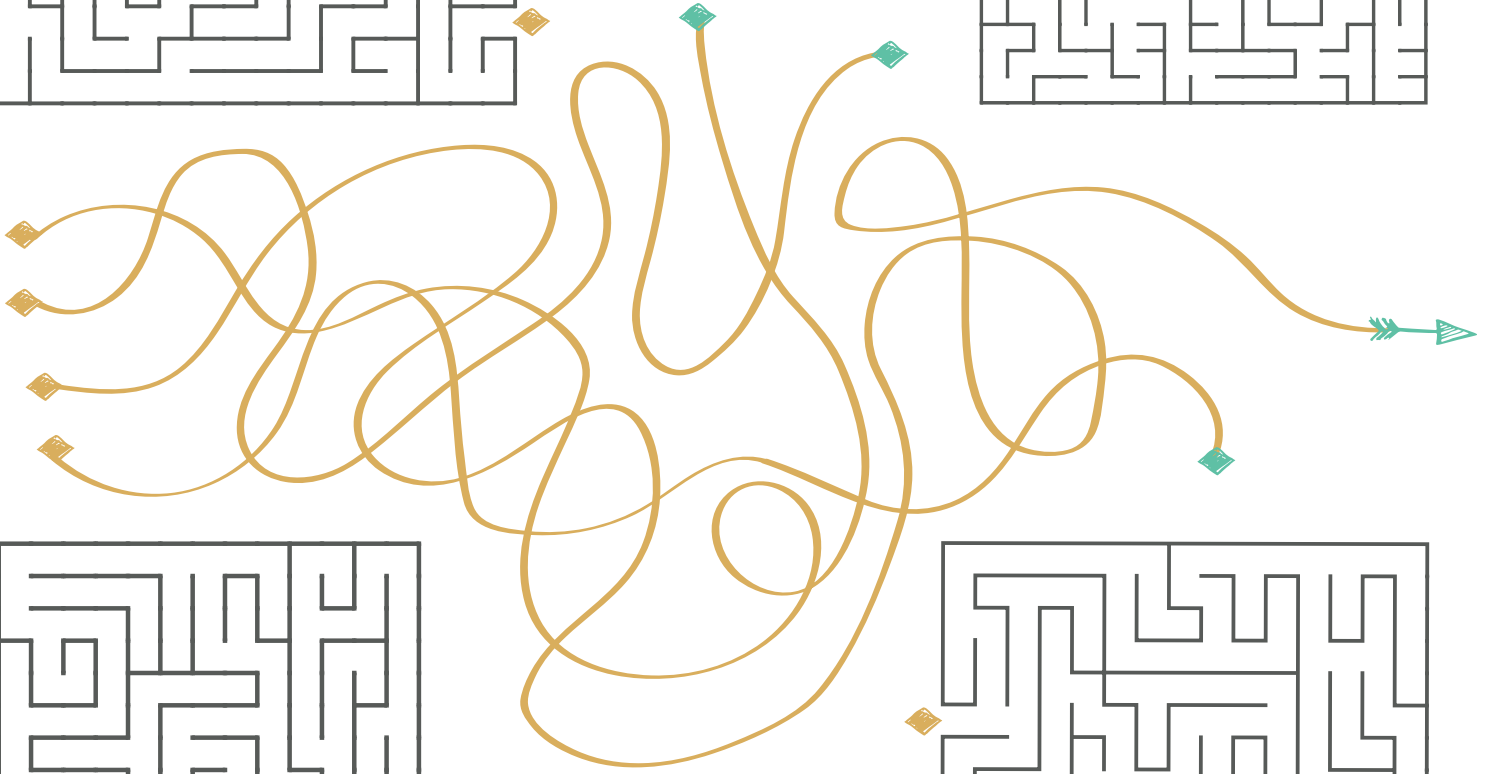
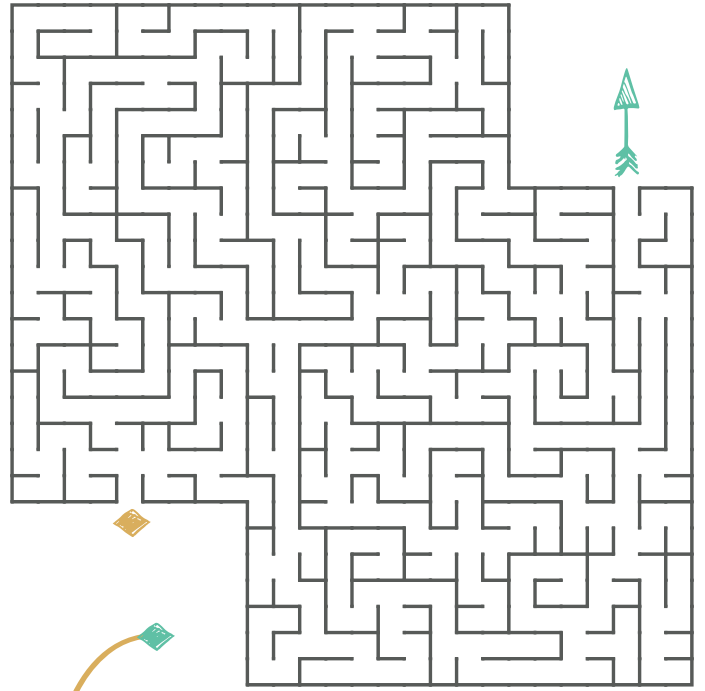
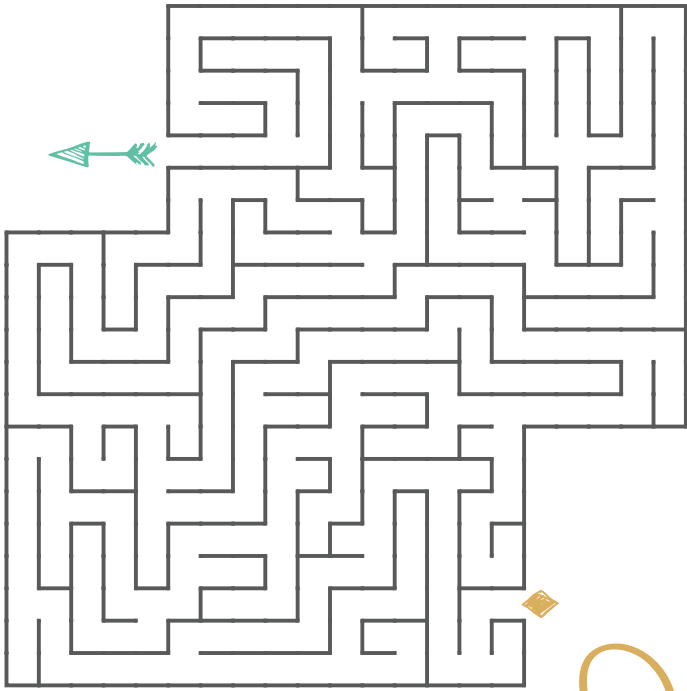


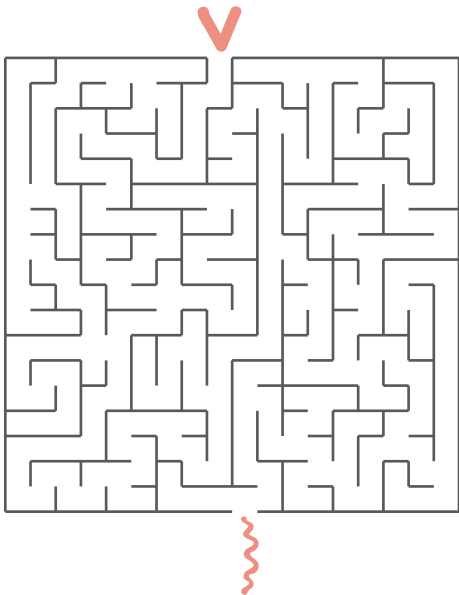
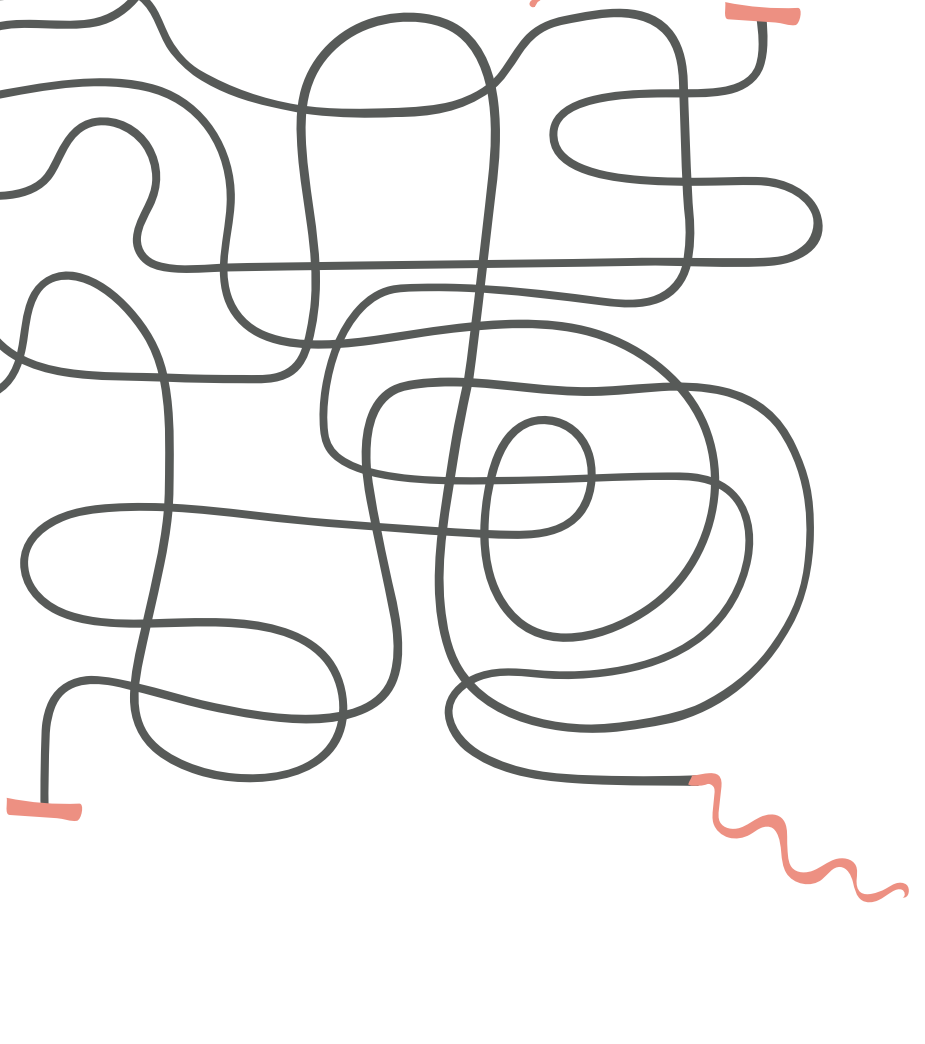
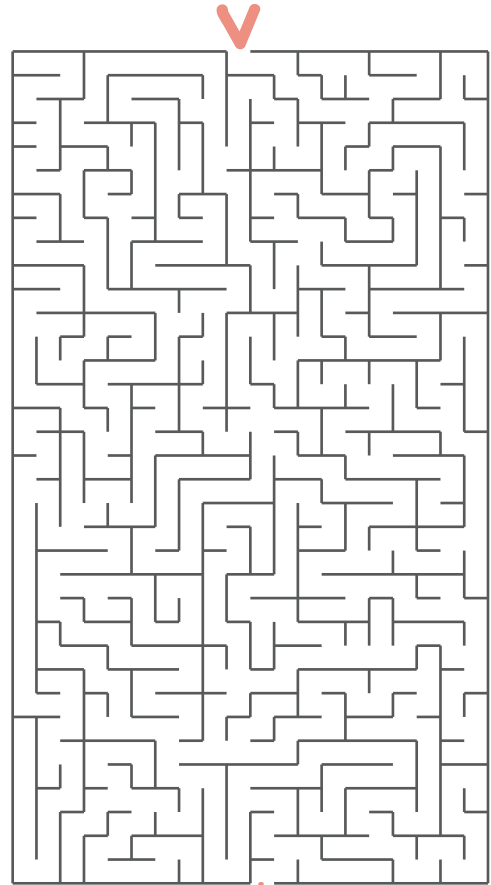
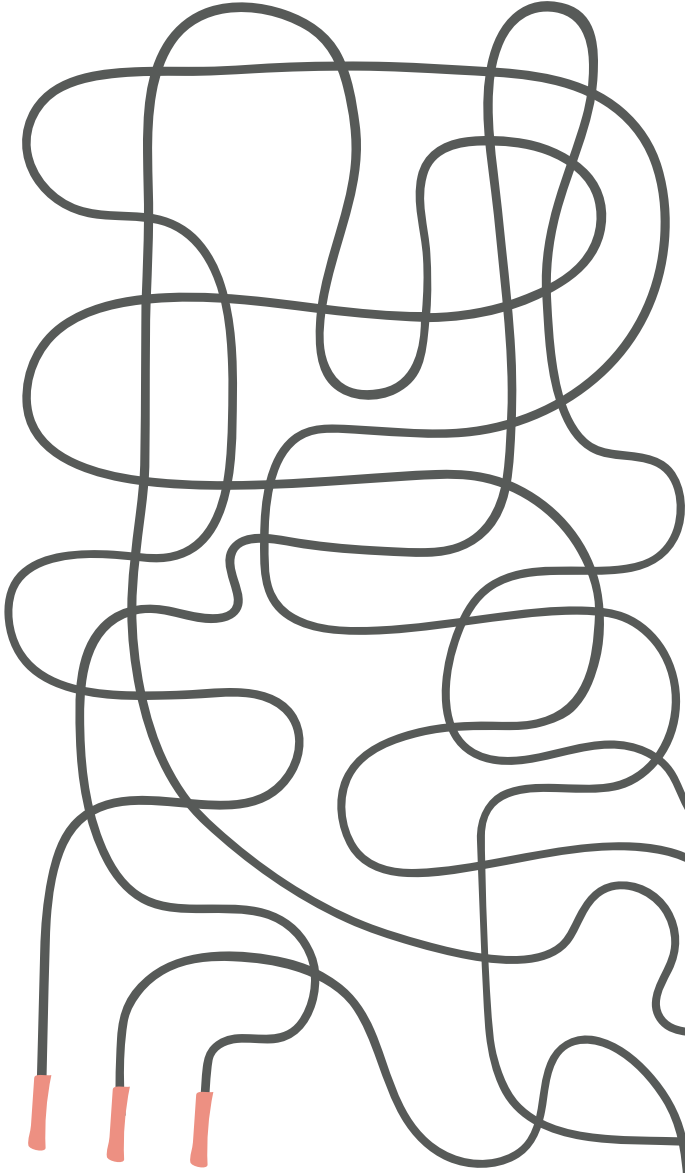














10 TRUCOS PARA USAR
MENOS EL MÓVIL
by *kietoparao.*

DAR EJEMPLO CON EL USO DE LAS TECNOLOGÍAS ES MUY IMPORTANTE !! PASA A LA ACCIÓN !!



1. **TIEMPO:** ¿Cuánto tiempo le dedicas al móvil? Revisa las horas de consumo y establece horarios de consulta. Mañana, tarde y noche.



2. **VUELVE A LO ANALÓGICO:** Fíjate en qué cosas podrías hacer de forma analógica: mirar el reloj, el despertador, escuchar música... Vuelve a lo retro.



3. **DISTRACCIONES:** Quita las notificaciones y ventanas emergentes.



4. **ORGANIZACIÓN:** Fíjate en las aplicaciones que usas y haz limpieza. Organízalas dentro de carpetas para que te cueste más entrar en ellas.



5. **LIMPIEZA:** Revisa a quién sigues en redes sociales y haz limpieza.



6. Prueba el modo **BLANCO Y NEGRO** o escala de grises para que sea menos atractivo consultar el móvil. Existe la opción de aplicar ese modo en un horario determinado.



7. **PON LÍMITES:** Ponle temporizador a las redes sociales. Y decide tú el tiempo que quieres estar dentro.



8. **ANTES DE IR A LA CAMA ¡kietoparao!:** Procura no utilizar el móvil 2 horas antes, mejorará tu calidad del sueño.



9. **MENOS PRESENCIA:** En un café, una charla o una comida, evita tener el móvil en la mesa.



10. **DESCONEXIÓN:** Dedica un día para hacer detox. Fija horas de consulta de llamadas.

Este descargable está hecho por Kietoparao,
un proyecto que quiere ayudar a las familias
en el uso responsable de las pantallas.

Hacemos cosas tan bonitas como éstos kits
de juegos para llevar.
+20 juegos en 200 gramos.



DESCUBRE TODOS NUESTROS PRODUCTOS EN
WWW.KIETOPARAO.COM
WWW.KIETOPARAO.CL
WWW.KIETOPARAO.MX

Es un archivo que te descargas y que podrás reutilizar siempre que quieras.

Está prohibida su distribución o su venta a terceros.

Esperamos que lo disfrutéis y nos ayudéis un poco en esta tarea de
no distribuir contenido.

¡Muchas gracias!