



PROJETO
TeleNordeste

Caderno de Atividades para Coordenação Motora Fina Volume 2

Sergipe



Objetivo Geral

Promover o desenvolvimento global na primeira infância, com foco em coordenação motora fina e habilidades cognitivas, proporcionando suporte acessível para famílias e cuidadores.

Público-Alvo

Crianças de 6 a 12 anos, com suporte de familiares ou cuidadores, com foco em desenvolvimento motor e cognitivo.

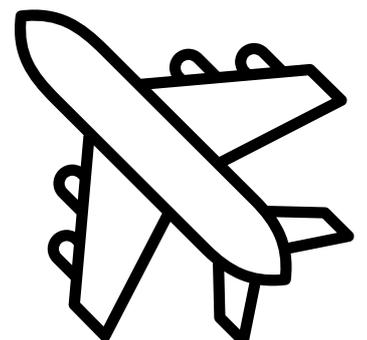
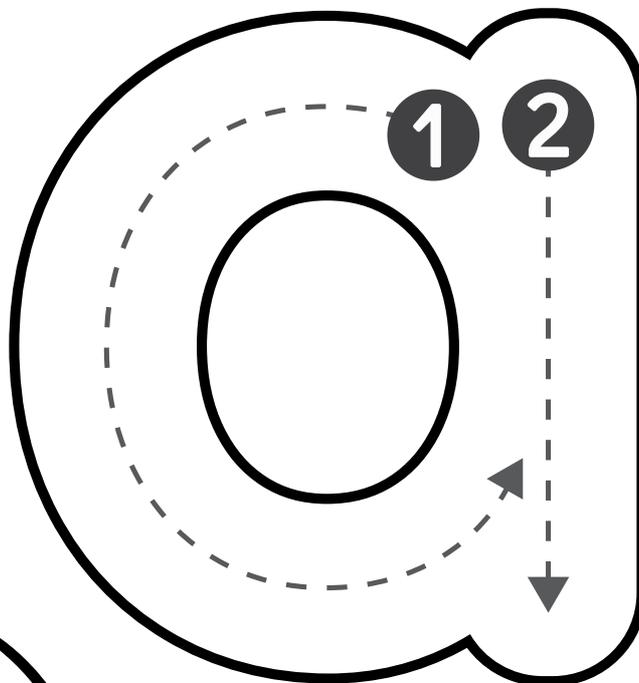
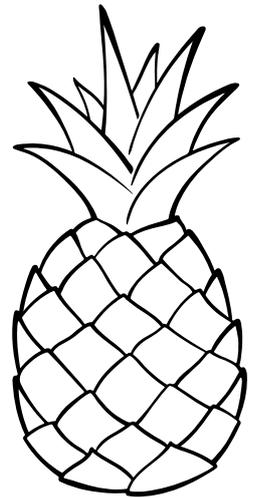
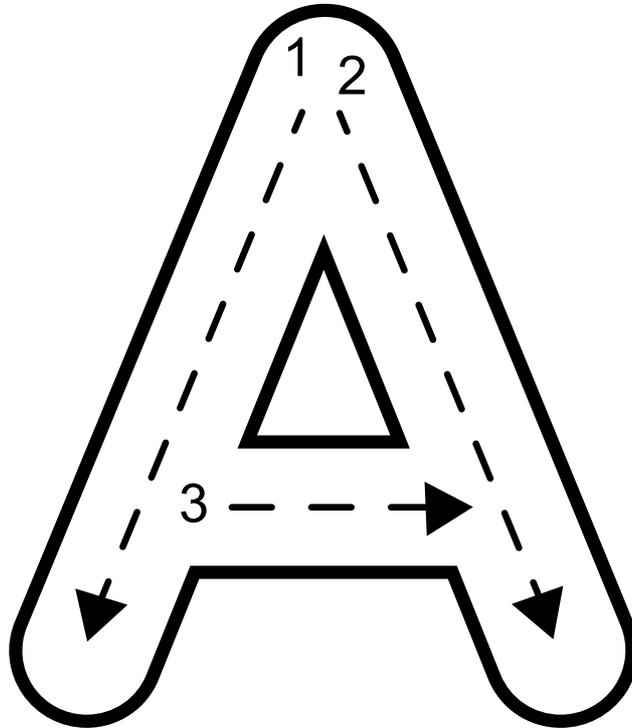
Orientações para os Cuidadores e Equipe TeleNordeste

- **Flexibilidade e Atenção ao Ritmo da Criança:** Respeitar o tempo e o interesse da criança, permitindo pausas e ajustando as atividades conforme a resposta.
- **Apoio Afetivo:** Incentivar e elogiar as pequenas conquistas, promovendo segurança e confiança.
- **Supervisão Remota:** Acompanhar o progresso, orientando os cuidadores sobre dúvidas e adaptações.

Sugestão da Periodicidade das Atividades

Programa de 8 semanas, com atividades diárias de 15 a 30 minutos.

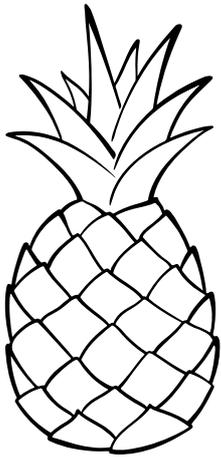
Faça o tracejado da letra A



Complete com a letra



belh

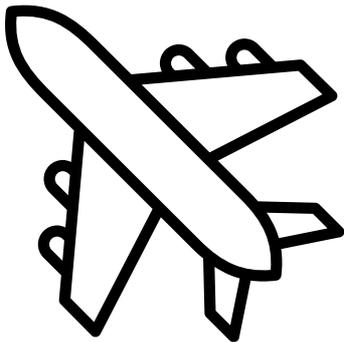


_b_c_xi

Complete com a letra

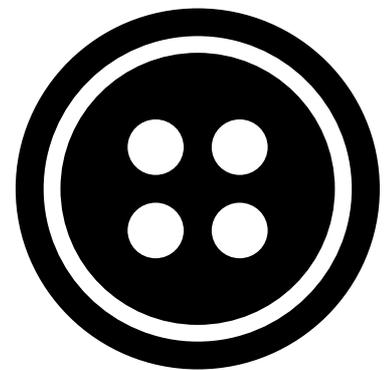
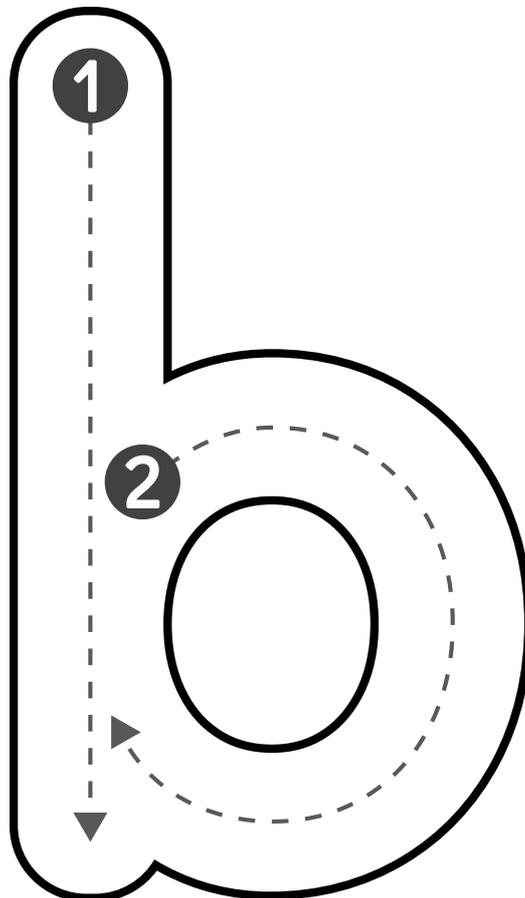
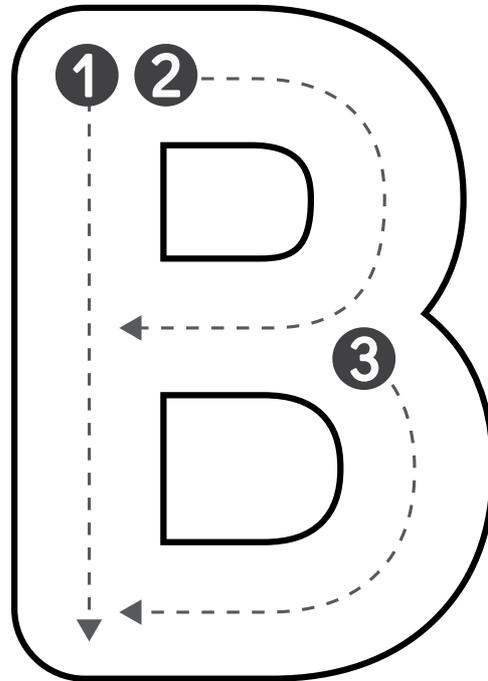


bóbor



_viço

Faça o tracejado da letra B



Complete com a letra



_ola

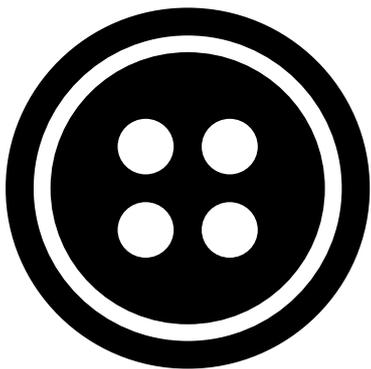


_óia

Complete com a letra

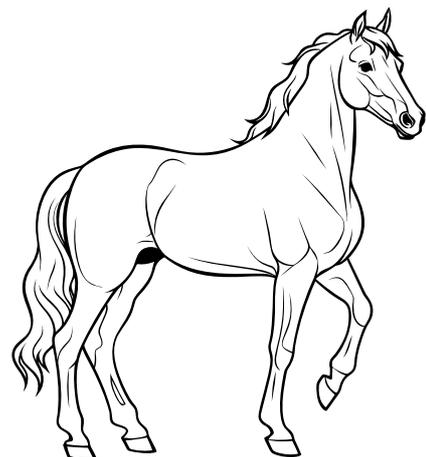
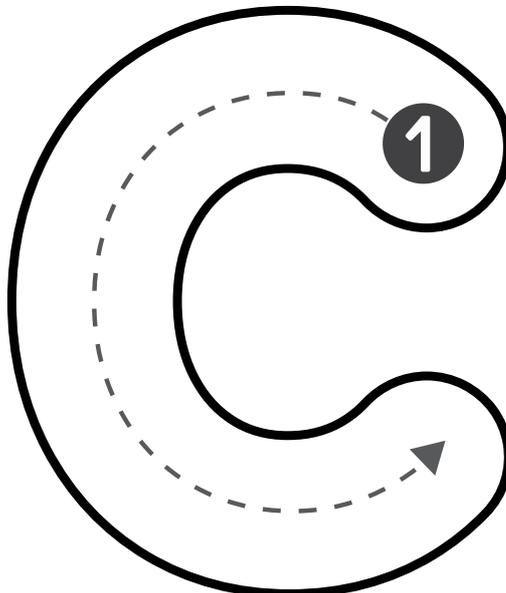
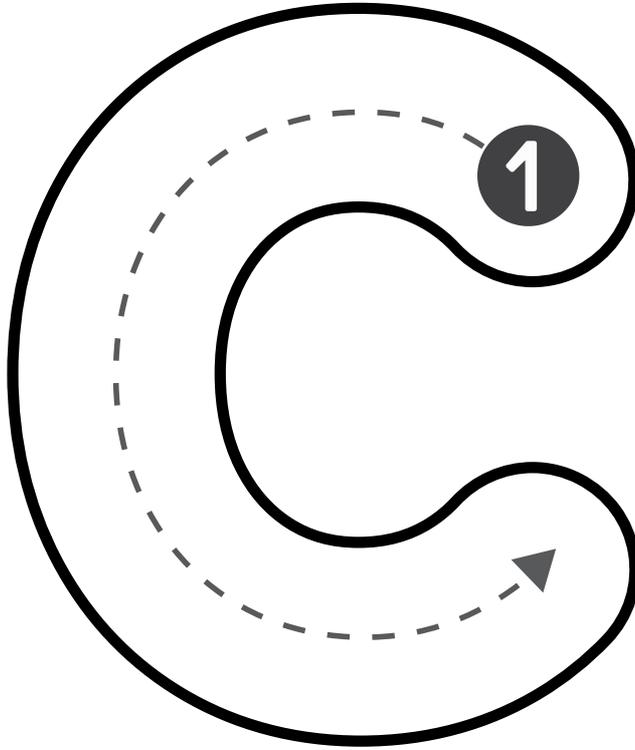
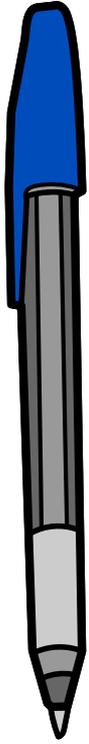


_otijão

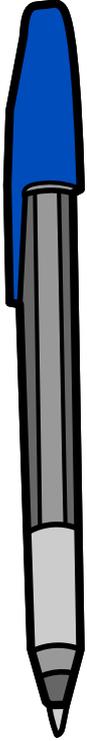


_otão

Faça o tracejado da letra C



Complete com a letra



_aneta

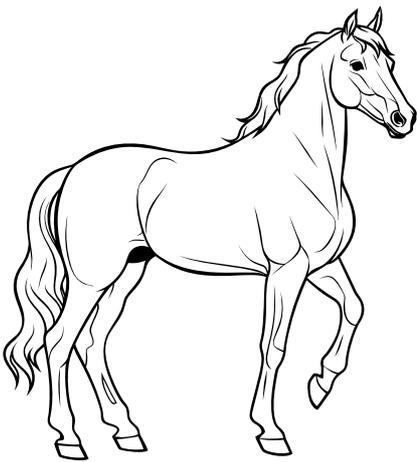


_asa

Complete com a letra

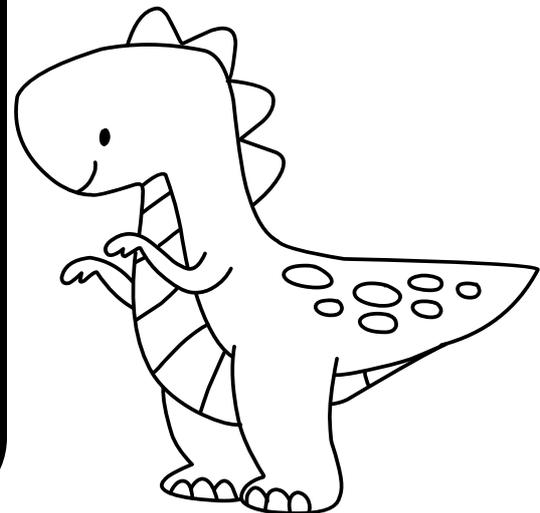
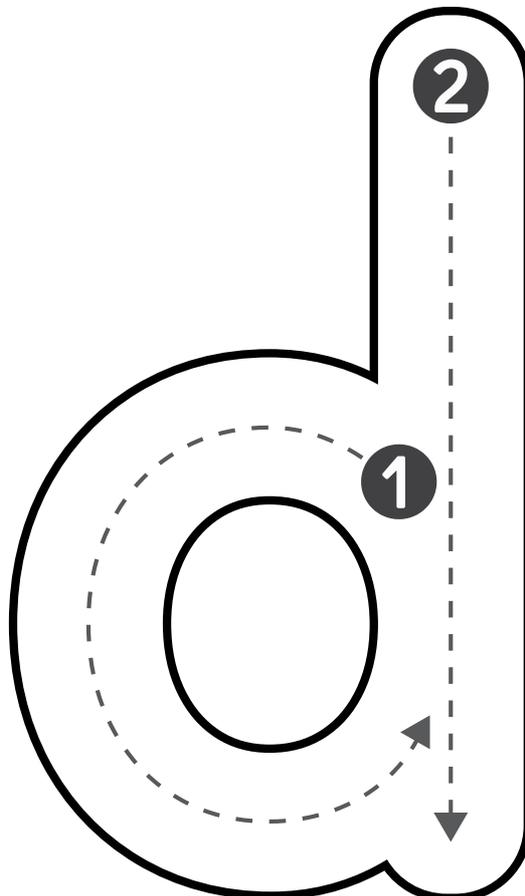
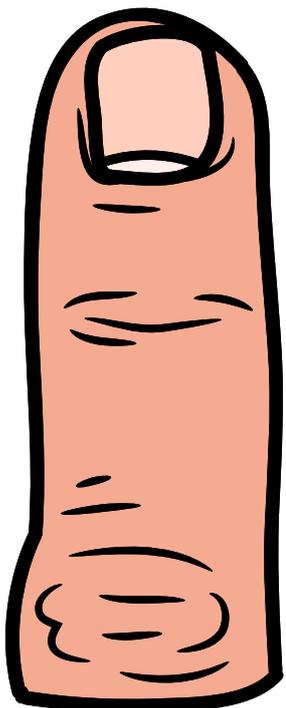
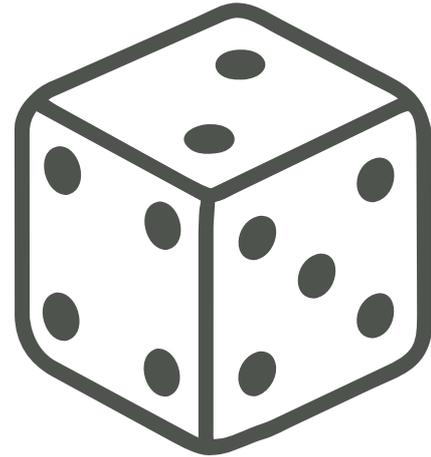
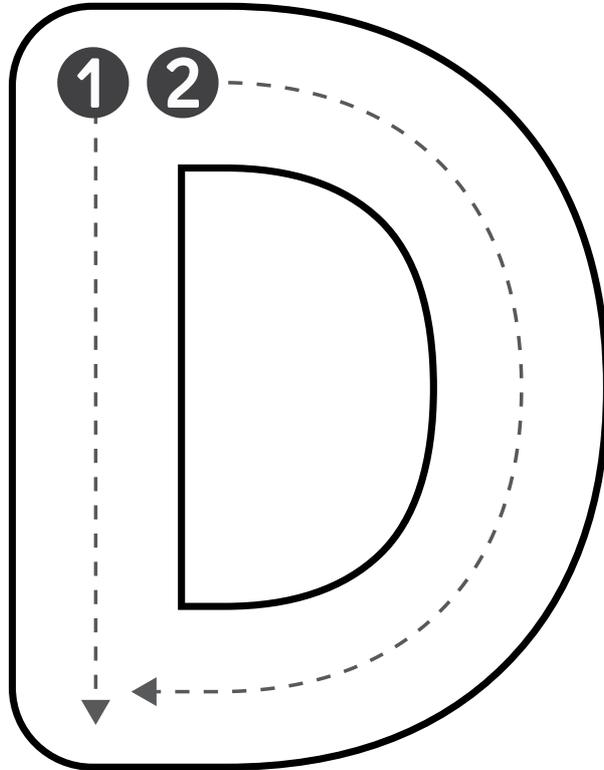
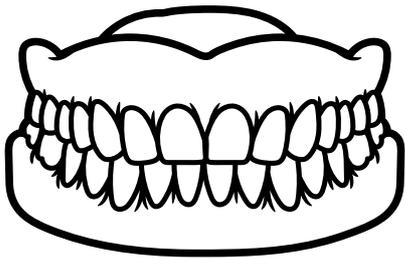


_arro

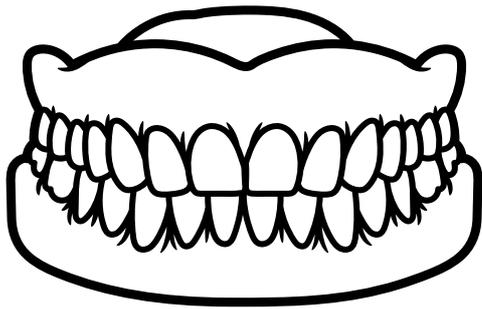


_avalo

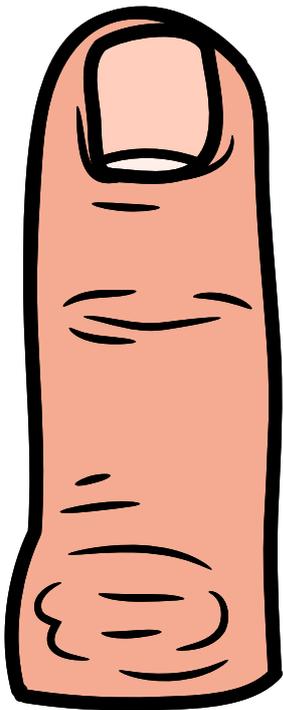
Faça o tracejado da letra D



Complete com a letra



_entes

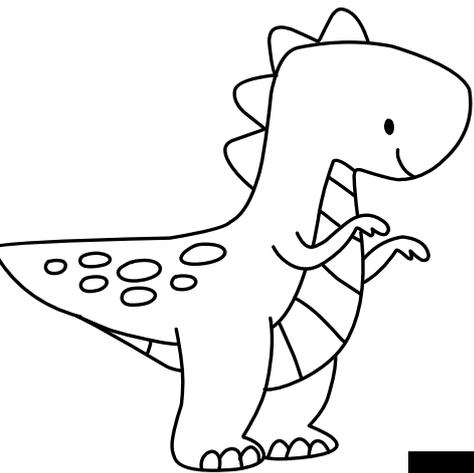


_e_o

Complete com a letra

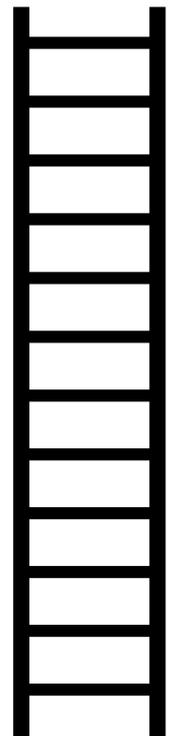
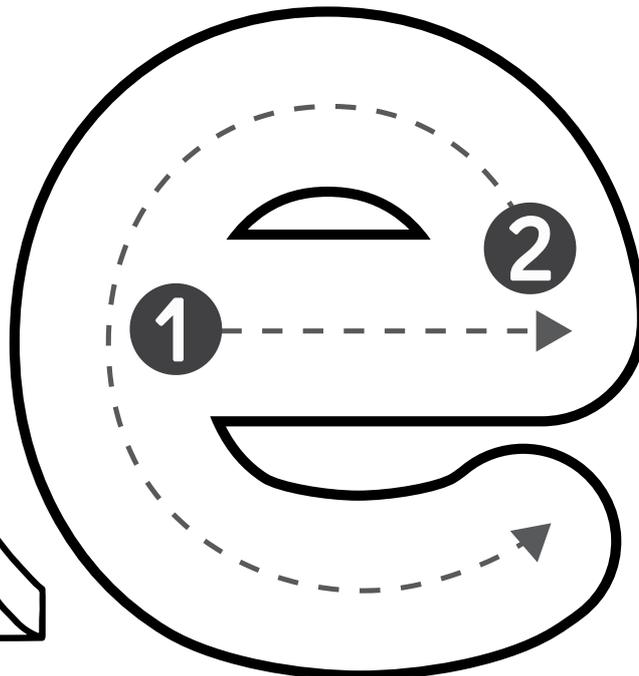
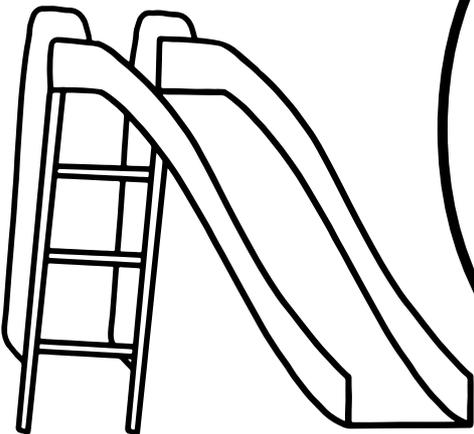
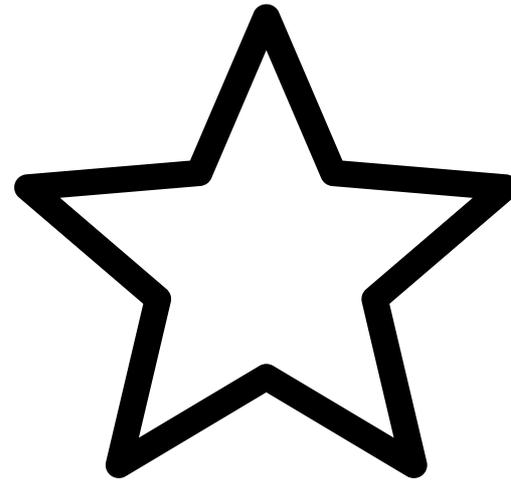
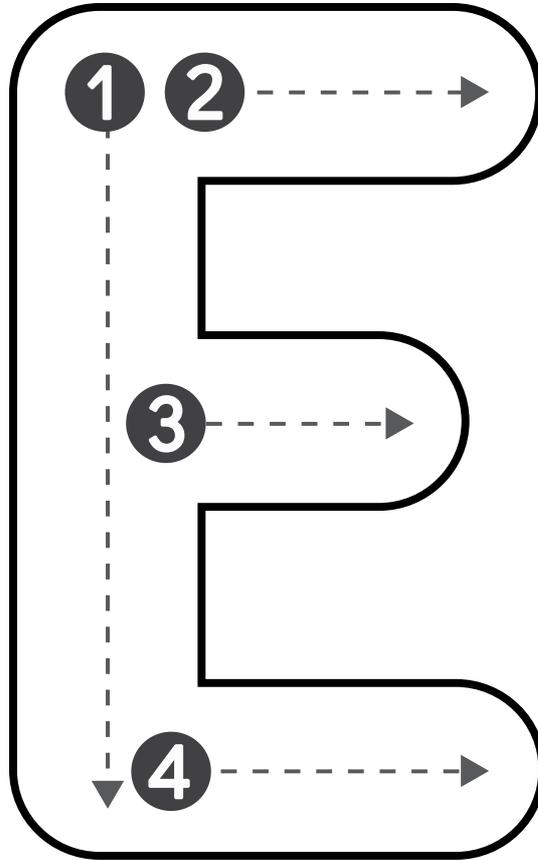
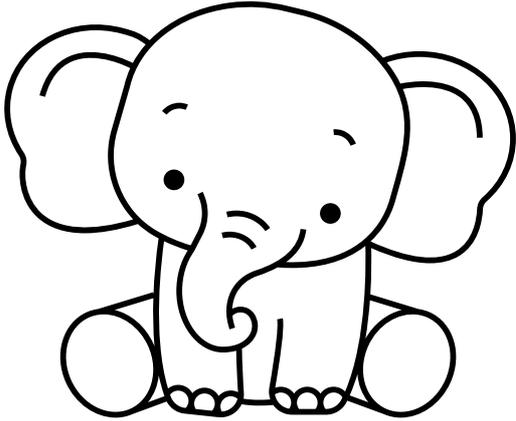


_a_o

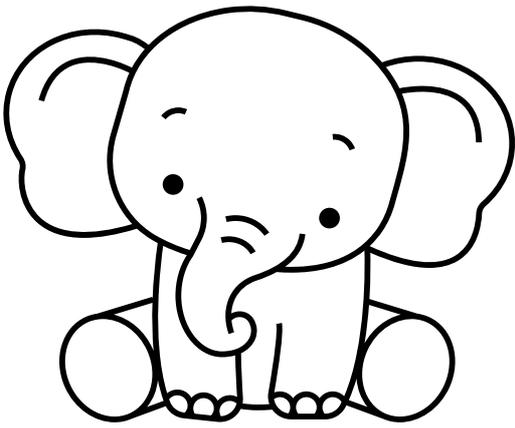


_inossauro

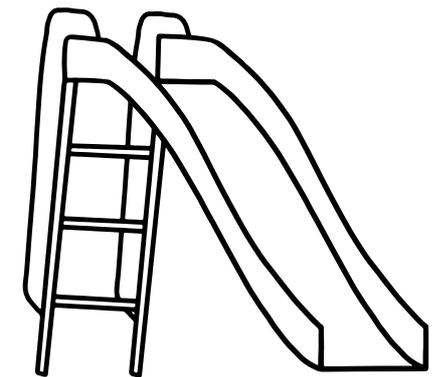
Faça o tracejado da letra E



Complete com a letra

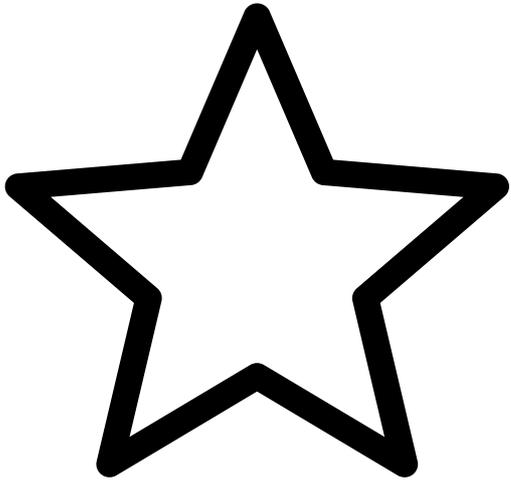


_l_fant_

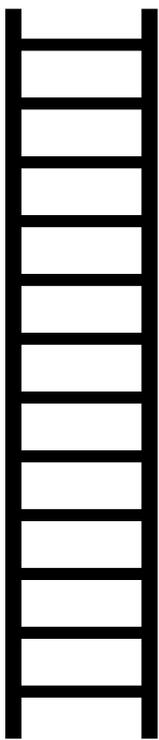


_scorr_gador

Complete com a letra

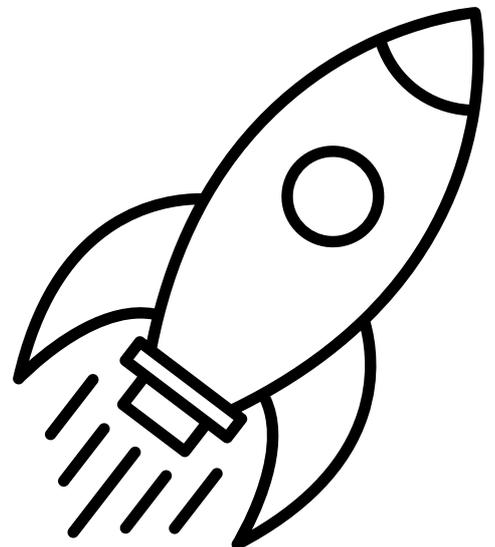
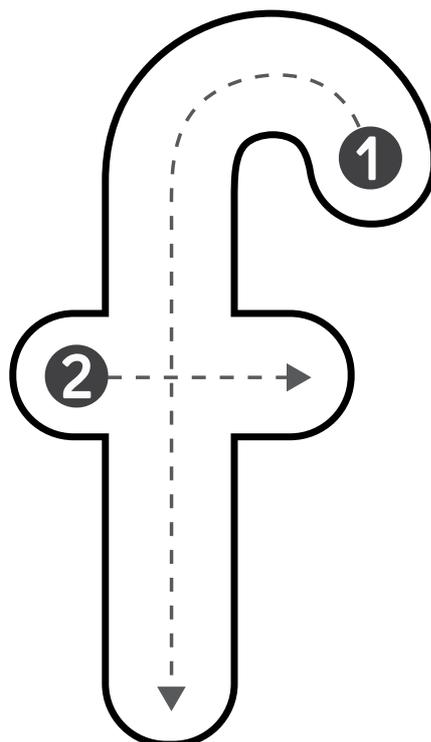
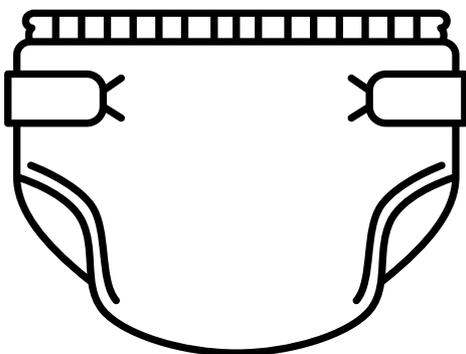
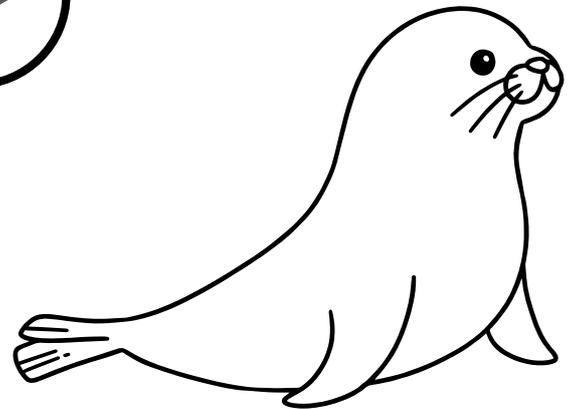
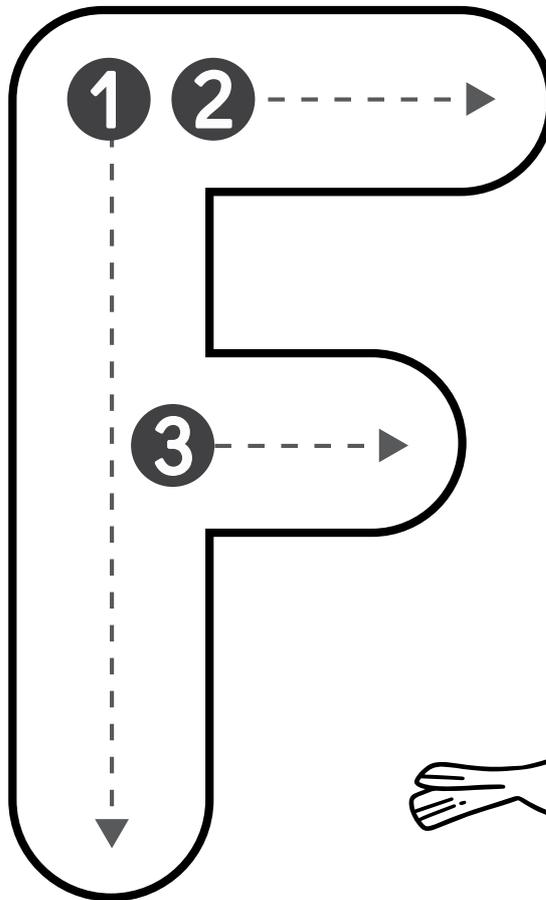
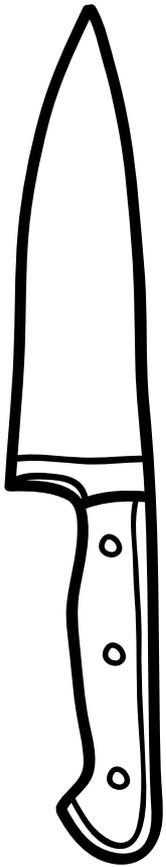


_str_la

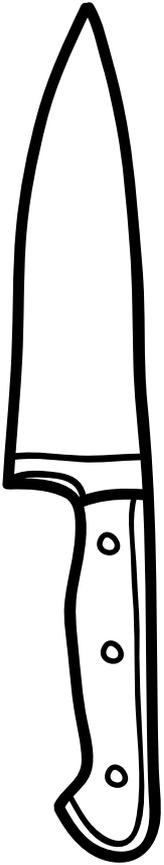


_scada

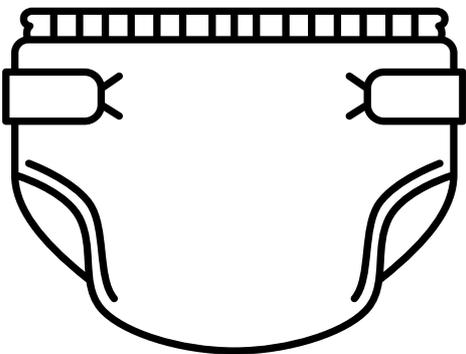
Faça o tracejado da letra F



Complete com a letra

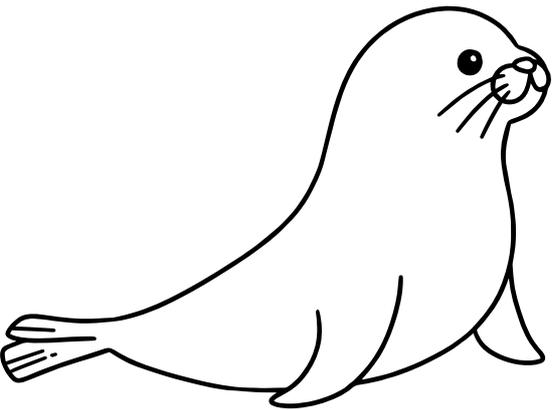


_aca

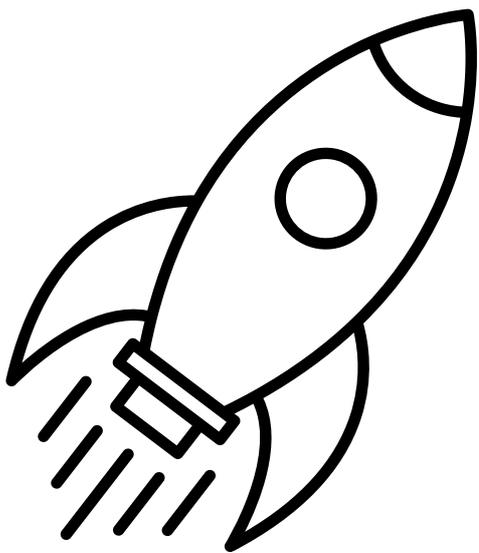


_ralda

Complete com a letra

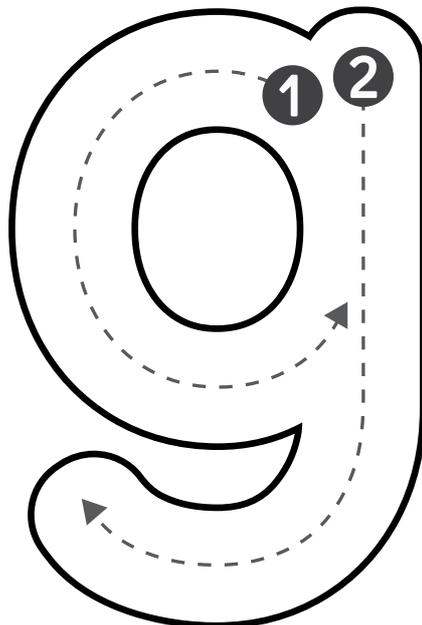
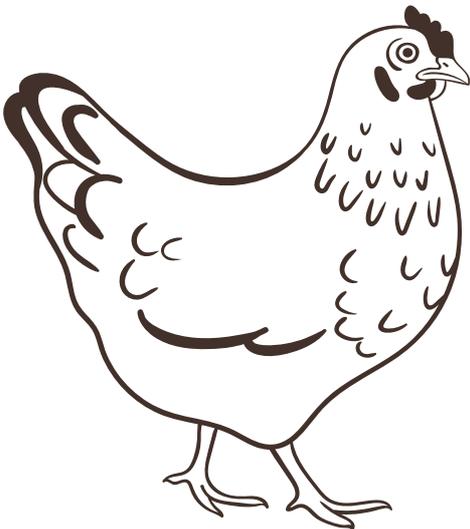
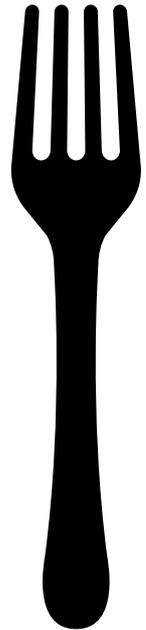
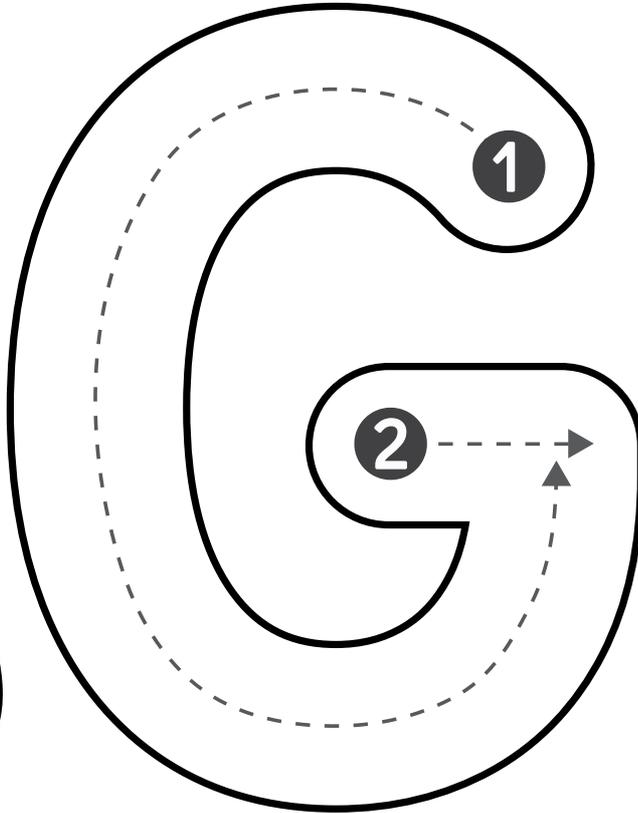
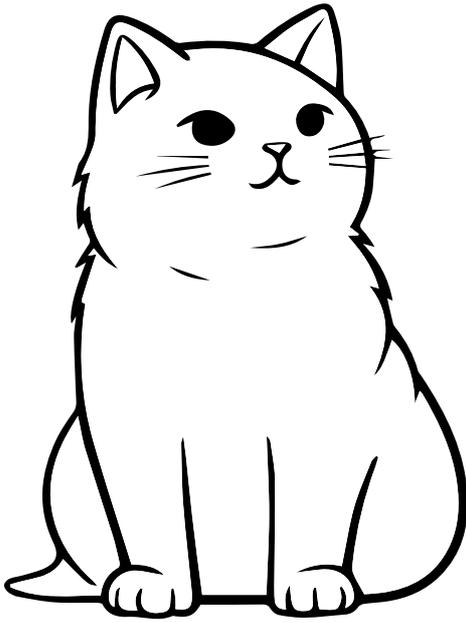


_oca

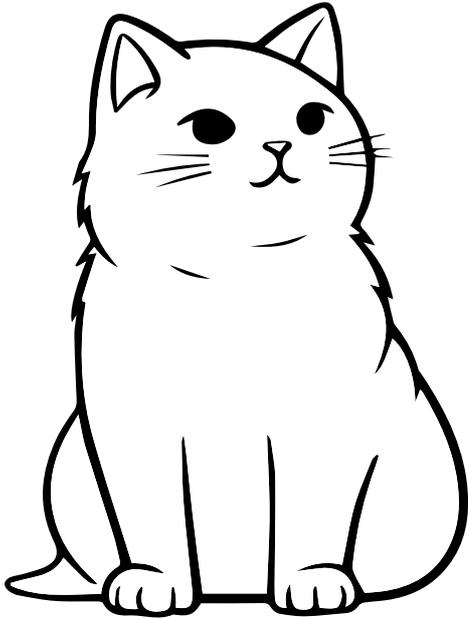


_oguete

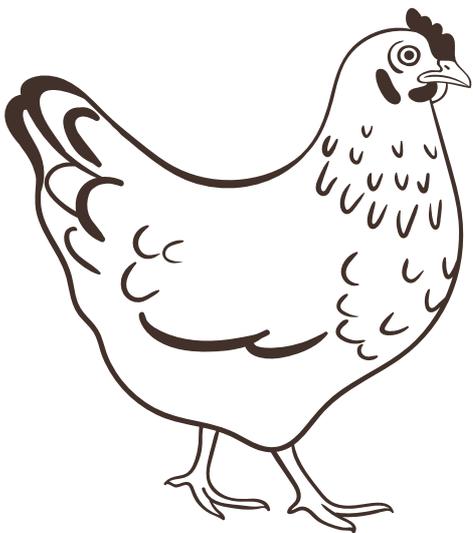
Faça o tracejado da letra G



Complete com a letra

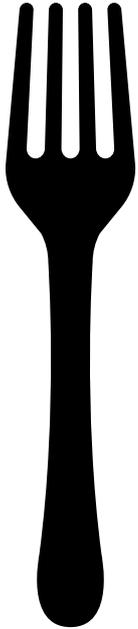


_ato



_alinha

Complete com a letra

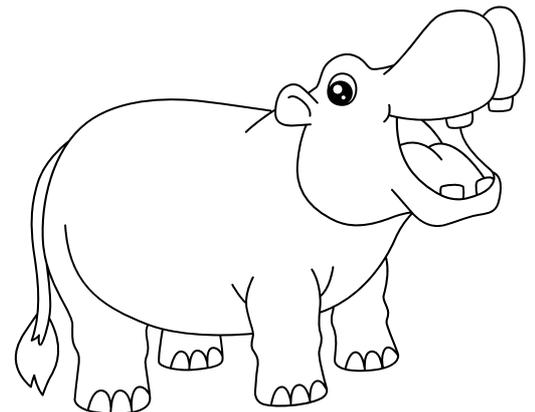
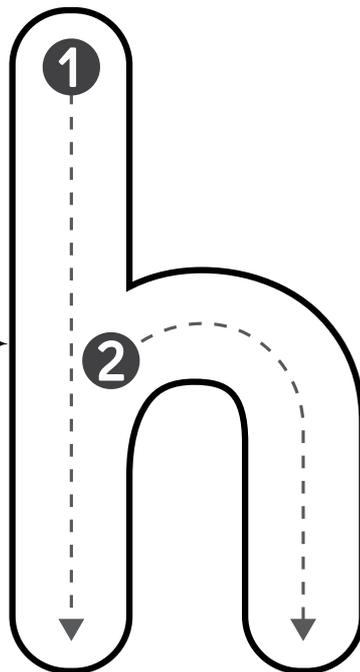
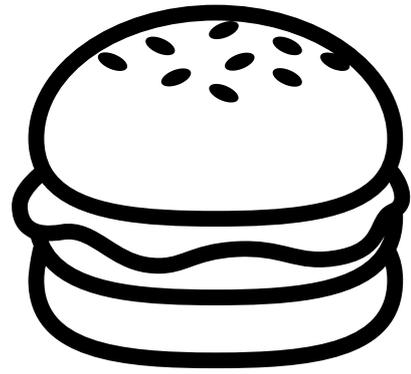
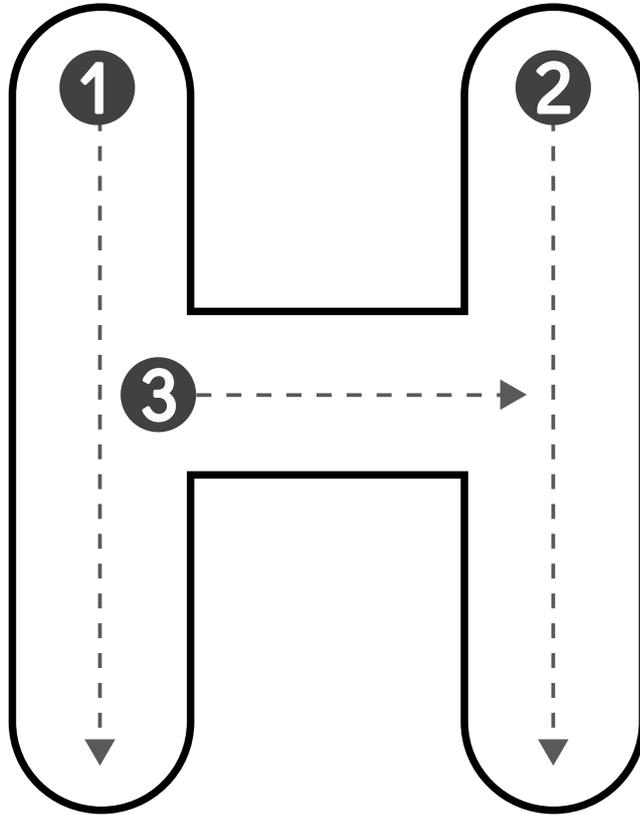


_arfo



_ota

Faça o tracejado da letra H



Complete com a letra

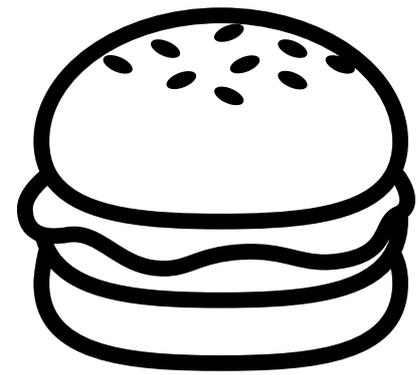


_elicóptero

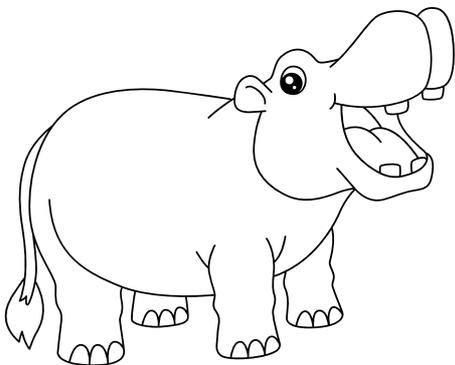


_erói

Complete com a letra

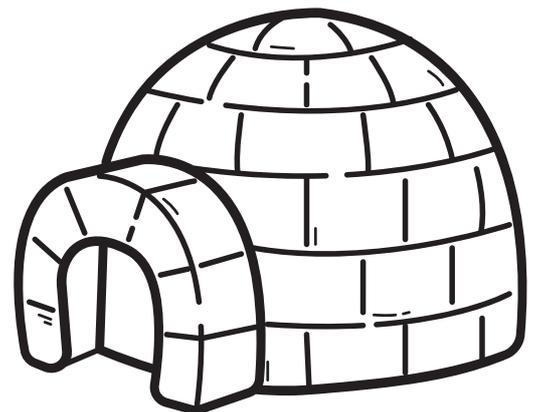
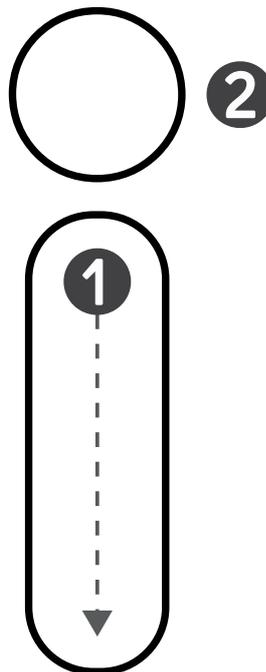
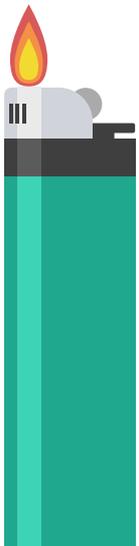
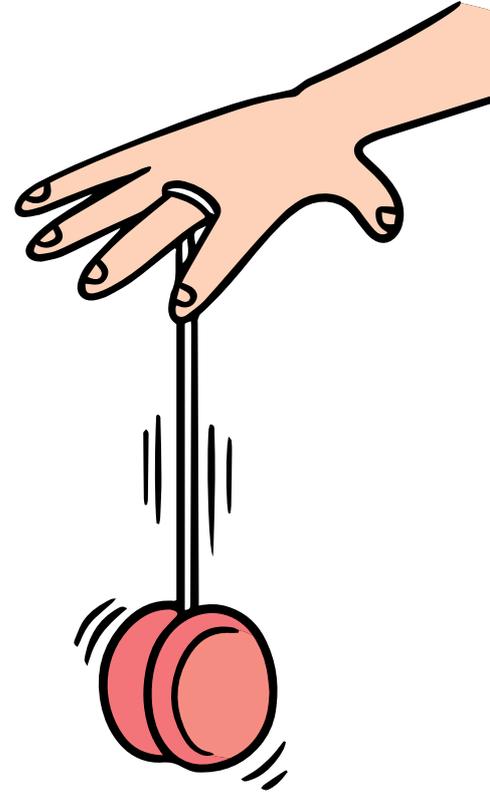
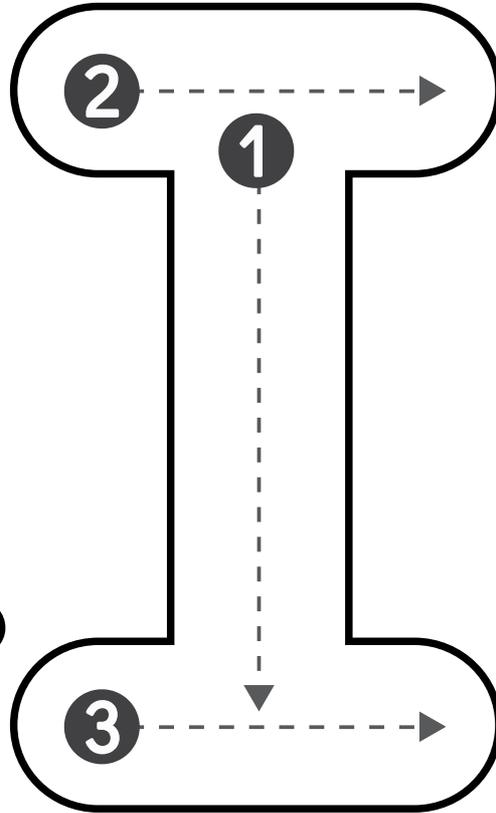


_ambúrguer



_ipopótamo

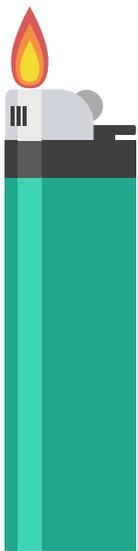
Faça o tracejado da letra I



Complete com a letra

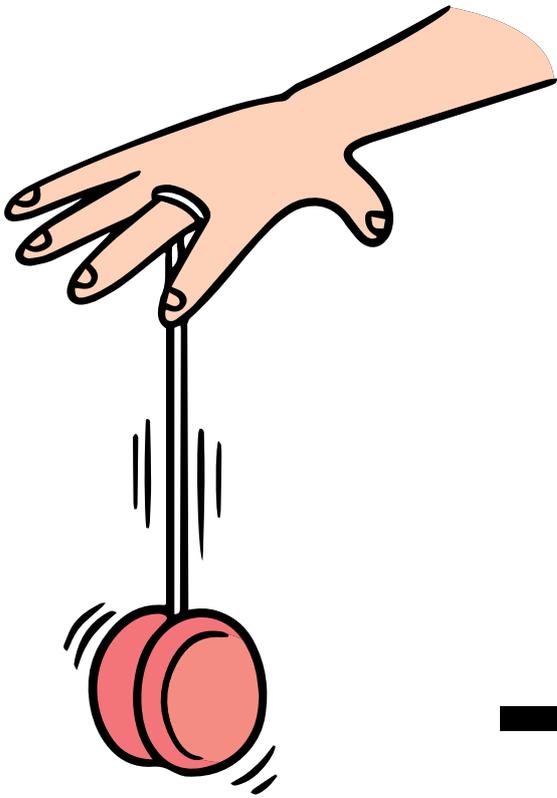


_greja

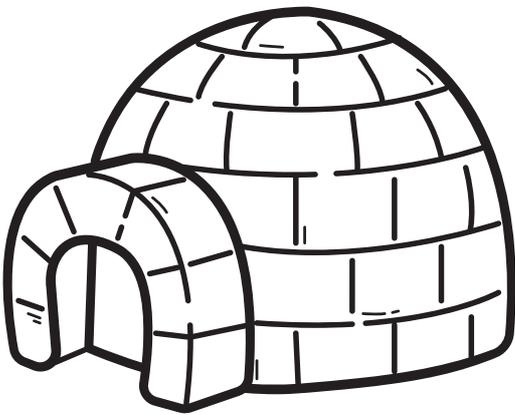


sque ro

Complete com a letra

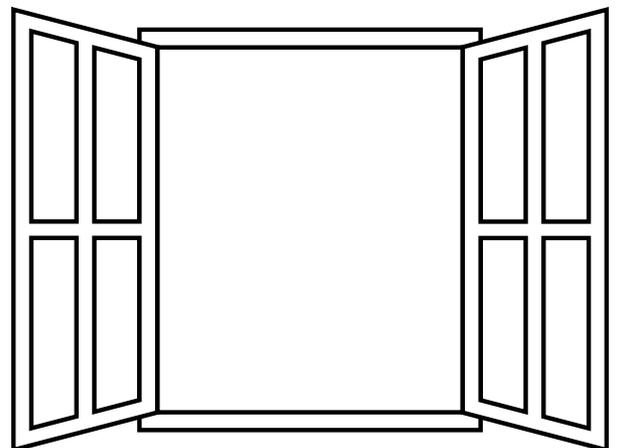
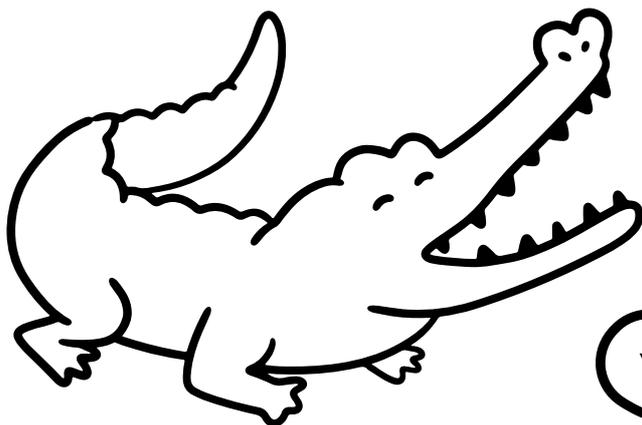
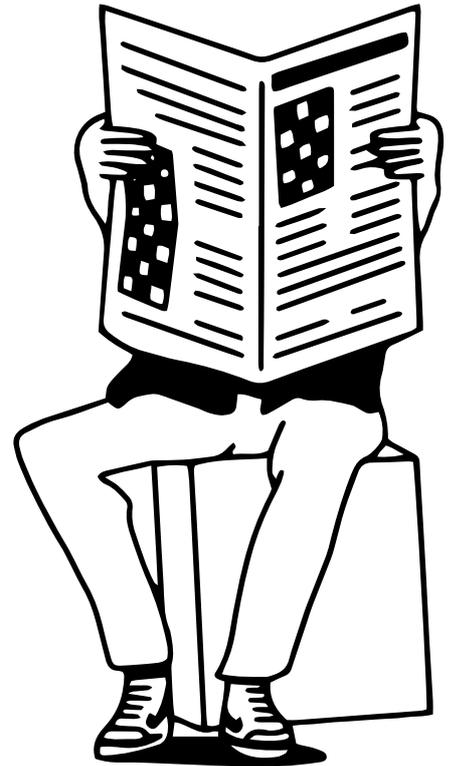
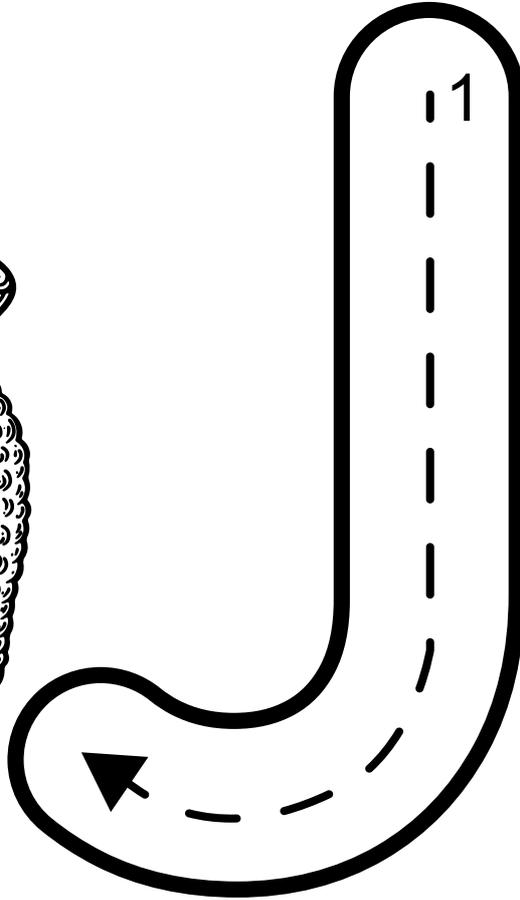
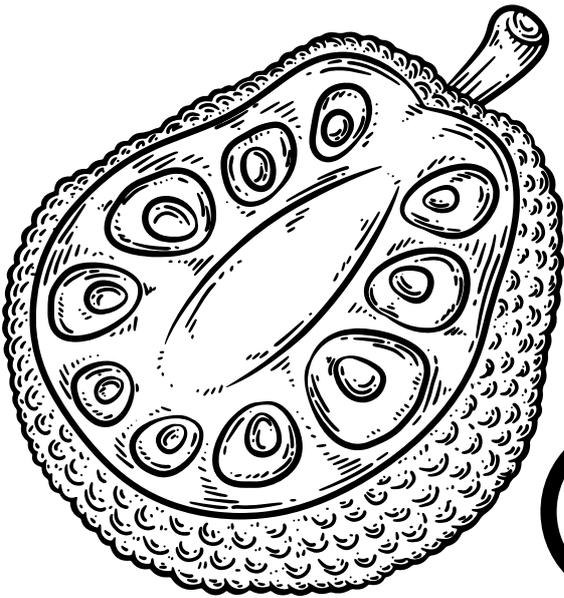


_o_o

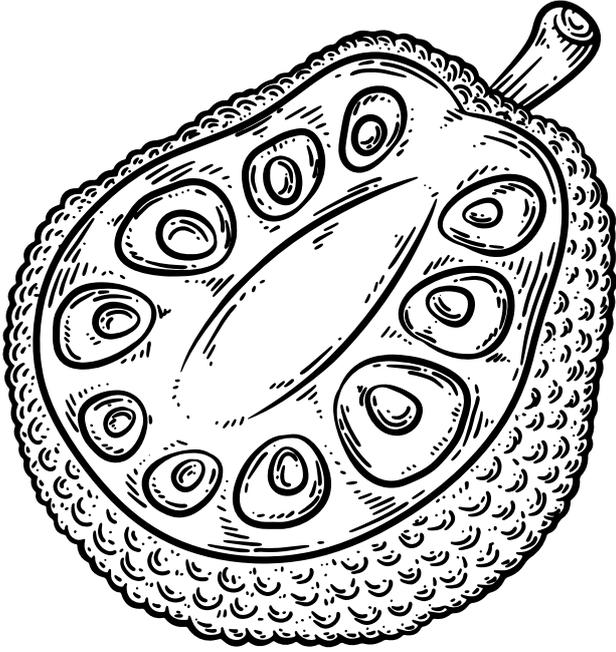


_glu

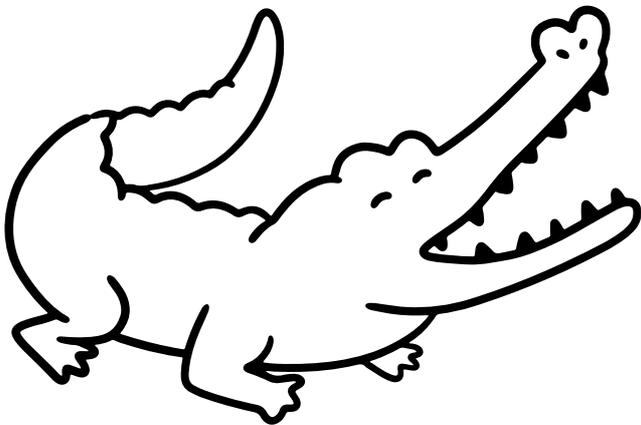
Faça o tracejado da letra J



Complete com a letra



_aca

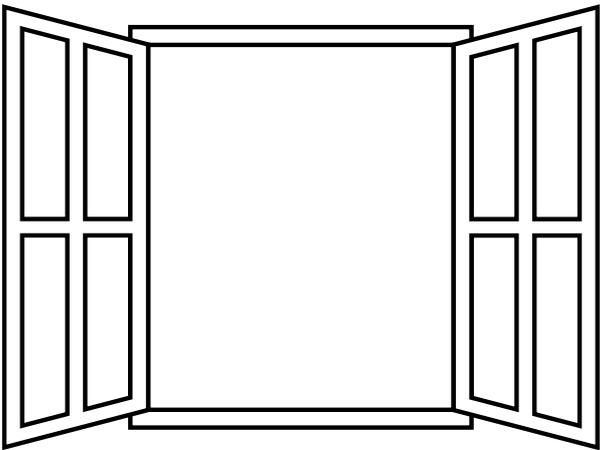


_acaré

Complete com a letra

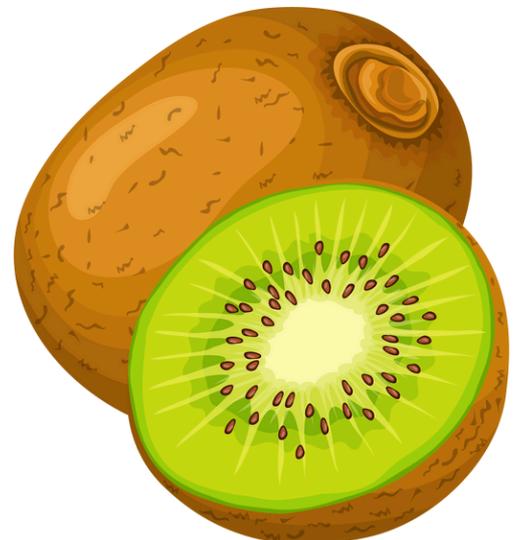
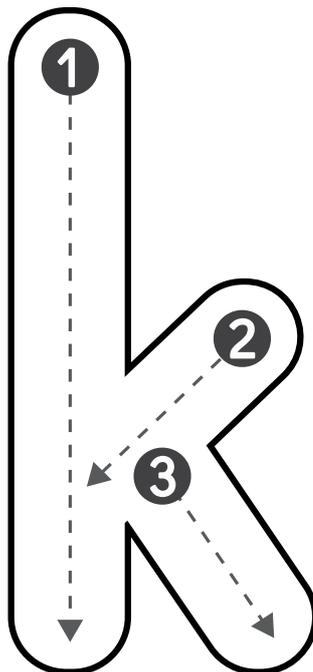
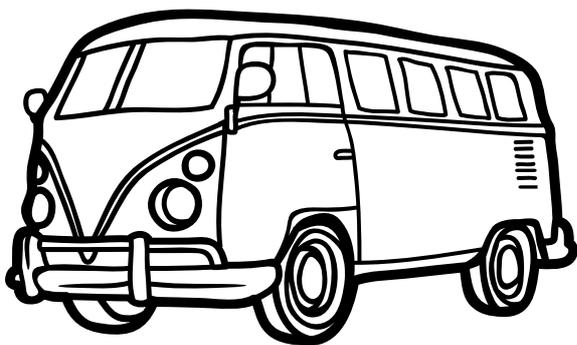
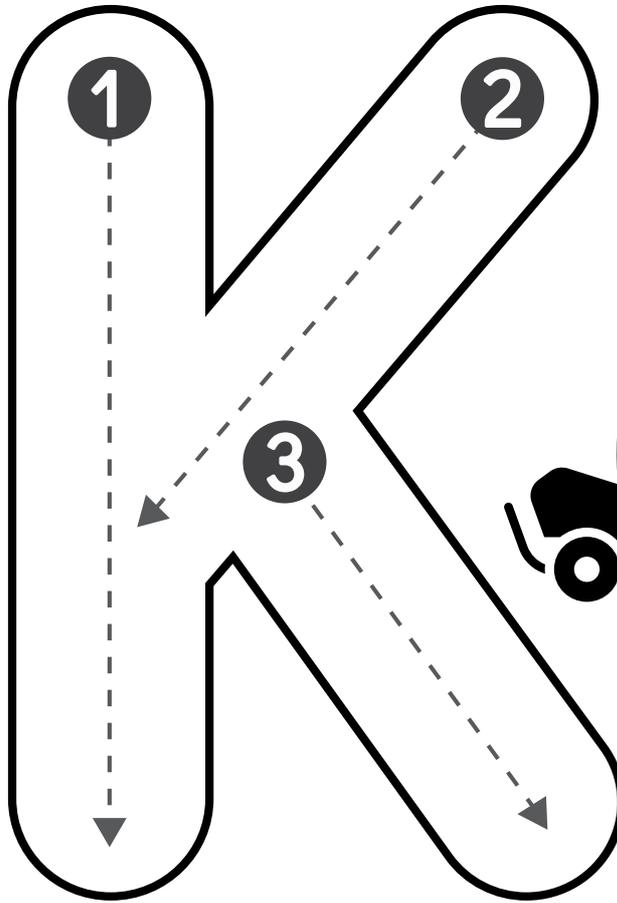
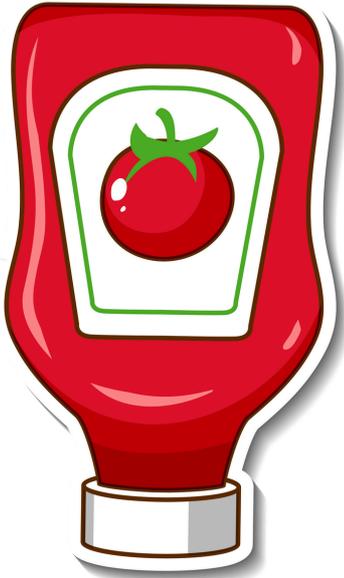


_ornal

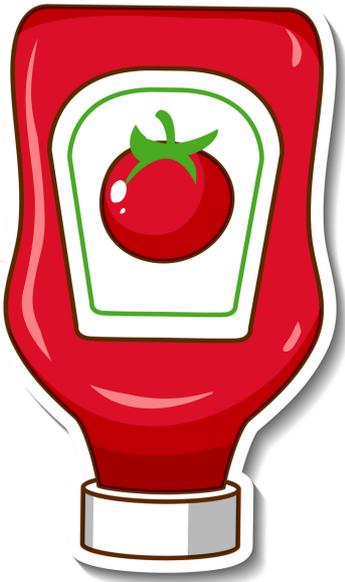


_anela

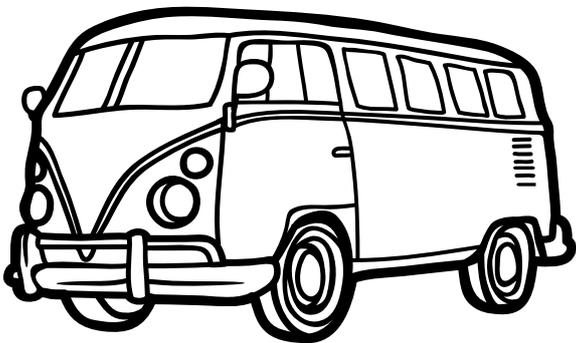
Faça o tracejado da letra J



Complete com a letra



_etchup

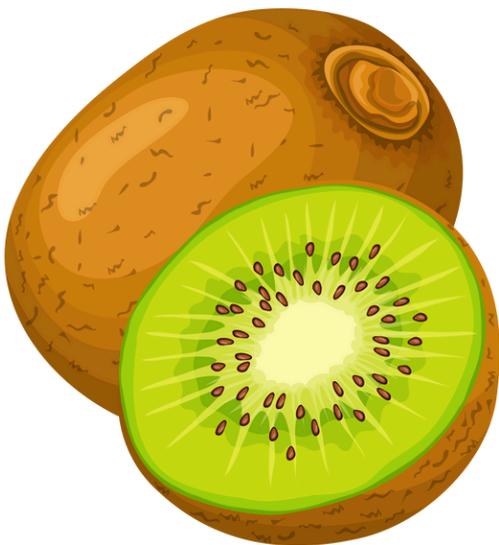


_ombi

Complete com a letra

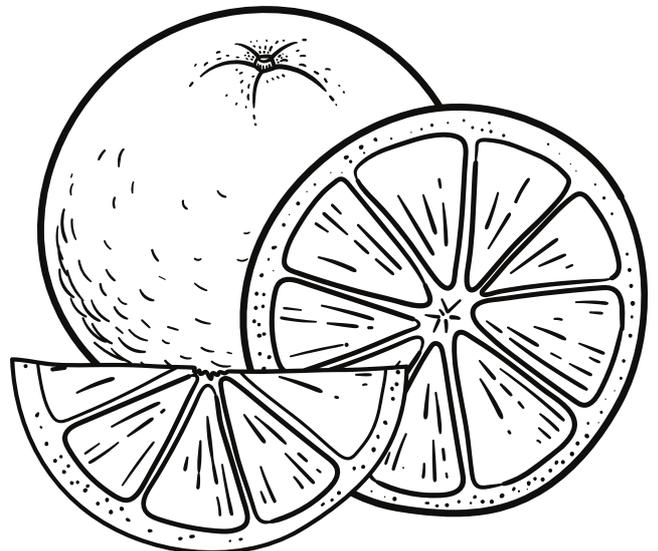
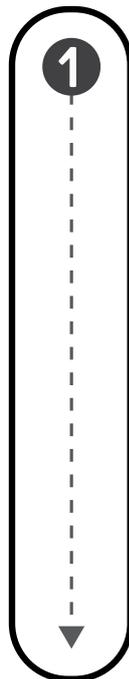
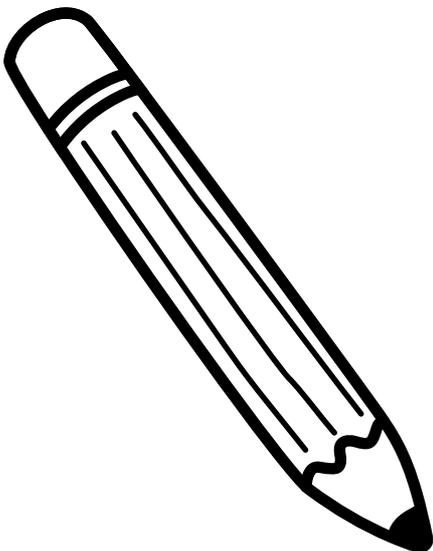
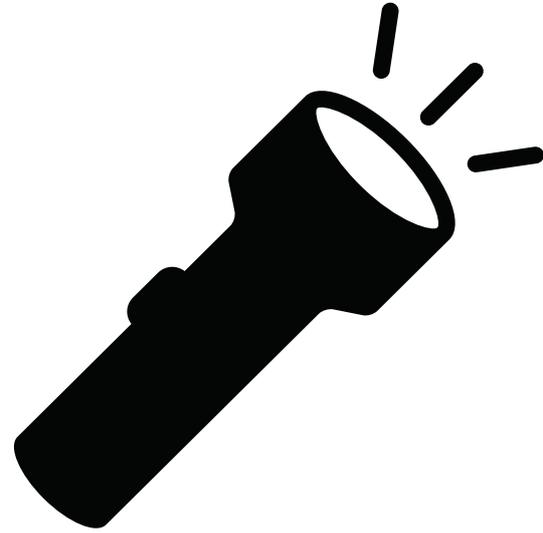
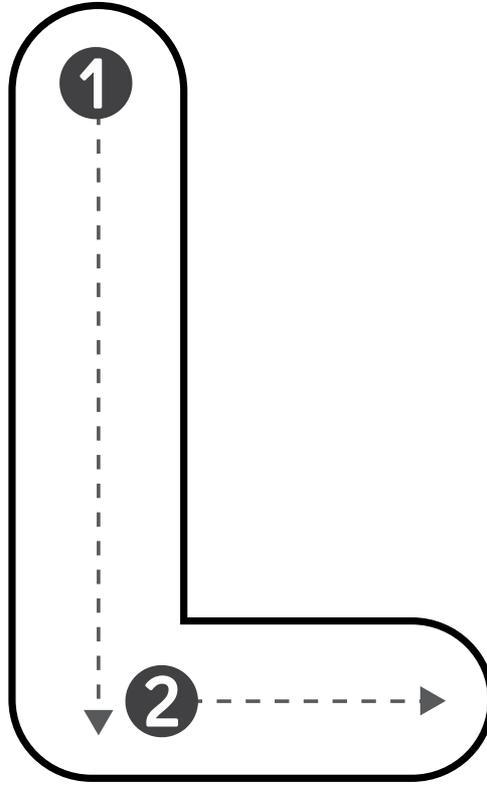
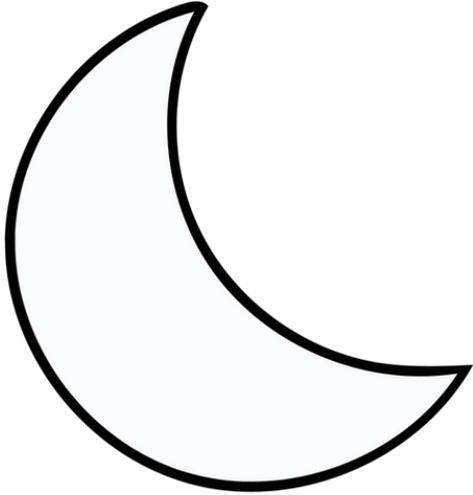


_art

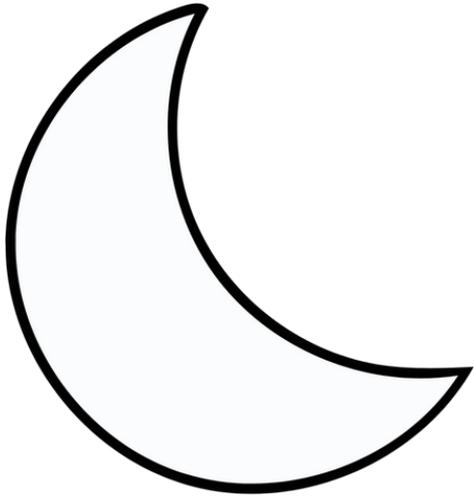


_iwi

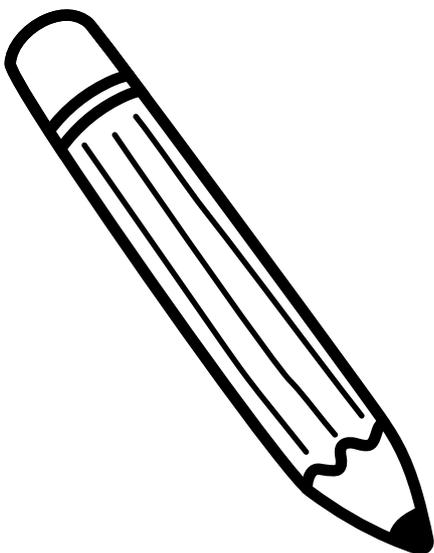
Faça o tracejado da letra J



Complete com a letra



_ua

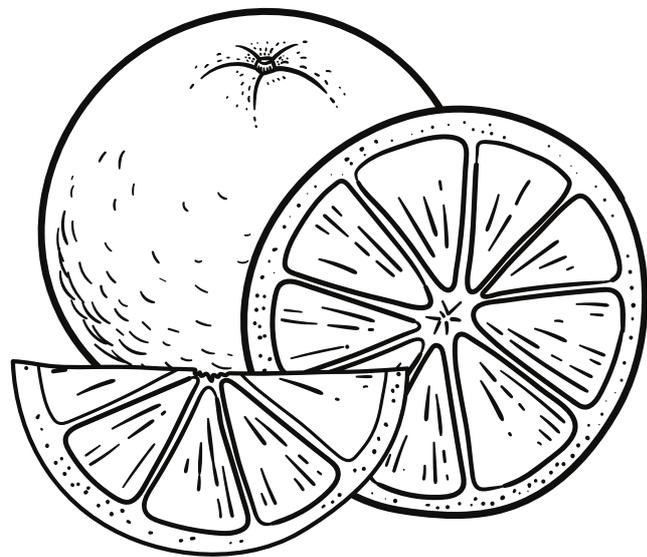


_ápis

Complete com a letra

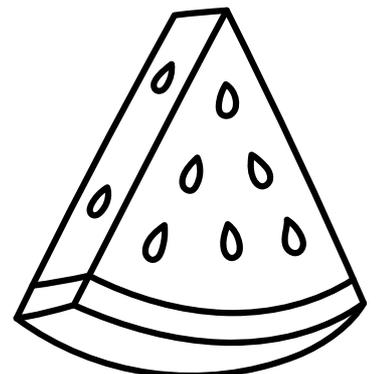
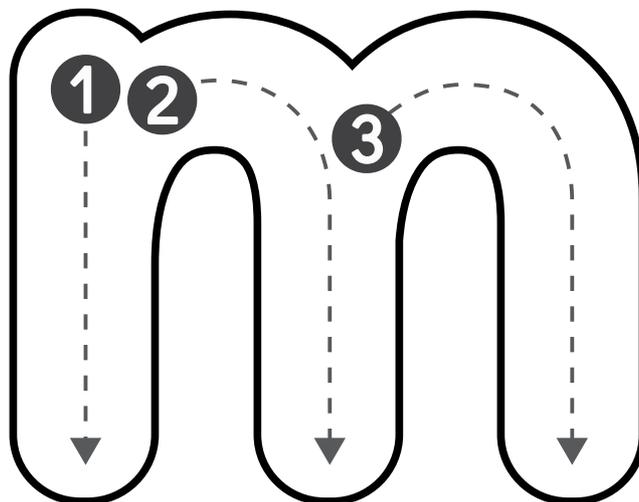
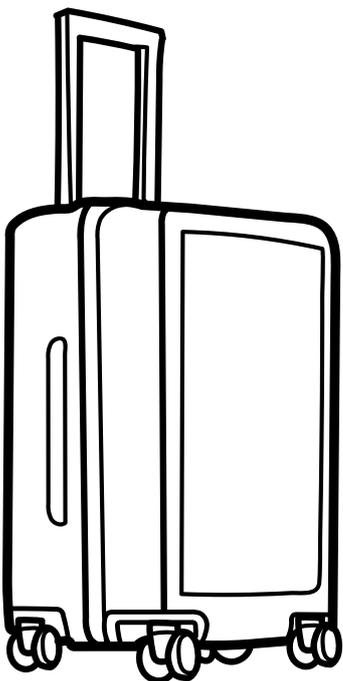
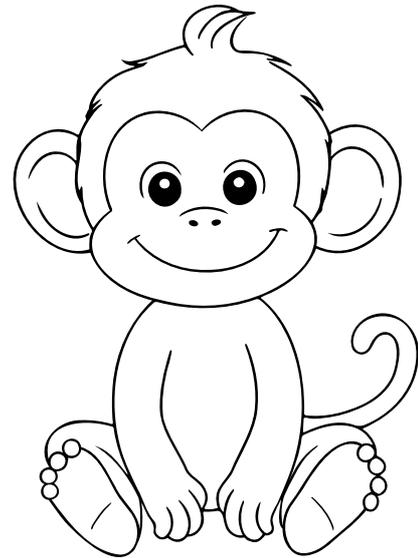
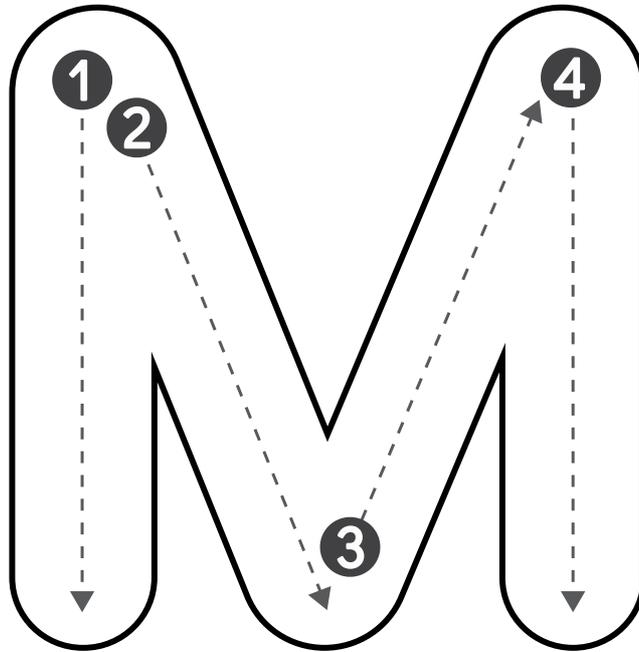
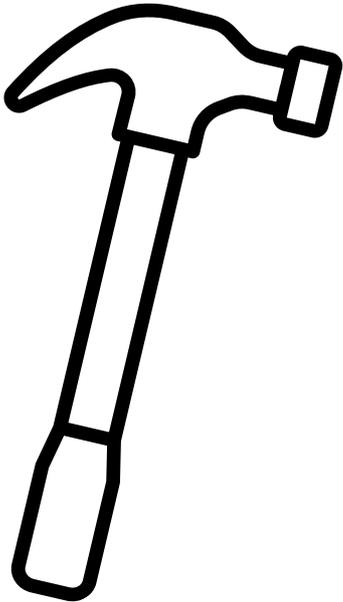


_anterna

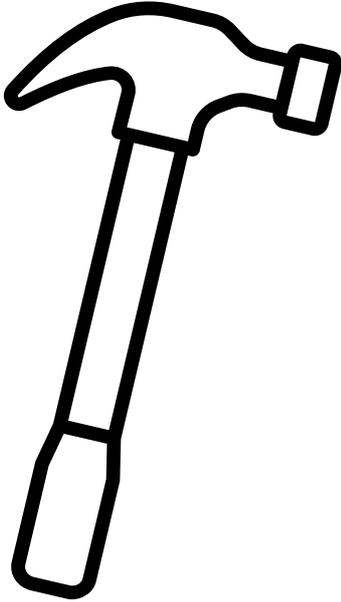


_aranja

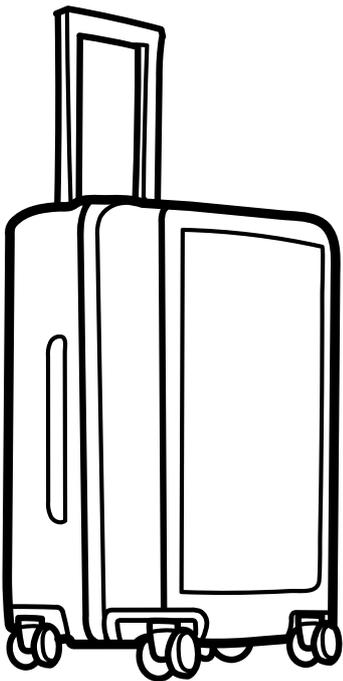
Faça o tracejado da letra J



Complete com a letra

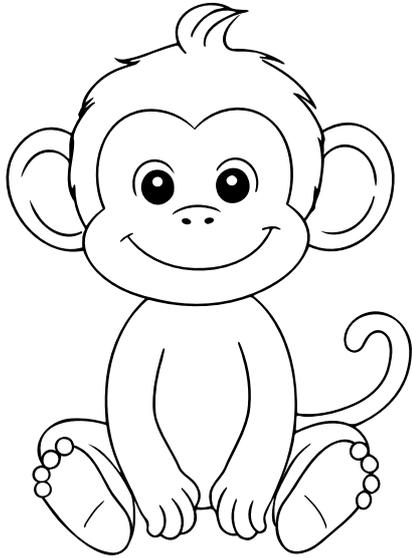


_artelo

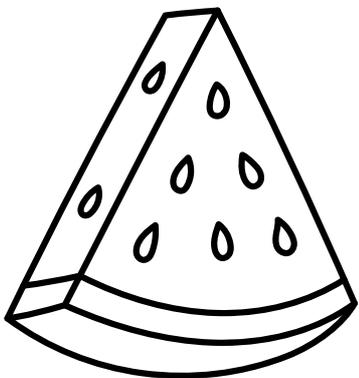


_ala

Complete com a letra

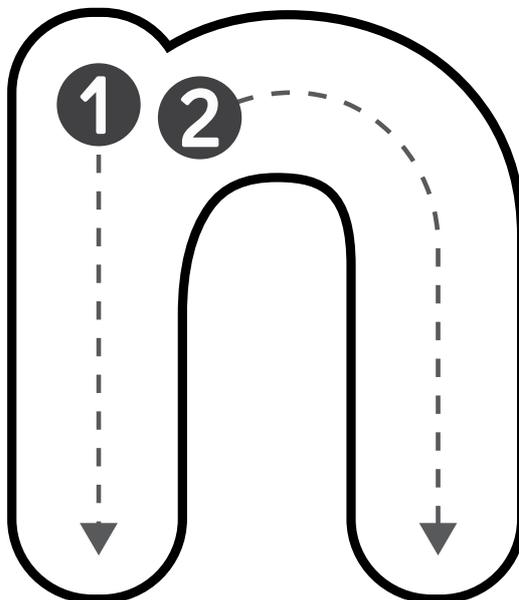
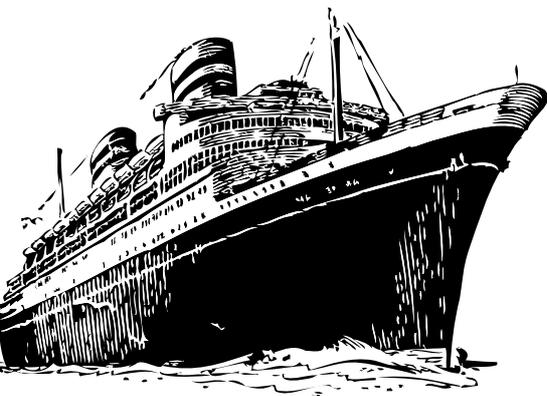
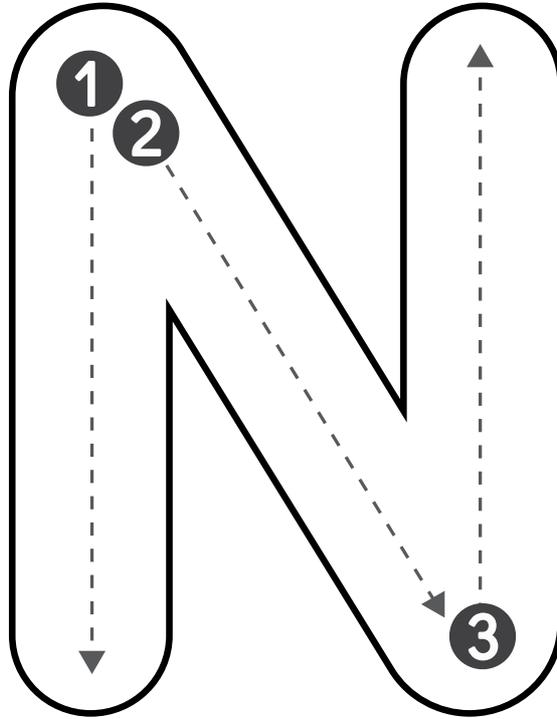
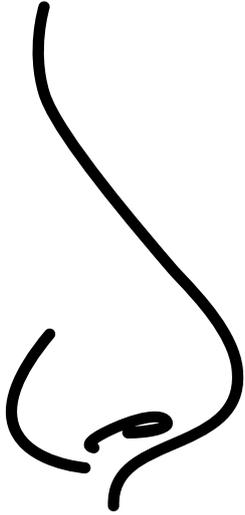


_acaco

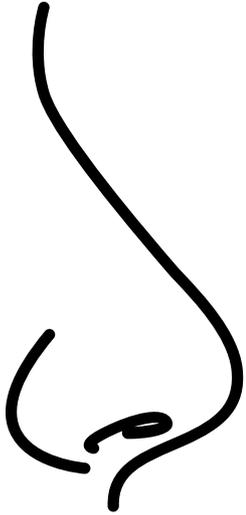


_elancia

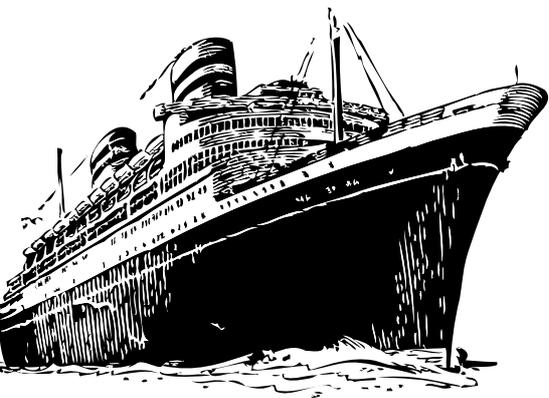
Faça o traçado da letra J



Complete com a letra



_ariz



_avio

Complete com a letra

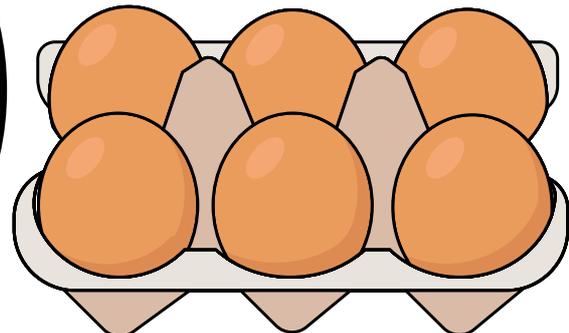
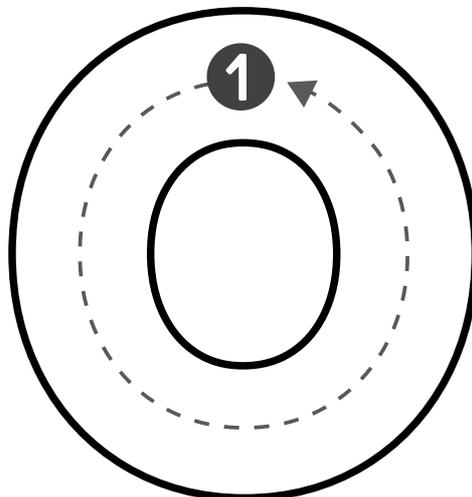
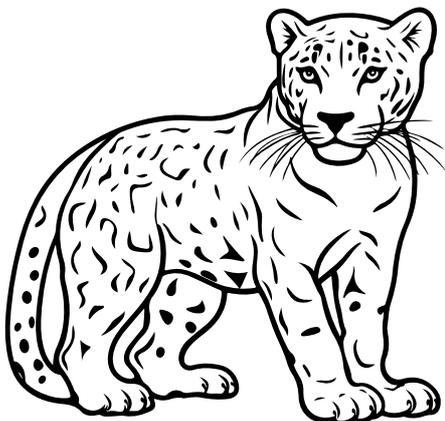
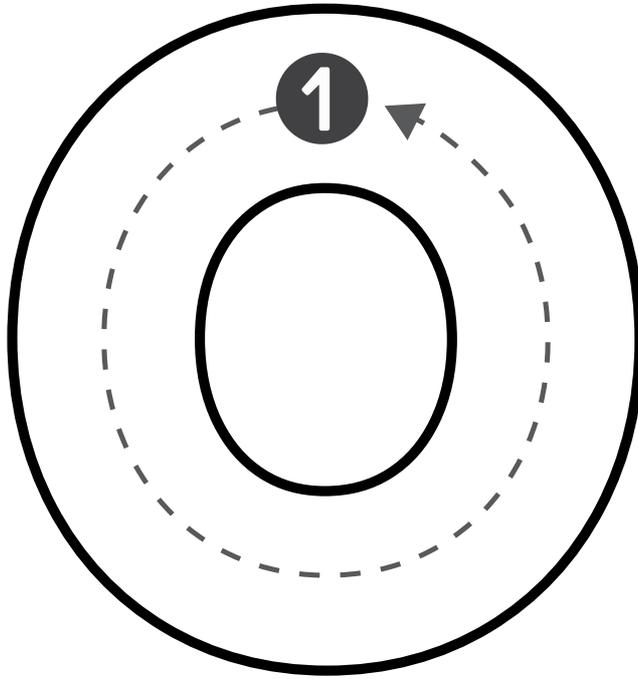
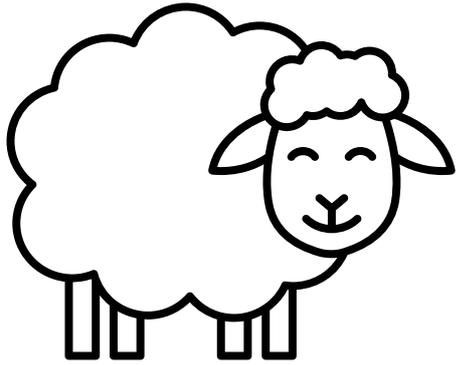


_otebook

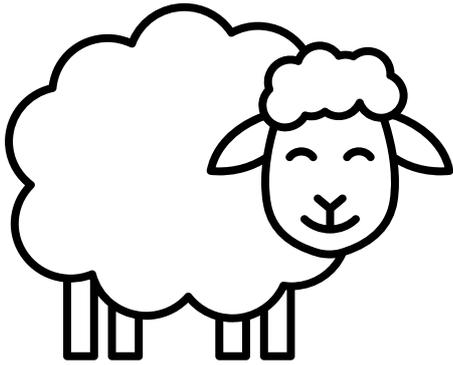


_adar

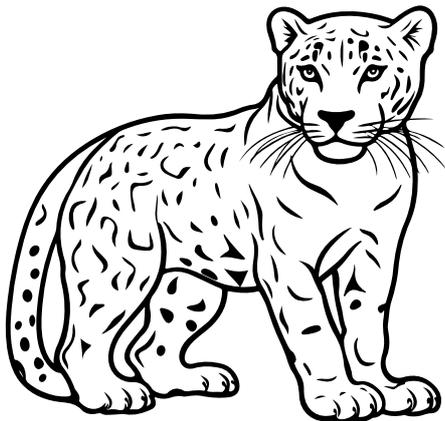
Faça o tracejado da letra J



Complete com a letra



_velha

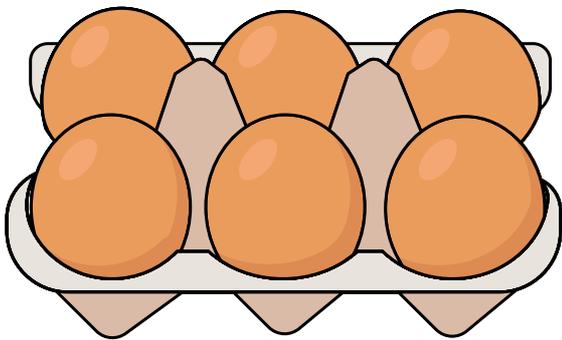


_nça

Complete com a letra

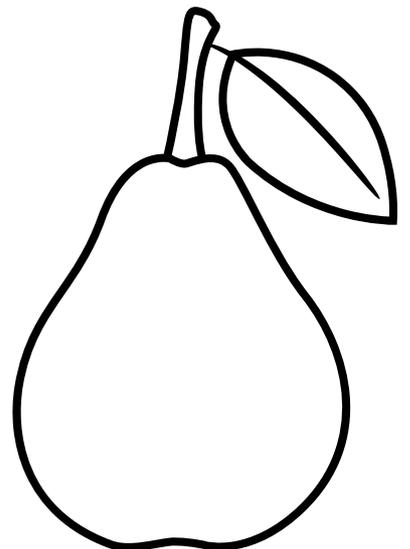
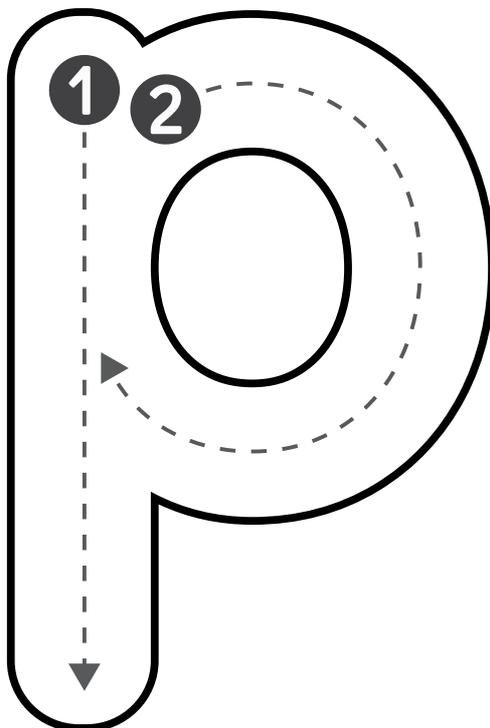
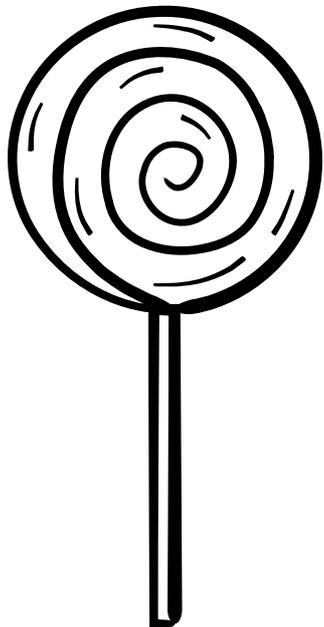
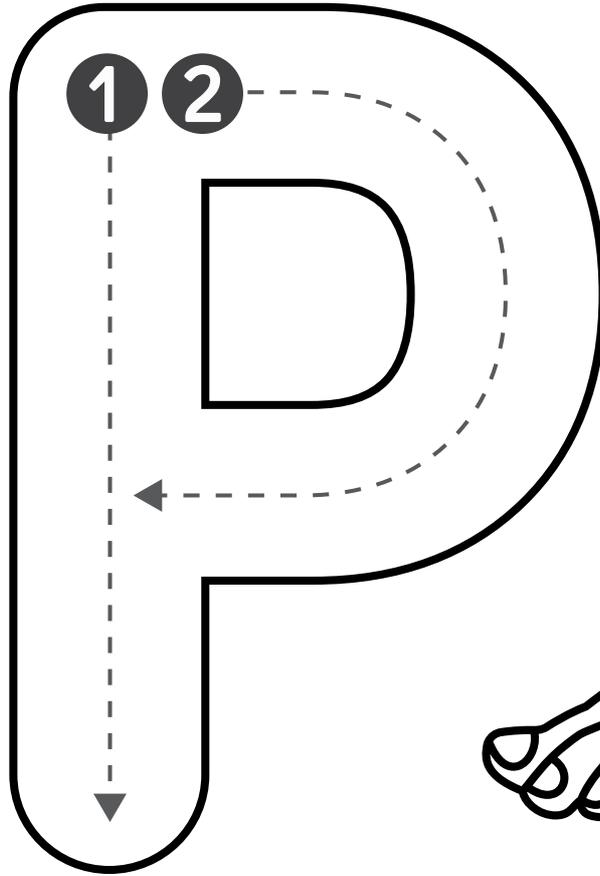
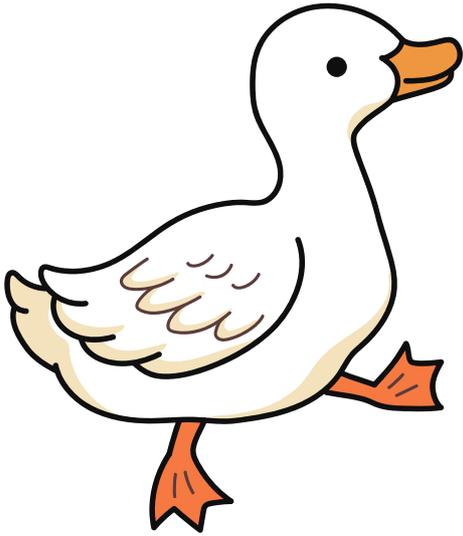


_relha

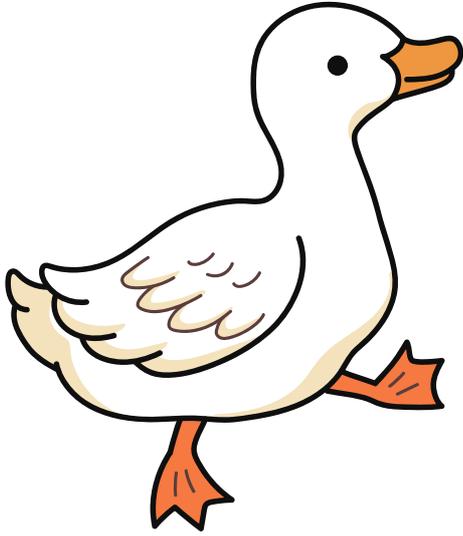


_v_s

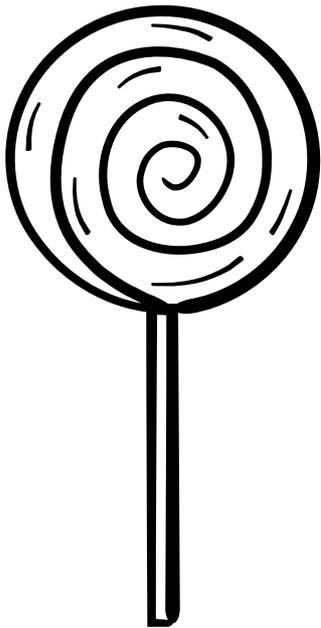
Faça o tracejado da letra J



Complete com a letra



_ato

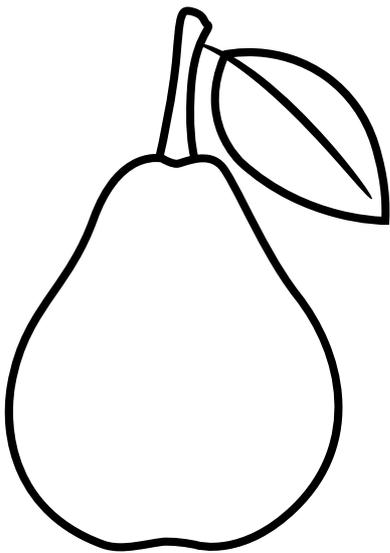


_irulito

Complete com a letra

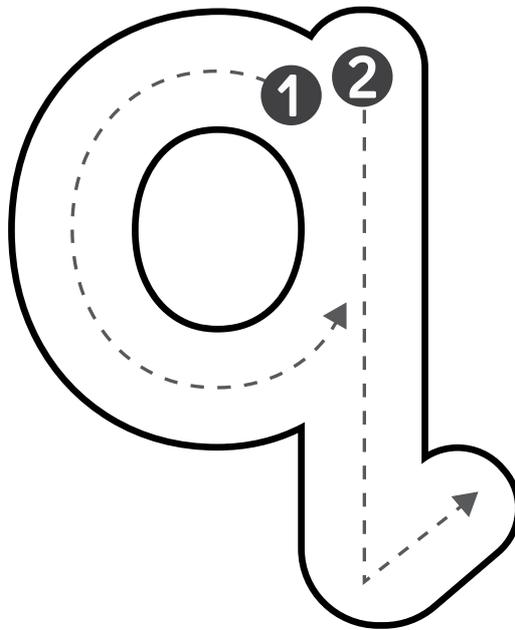
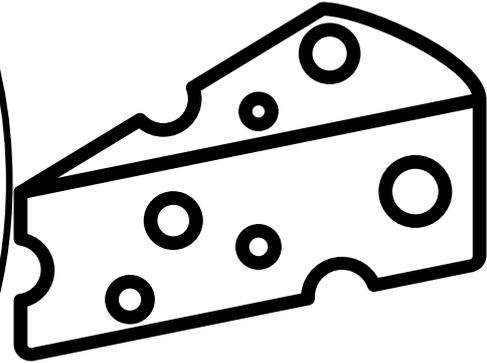
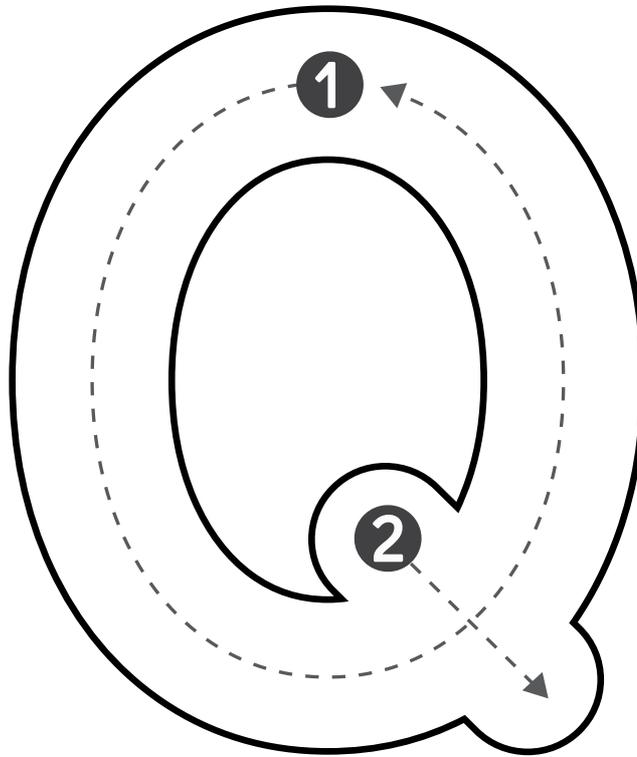
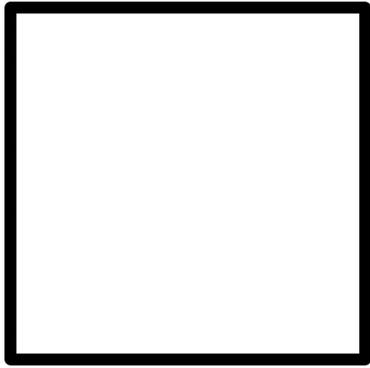


_**é**

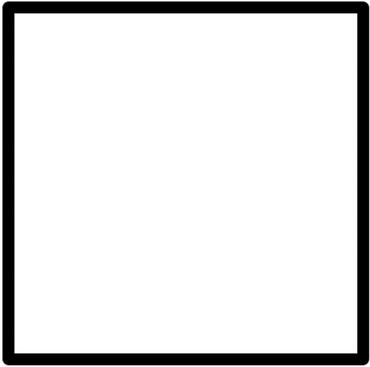


_**êra**

Faça o tracejado da letra J



Complete com a letra

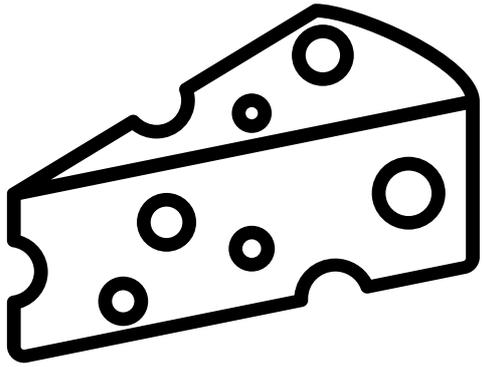


_quadrado



_quiabo

Complete com a letra

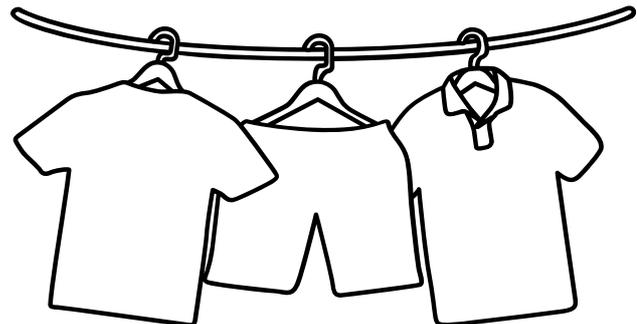
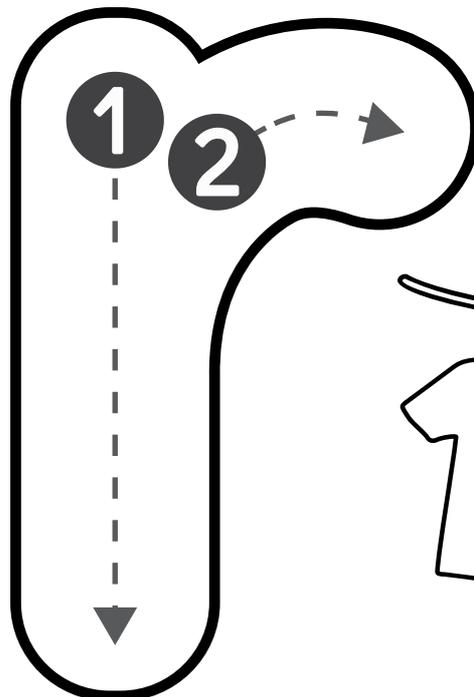
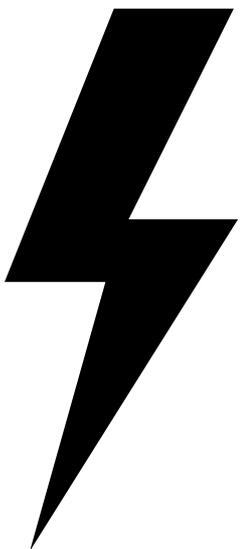
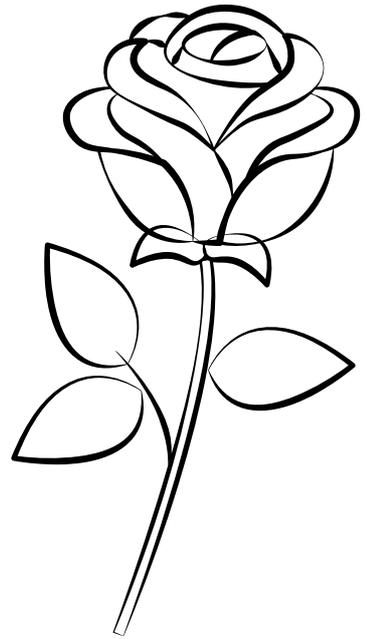
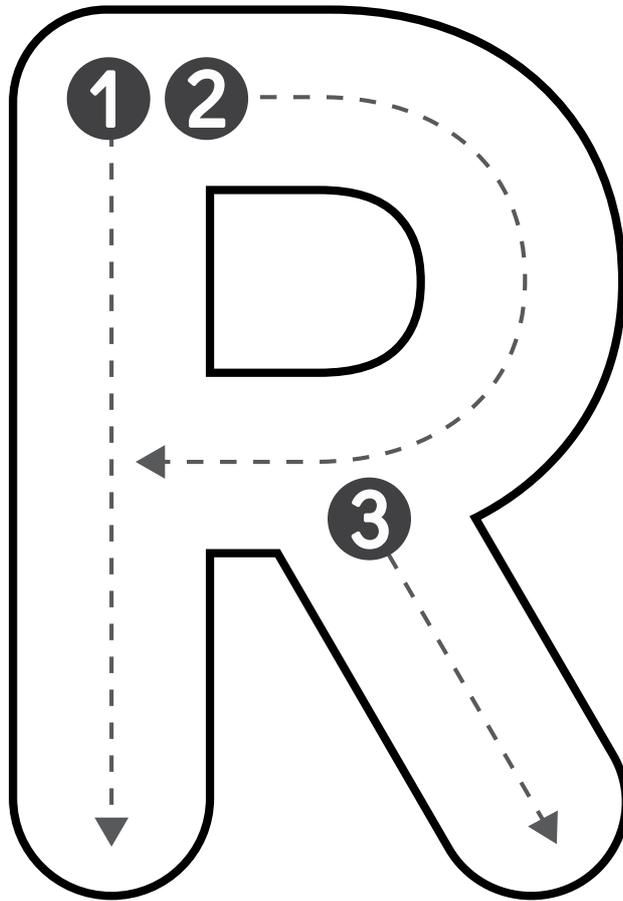
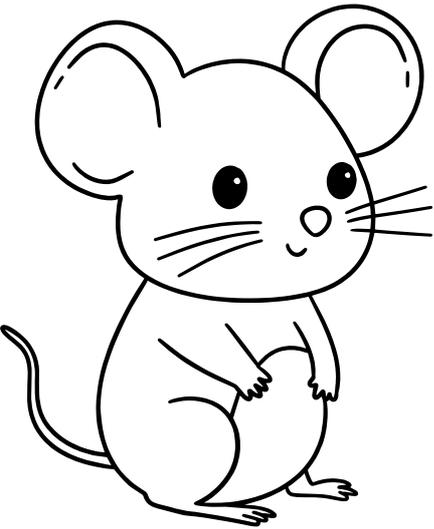


_ueijo

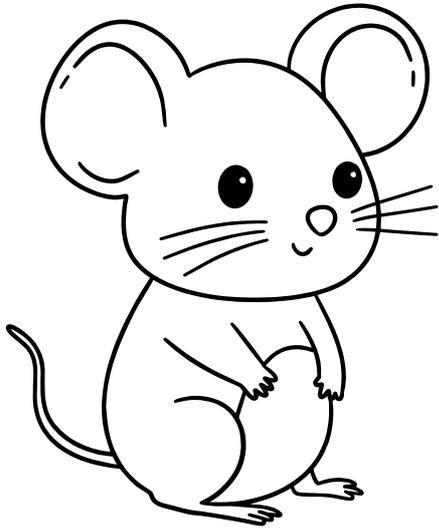


_uadro

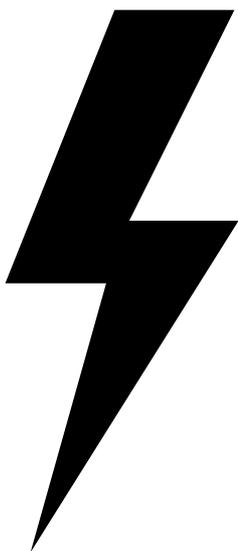
Faça o tracejado da letra J



Complete com a letra

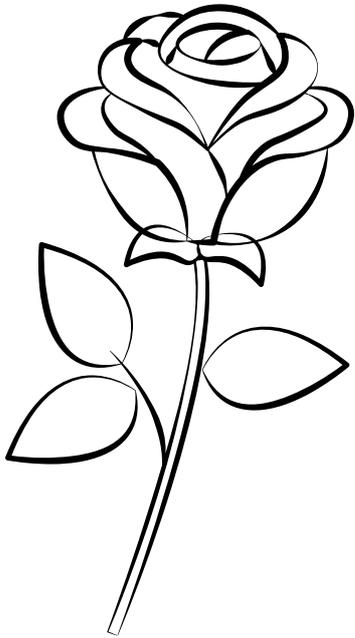


_ato

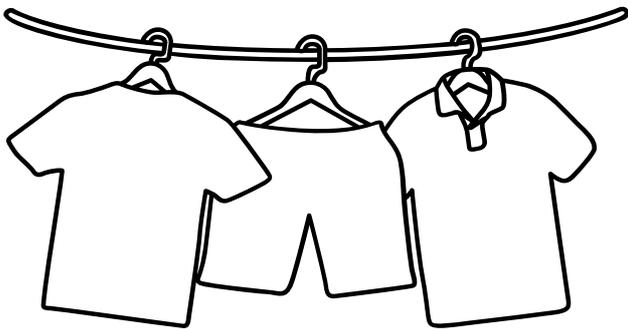


_aio

Complete com a letra

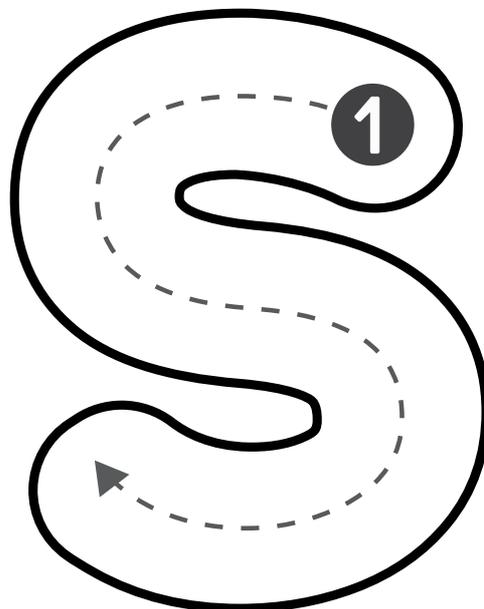
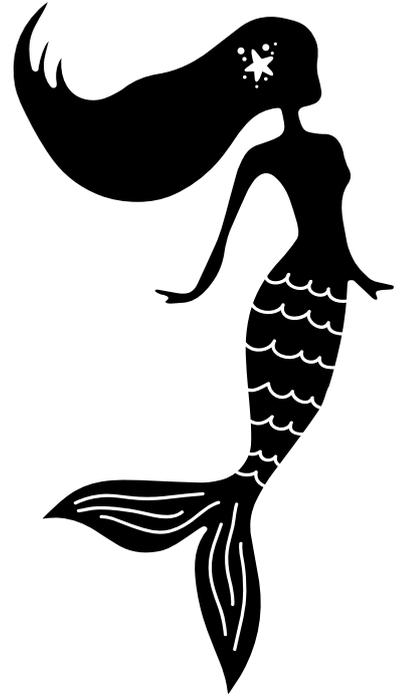
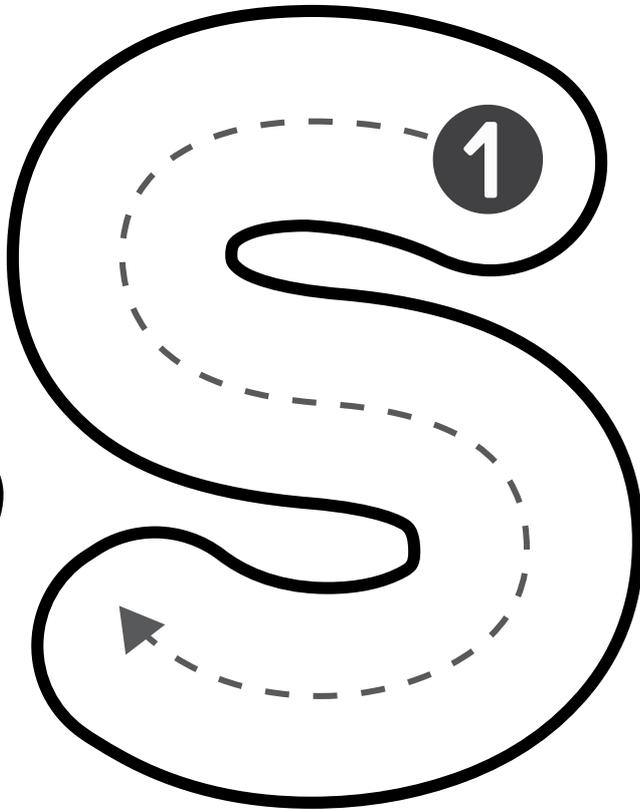
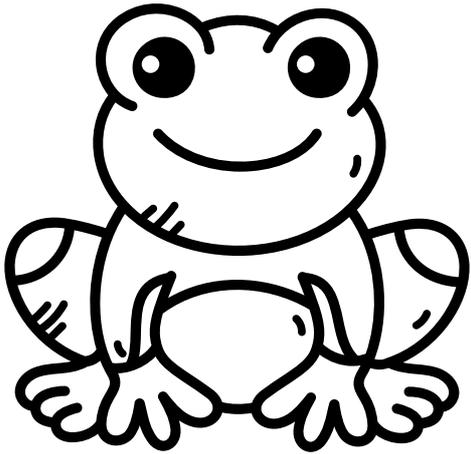


_osa

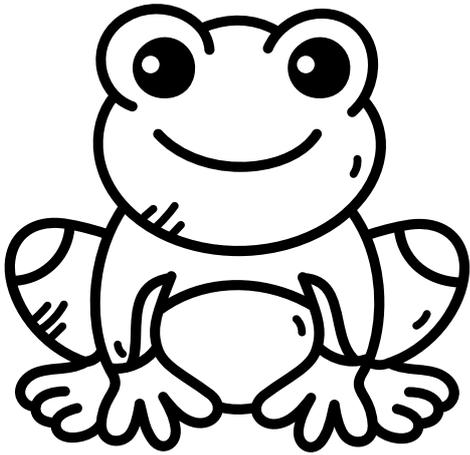


_oupa

Faça o tracejado da letra J



Complete com a letra

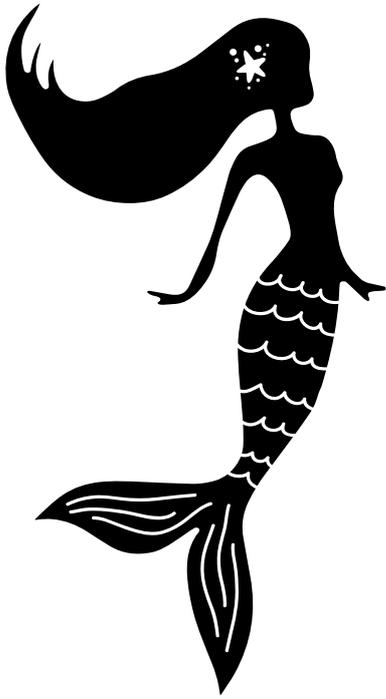


_apo

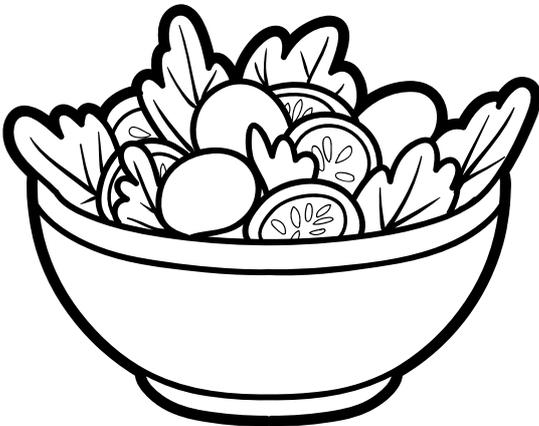


_opa

Complete com a letra

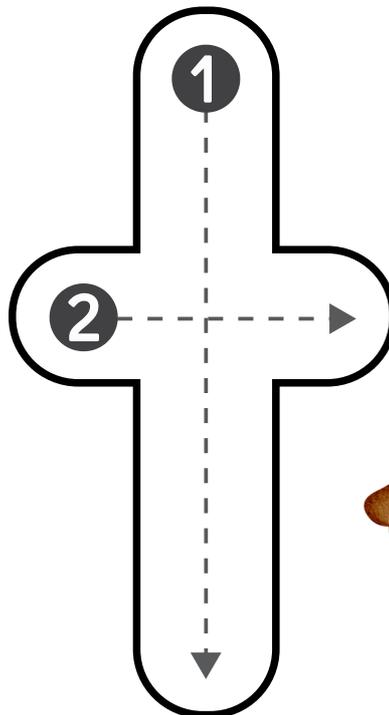
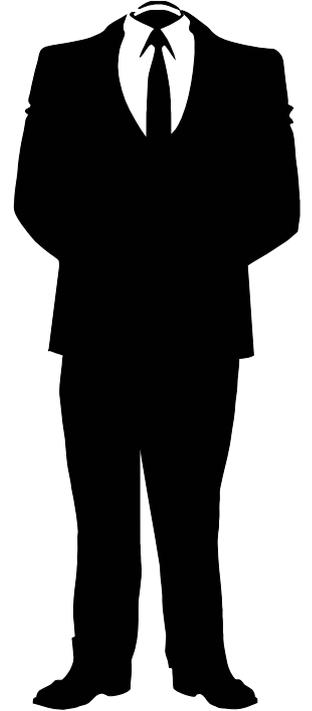
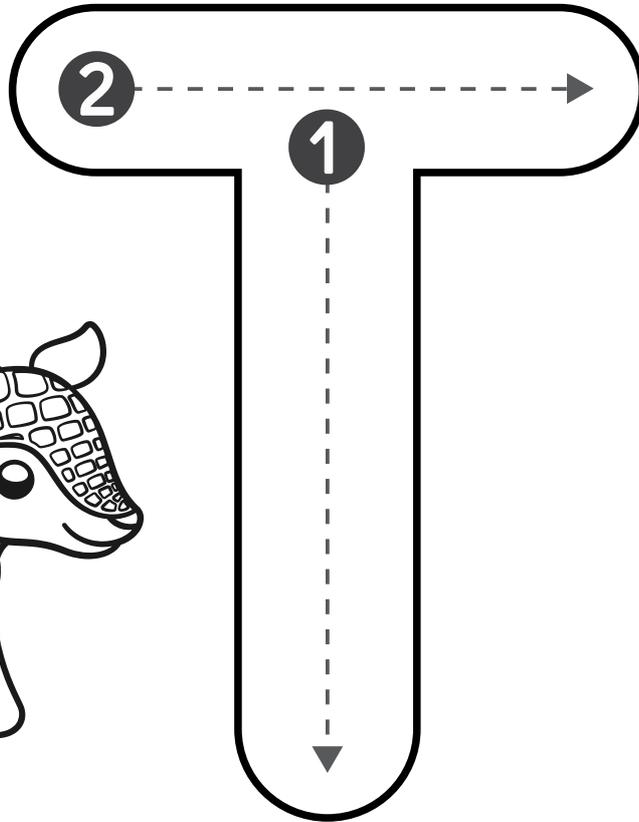
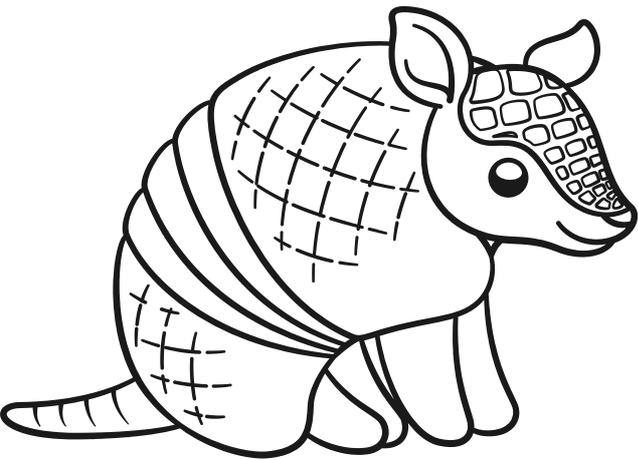


_ereia

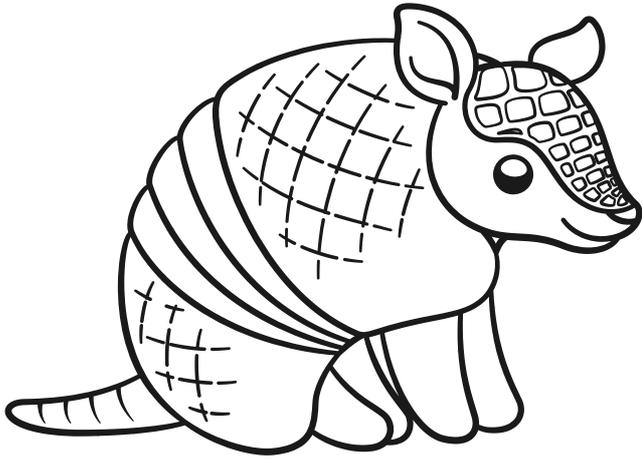


_alada

Faça o traçado da letra J



Complete com a letra

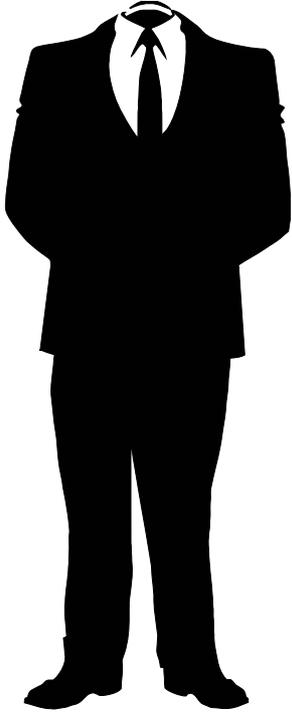


_ a _ u



_ ambor

Complete com a letra

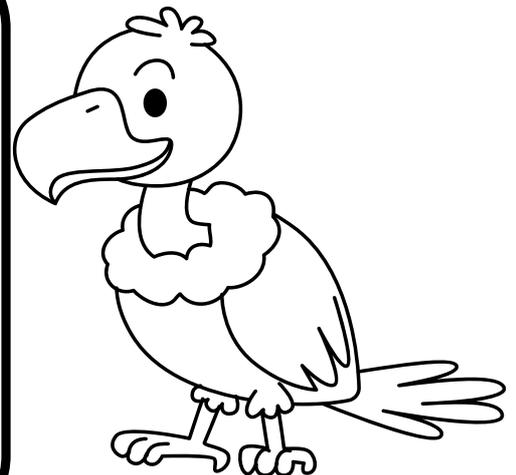
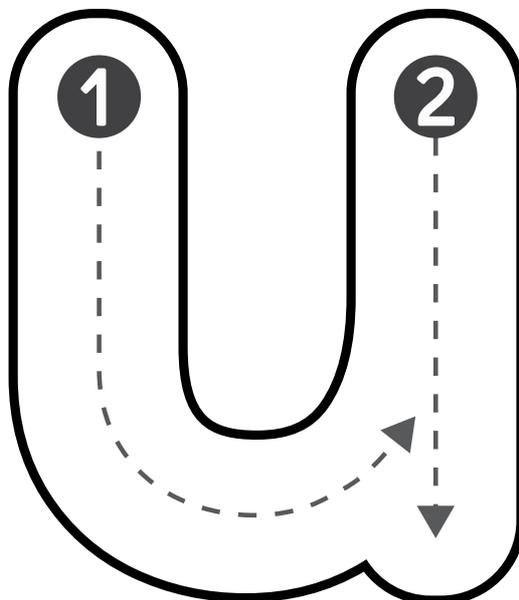
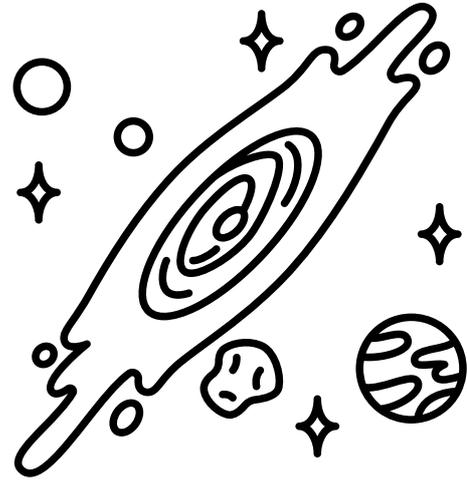
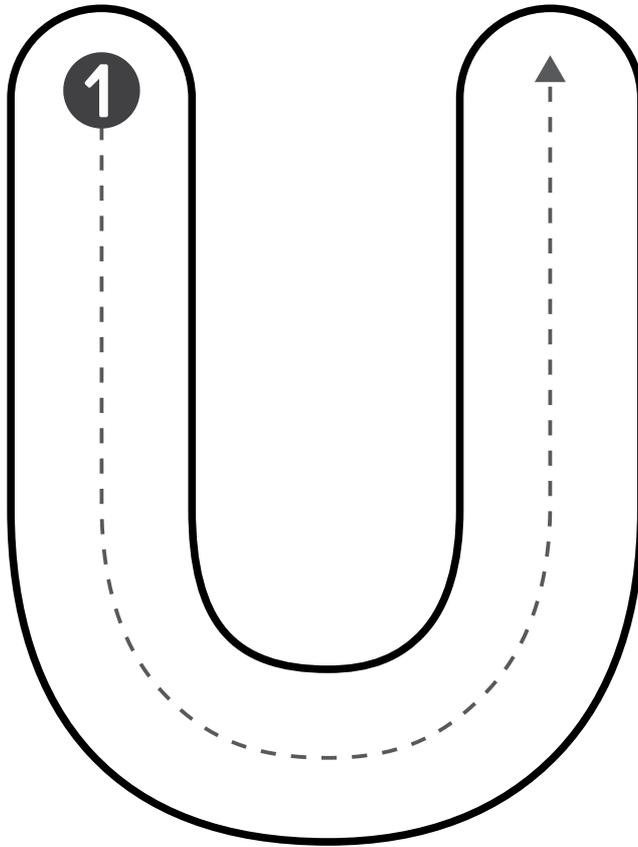
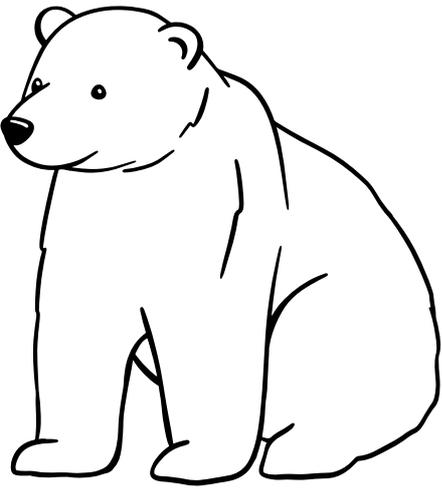


_erno

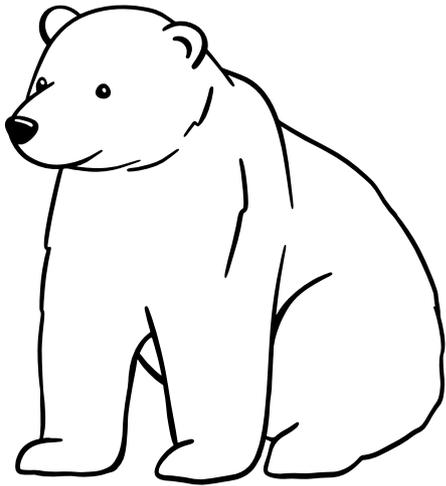


_opeira

Faça o tracejado da letra J



Complete com a letra

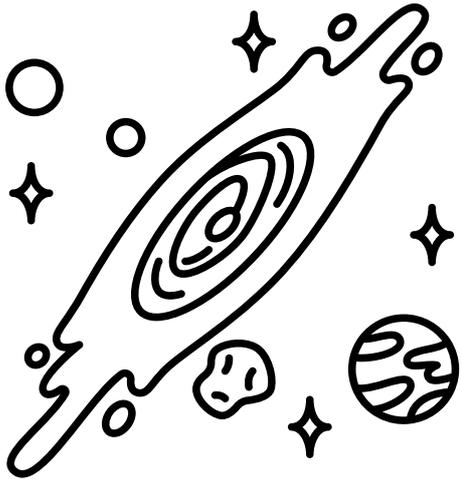


_rso

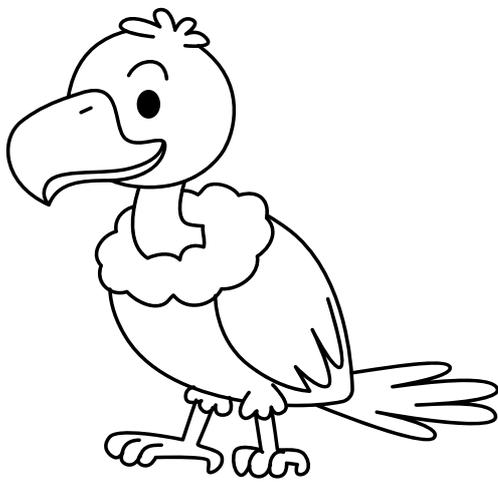


_nhas

Complete com a letra

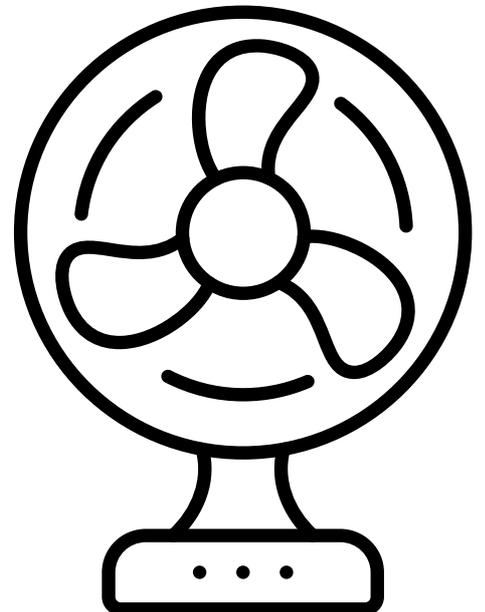
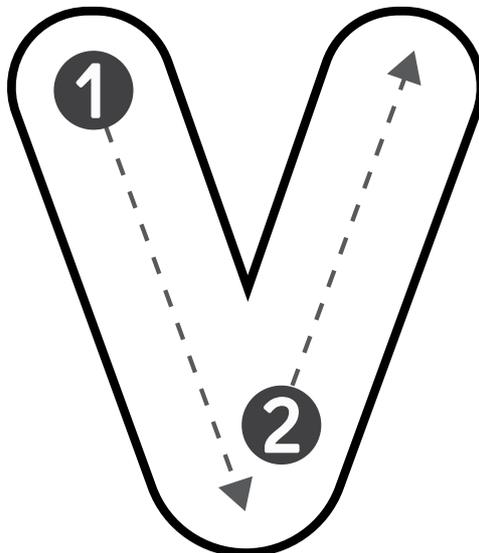
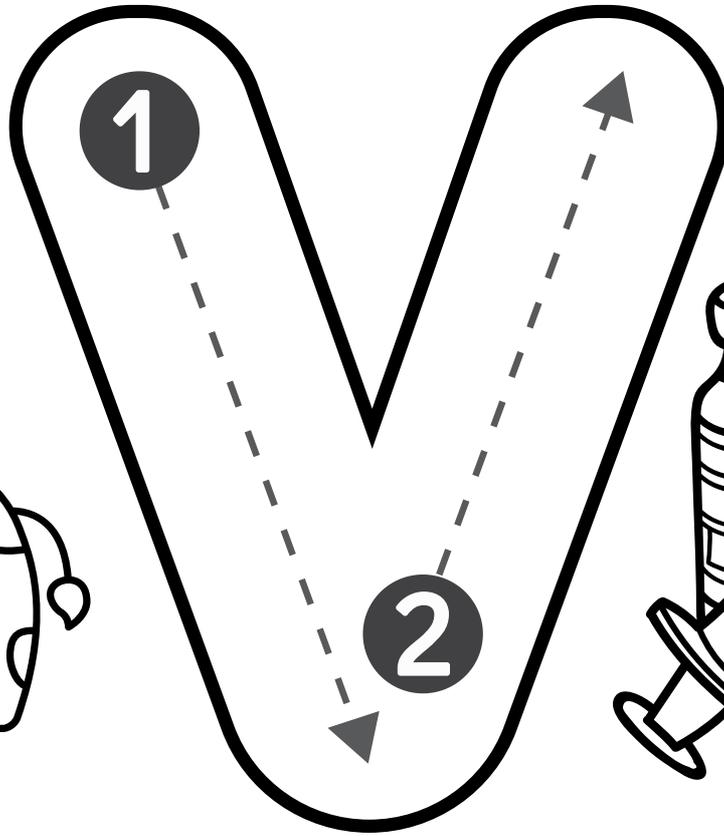
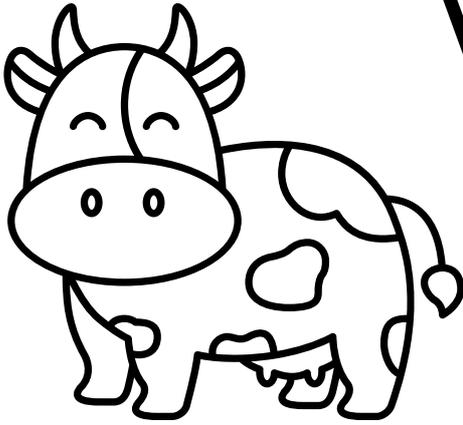


_niverso

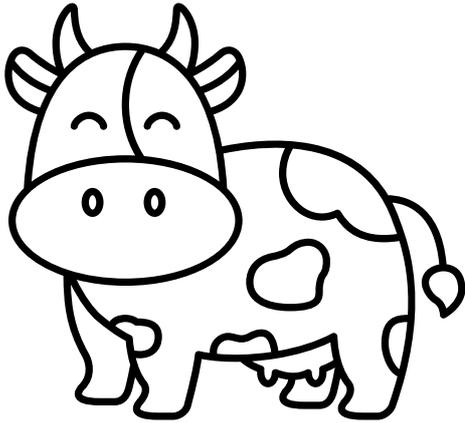


_r_b_

Faça o tracejado da letra J



Complete com a letra



_aca

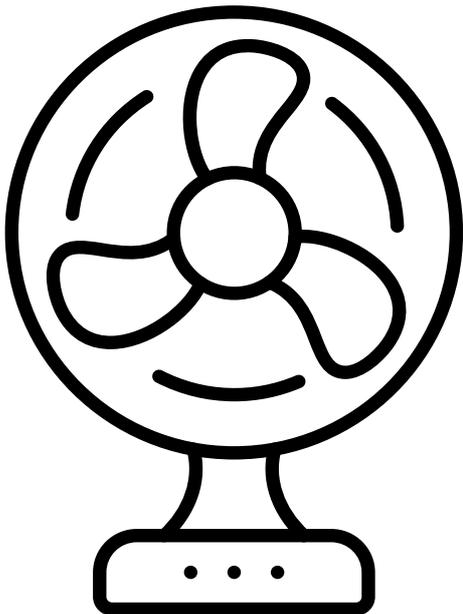


_eneno

Complete com a letra

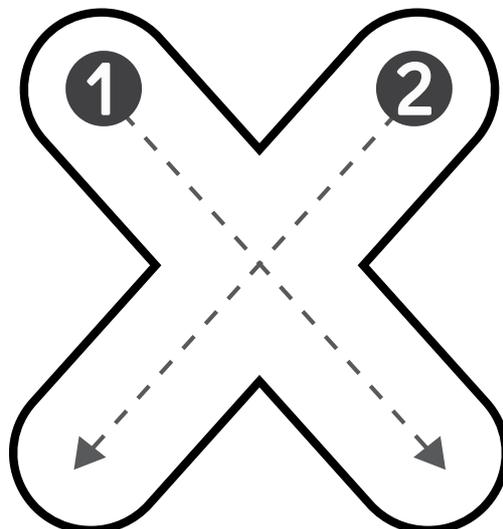
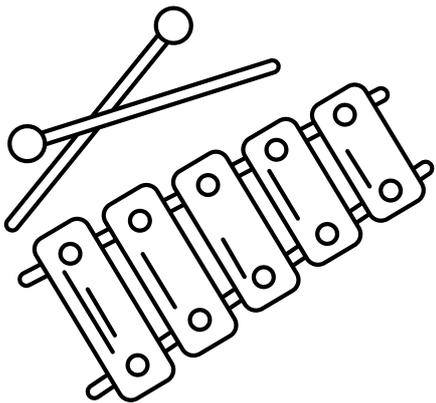
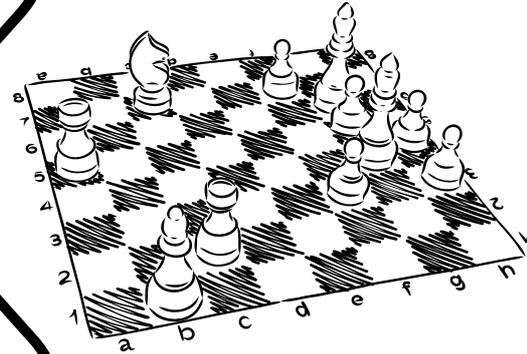
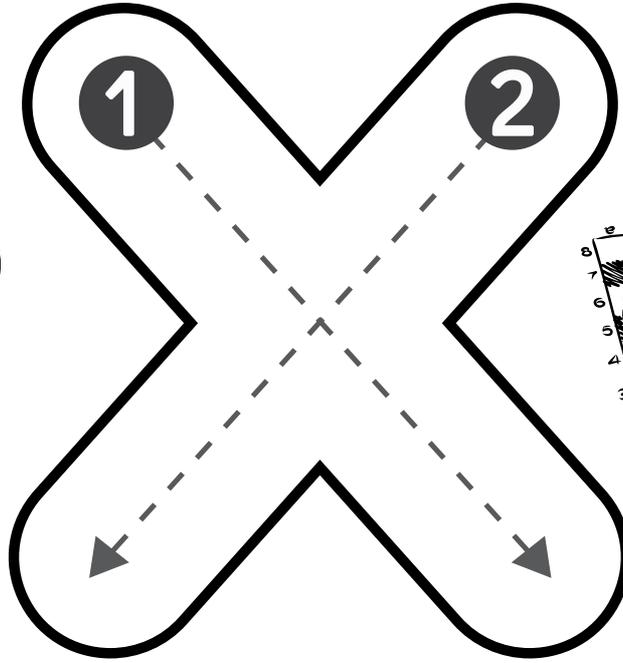
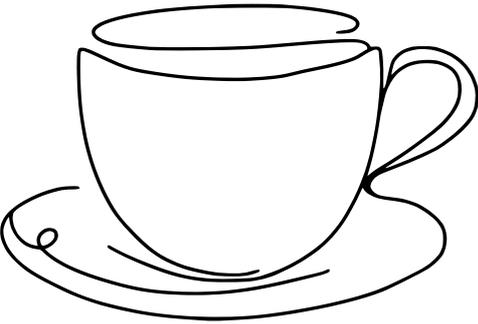


_acina



_entilador

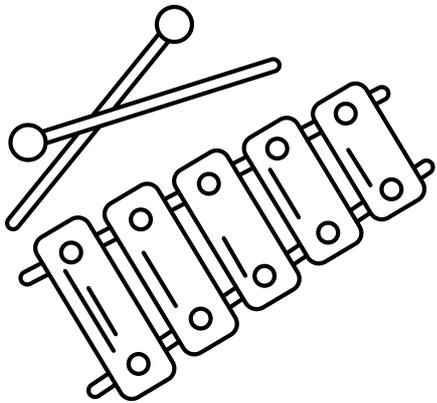
Faça o tracejado da letra J



Complete com a letra

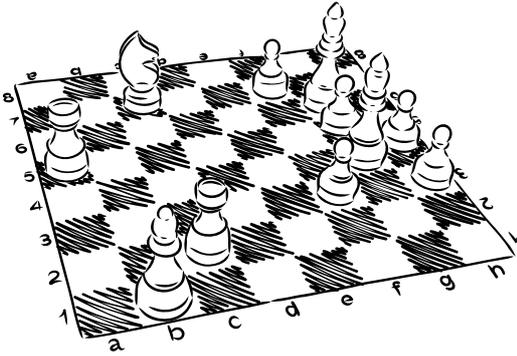


_ícará



_ilofone

Complete com a letra

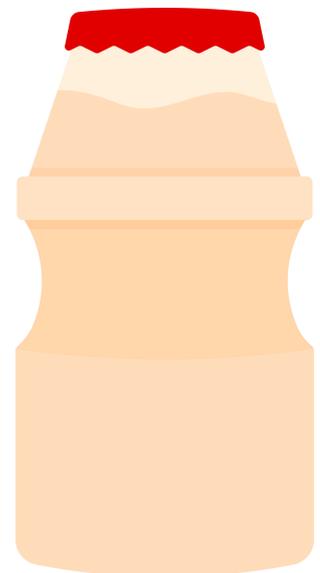
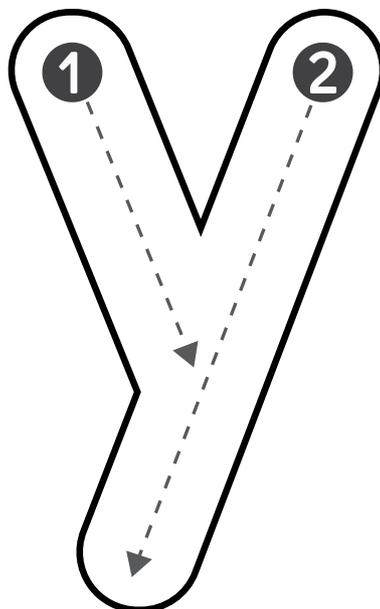
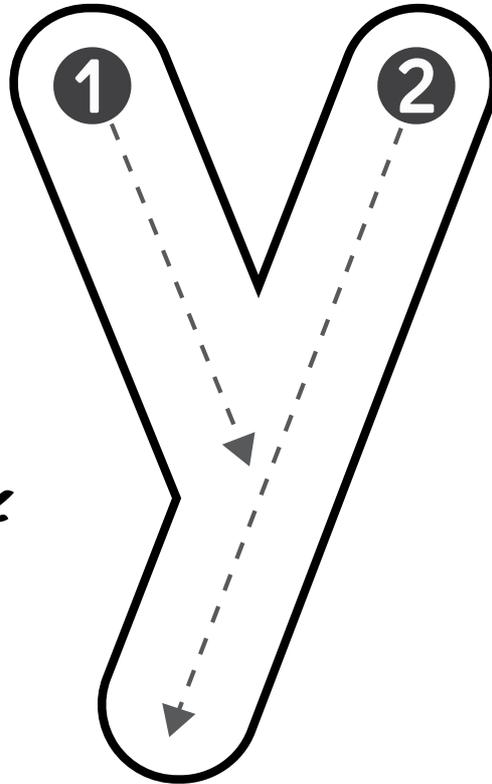


_adrez



_erife

Faça o tracejado da letra J



Complete com a letra



_oga

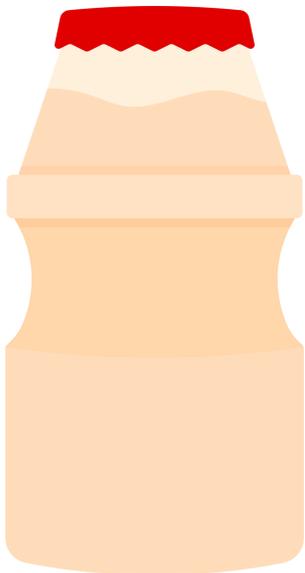


_akisoba

Complete com a letra

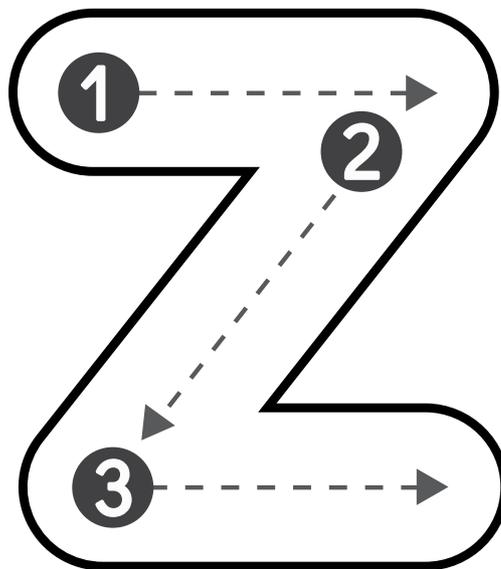
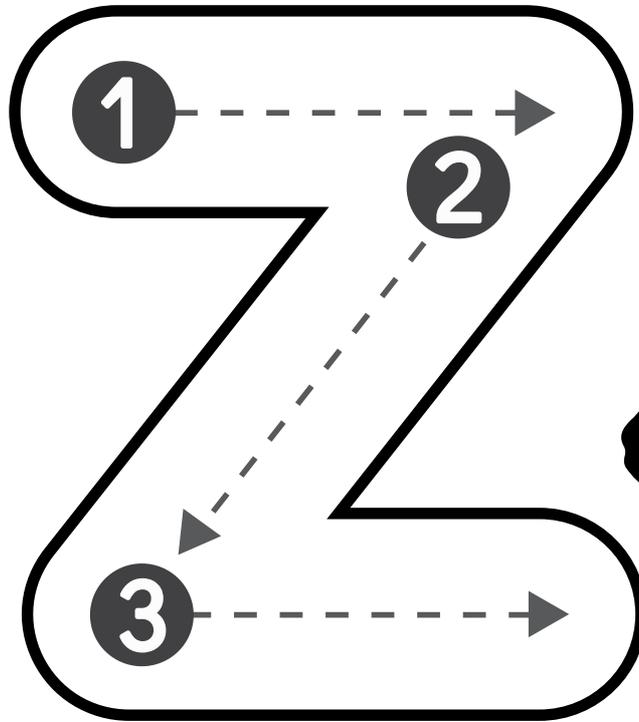


_outube



_akult

Faça o tracejado da letra J



Complete com a letra



_ebra

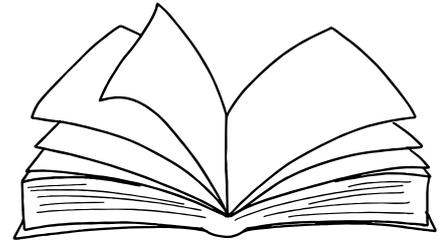


_umbi

Ligue cada destino à palavra correspondente



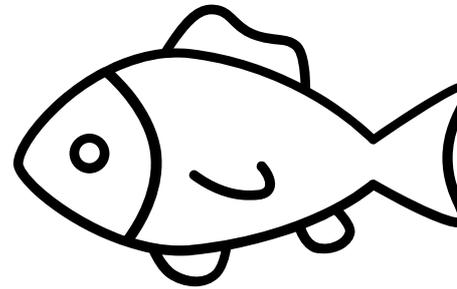
peixe



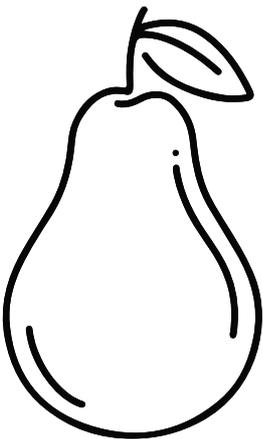
lata



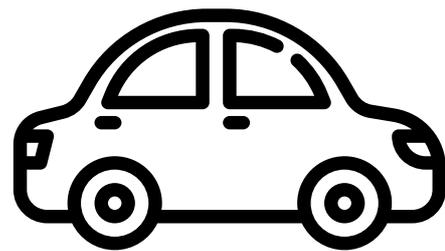
carro



cama

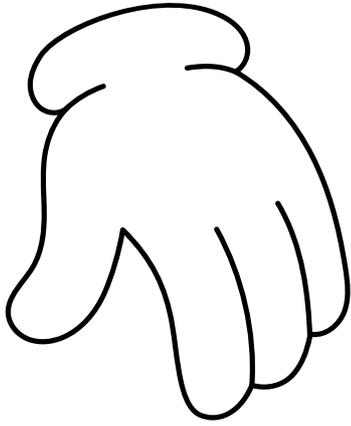


pêra



livro

Ligue cada destino à palavra correspondente



bala

bola



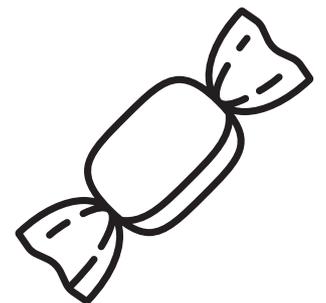
boné

luva

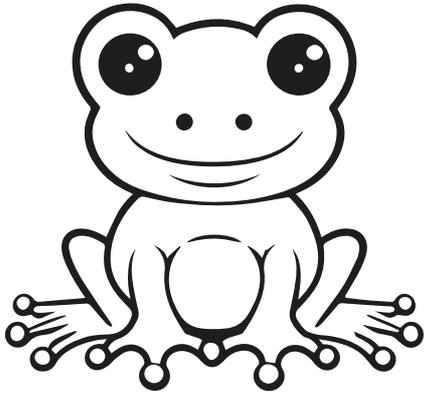


luz

lupa



Ligue cada destino à palavra correspondente



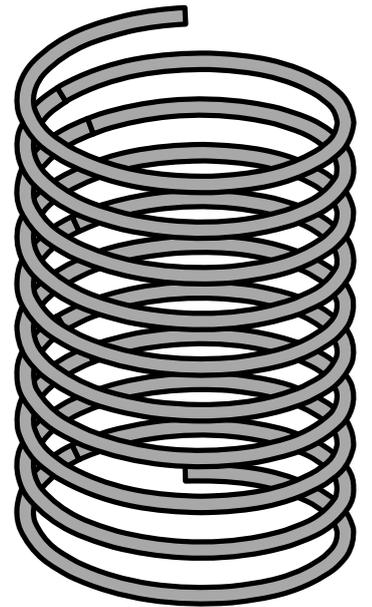
sopa

sapo

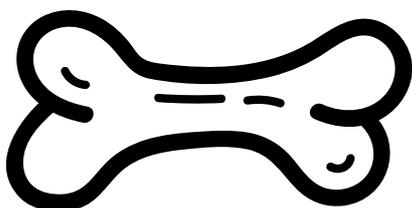


osso

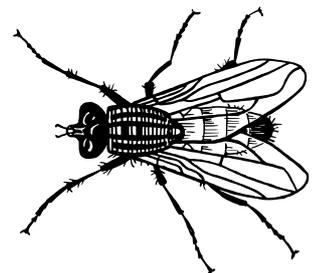
meia



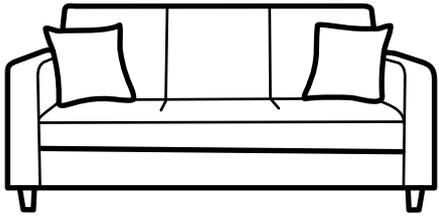
mola



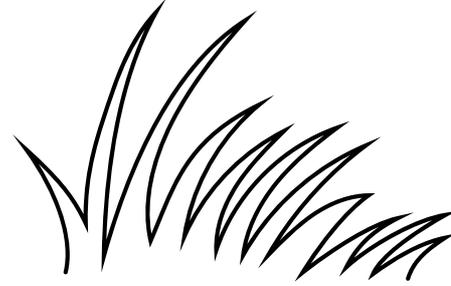
mosca



Ligue cada destino à palavra correspondente



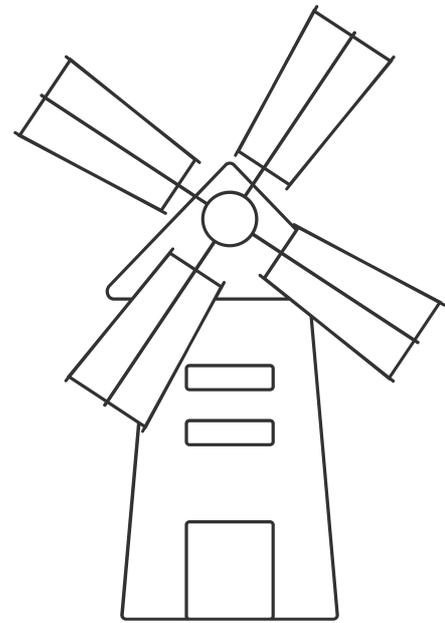
sofá



short

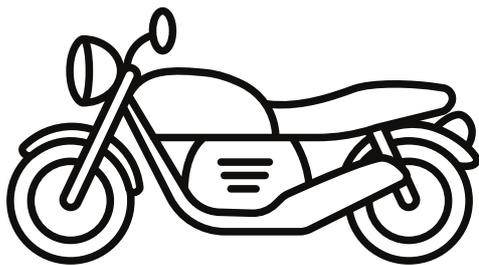


moto

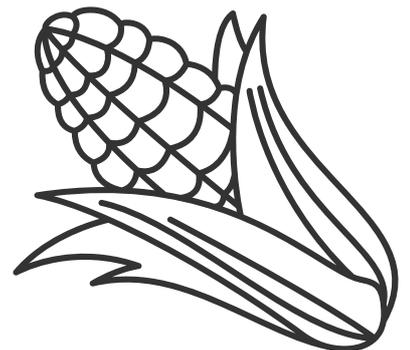


mato

moinho

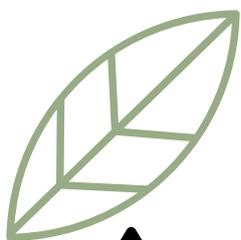
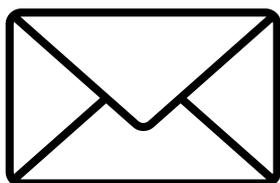


milho

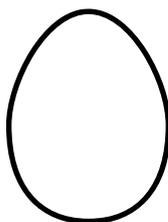


Pinte o desenho que corresponde à palavra no quadro

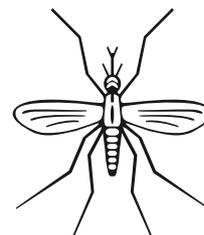
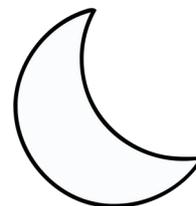
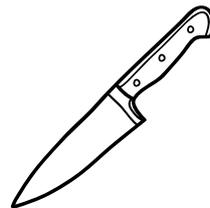
folha



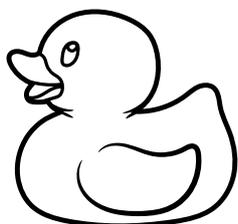
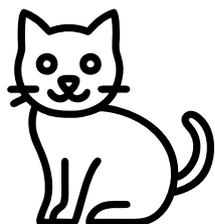
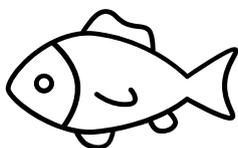
fogo



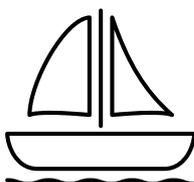
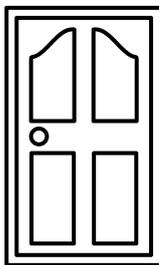
faca



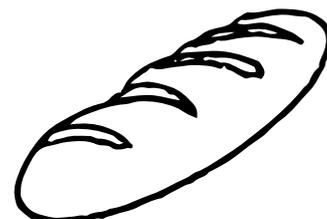
pato



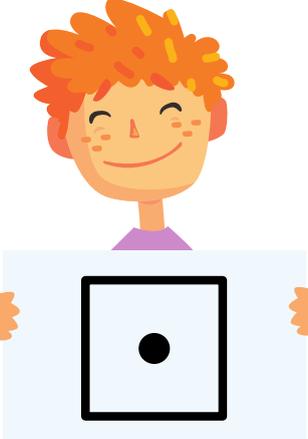
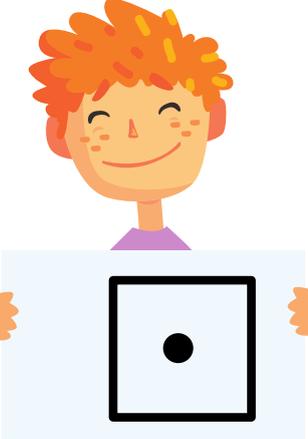
porta



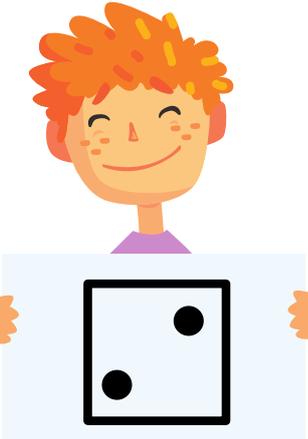
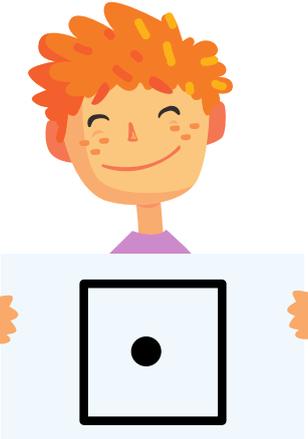
peão

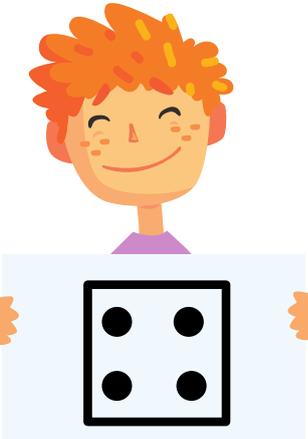
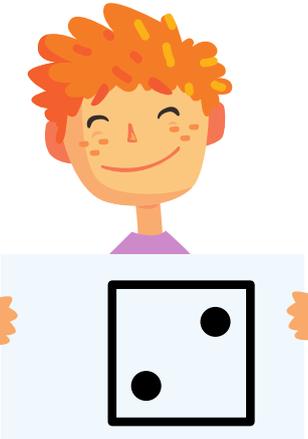


Vamos somar ?

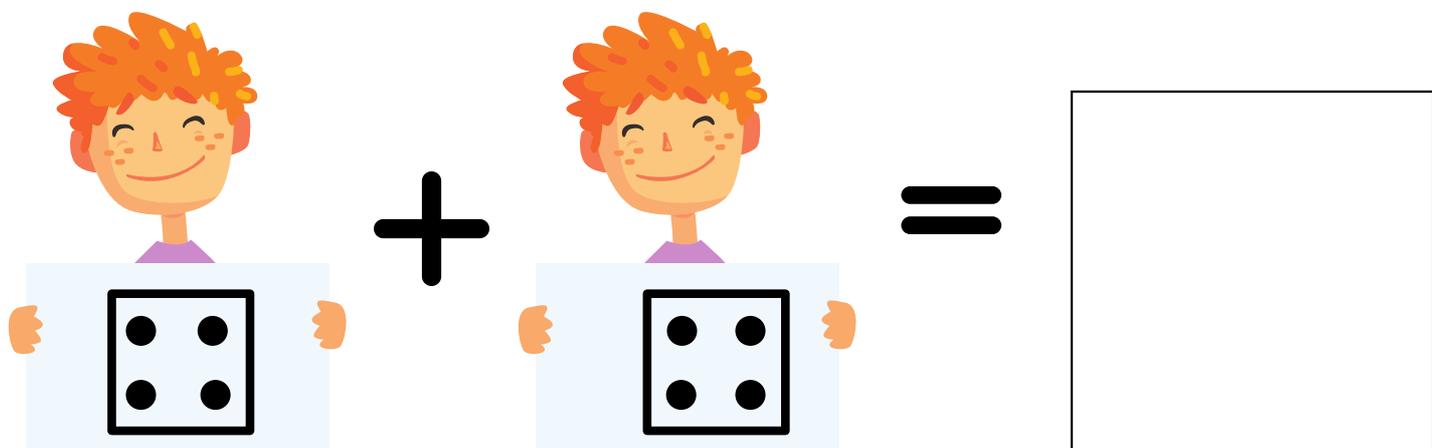
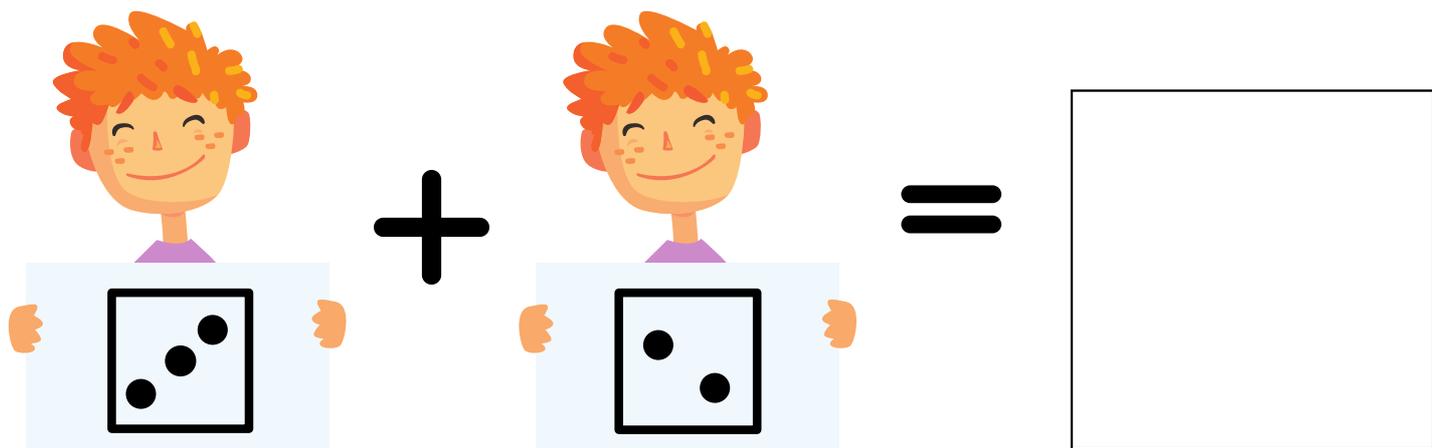
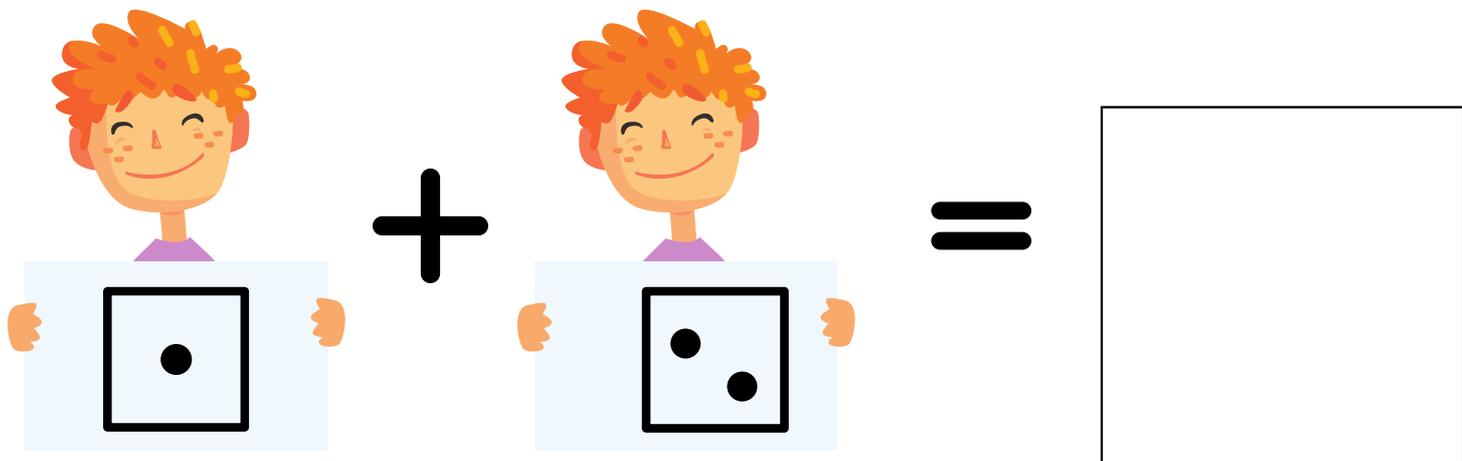
 $+$  $=$

2

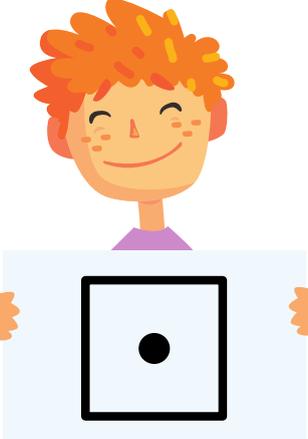
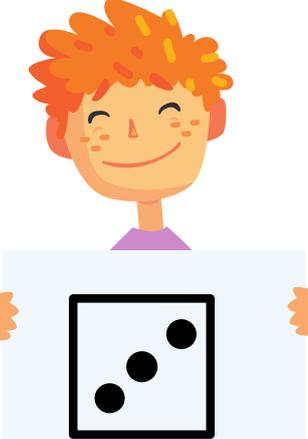
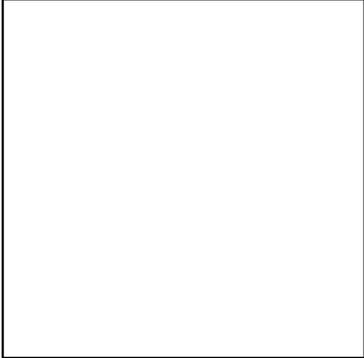
 $+$  $=$

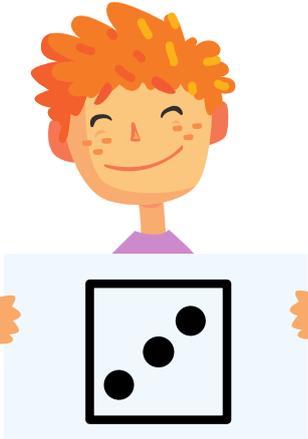
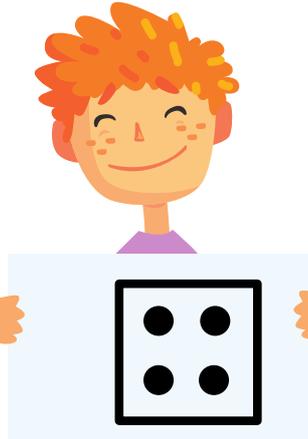
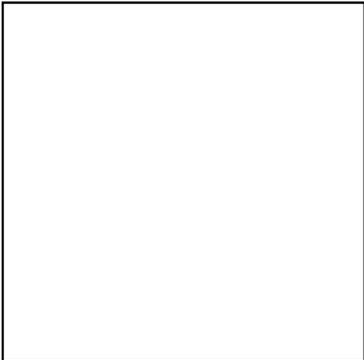
 $+$  $=$

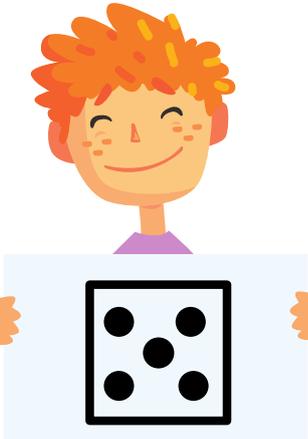
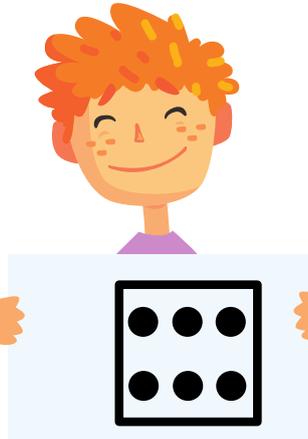
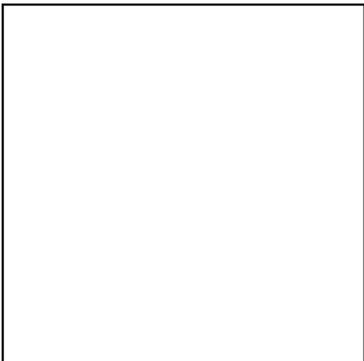
Vamos somar ?



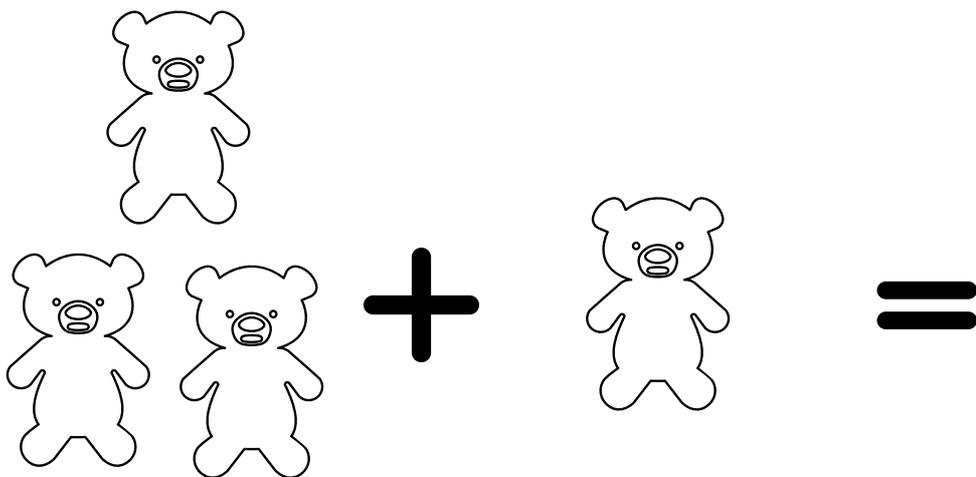
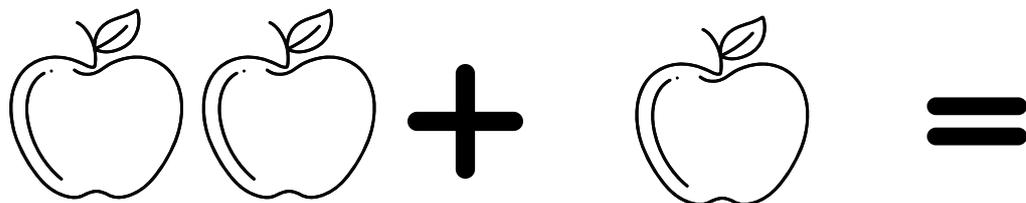
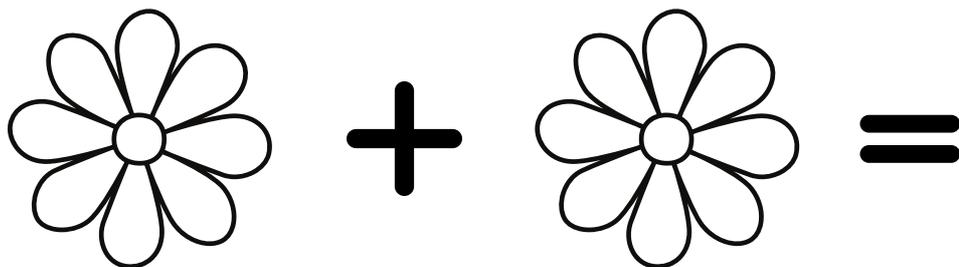
Vamos somar ?

 $+$  $=$ 

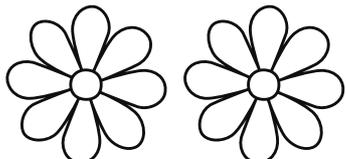
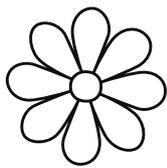
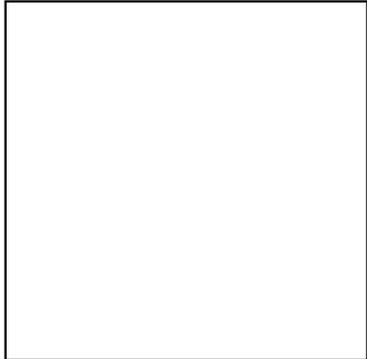
 $+$  $=$ 

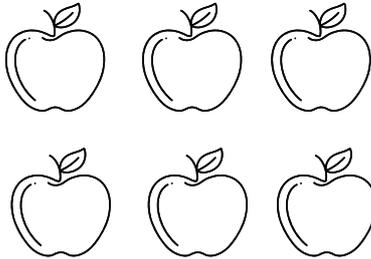
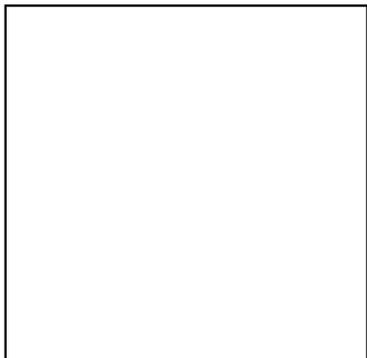
 $+$  $=$ 

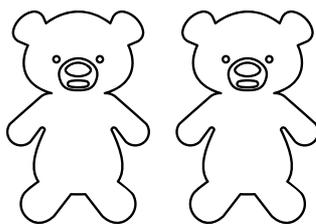
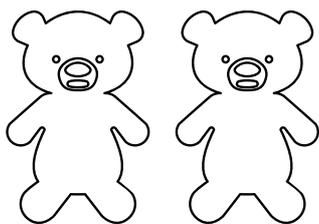
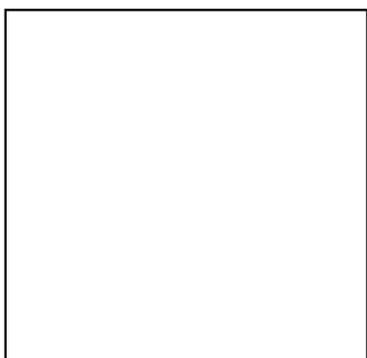
Vamos somar ?



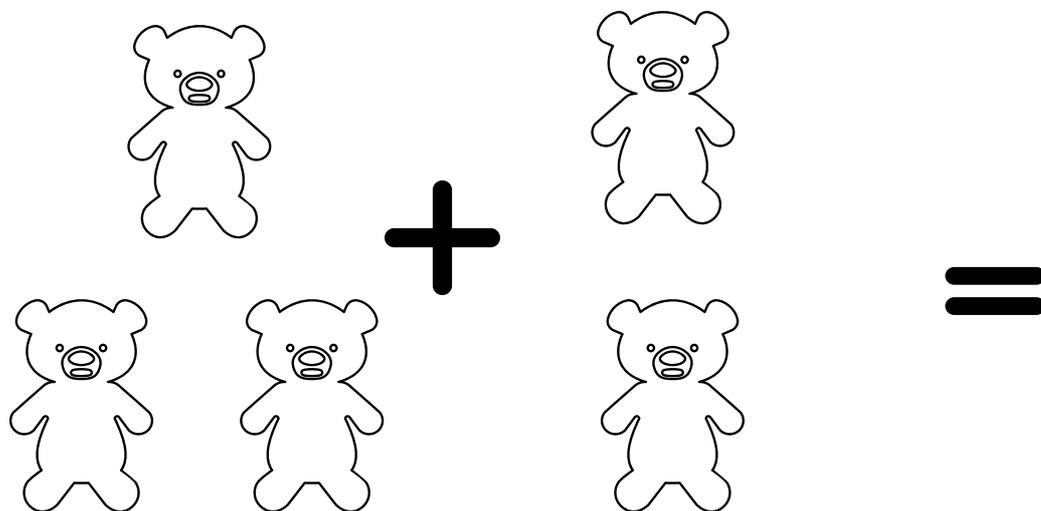
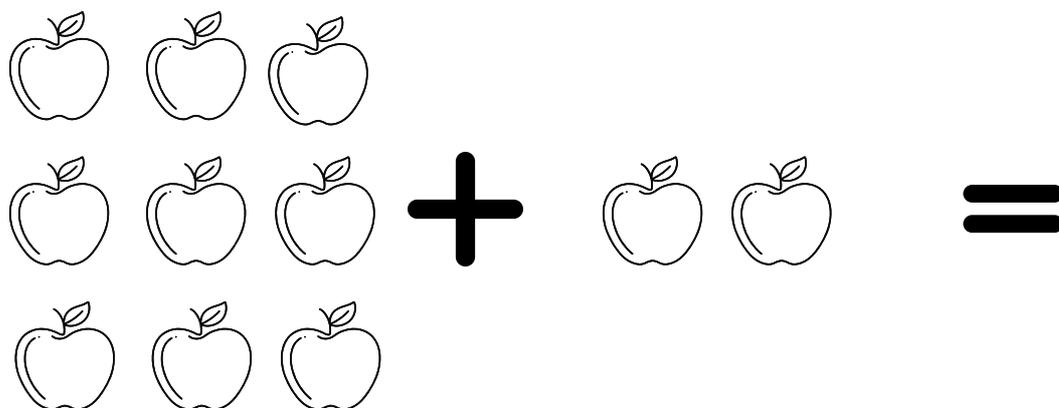
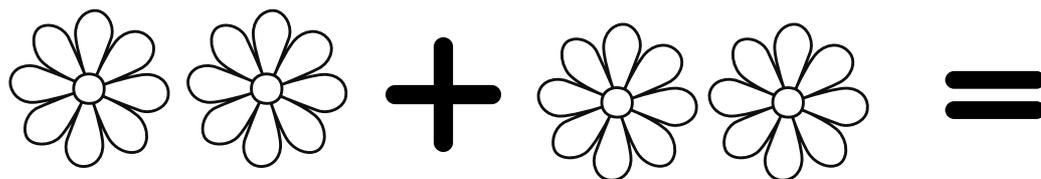
Vamos somar ?

 $+$  $=$ 

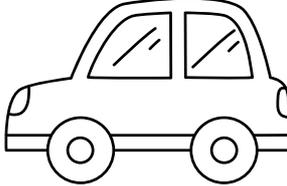
 $+$  $=$ 

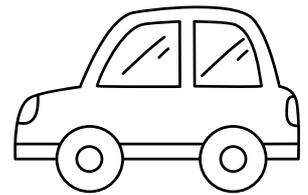
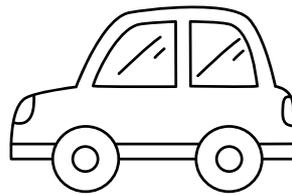
 $+$  $=$ 

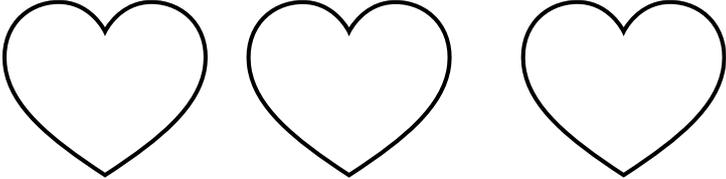
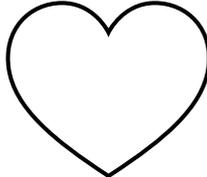
Vamos somar ?



Desenhe até completar a quantidade da soma

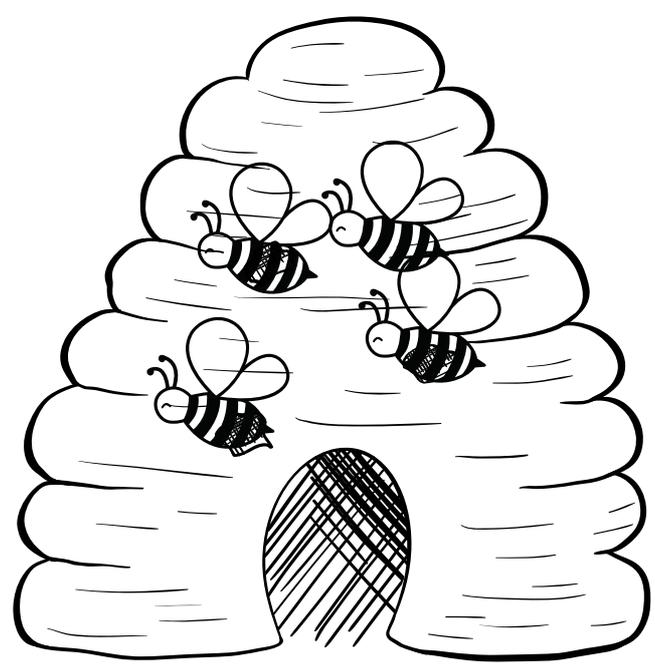
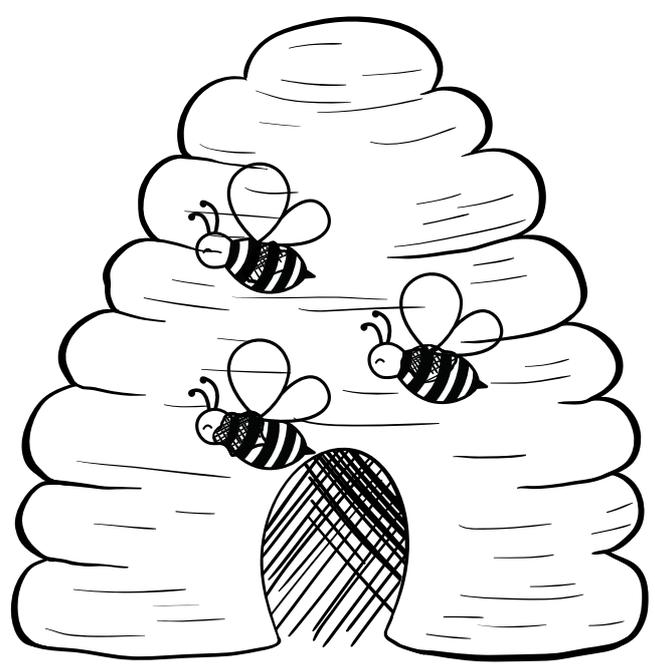
$3 + 1 =$ 



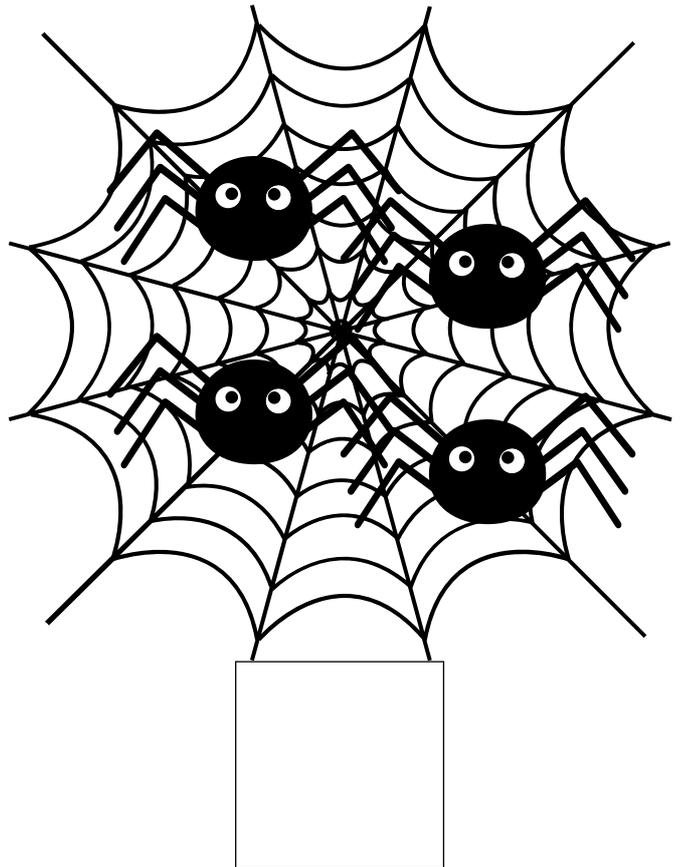
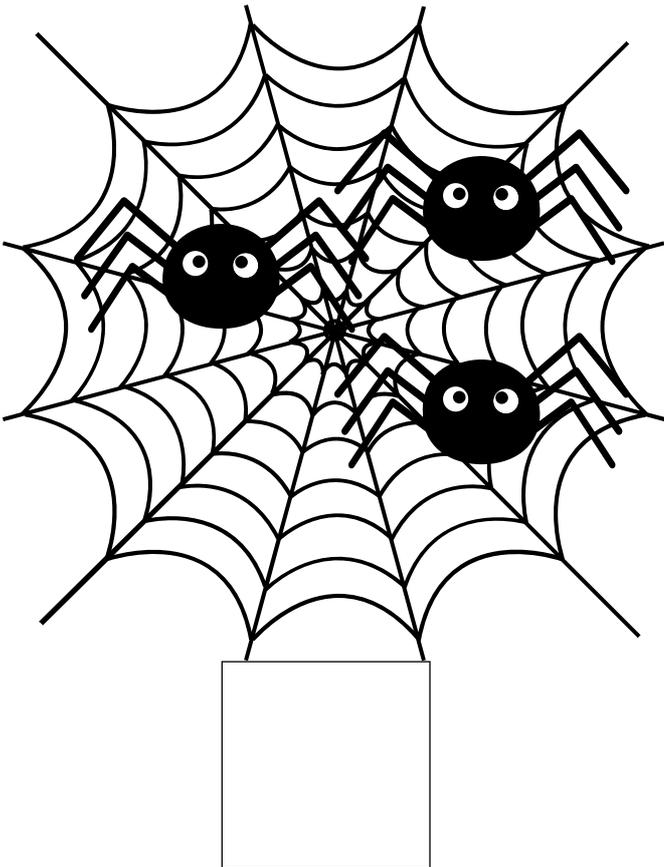
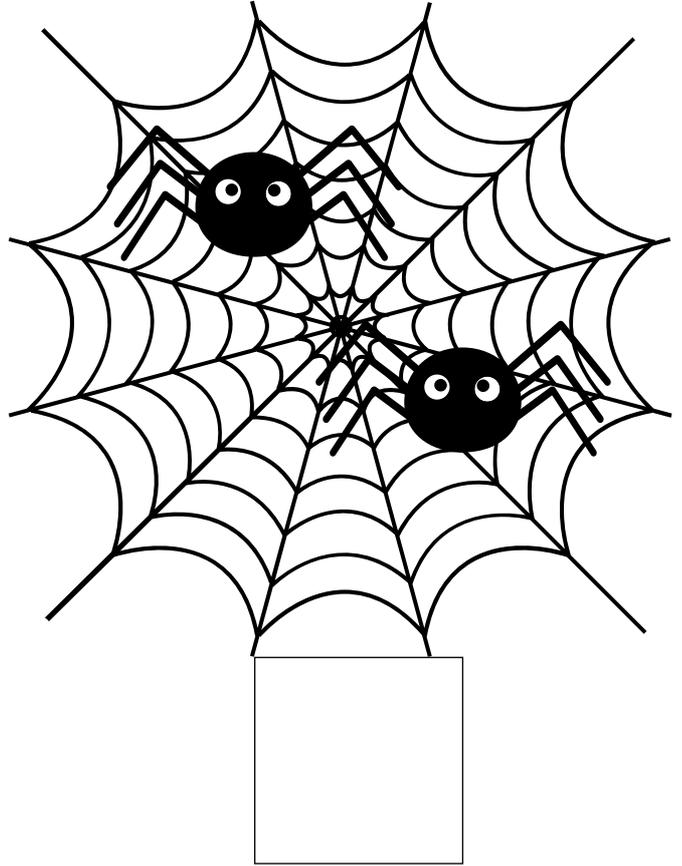
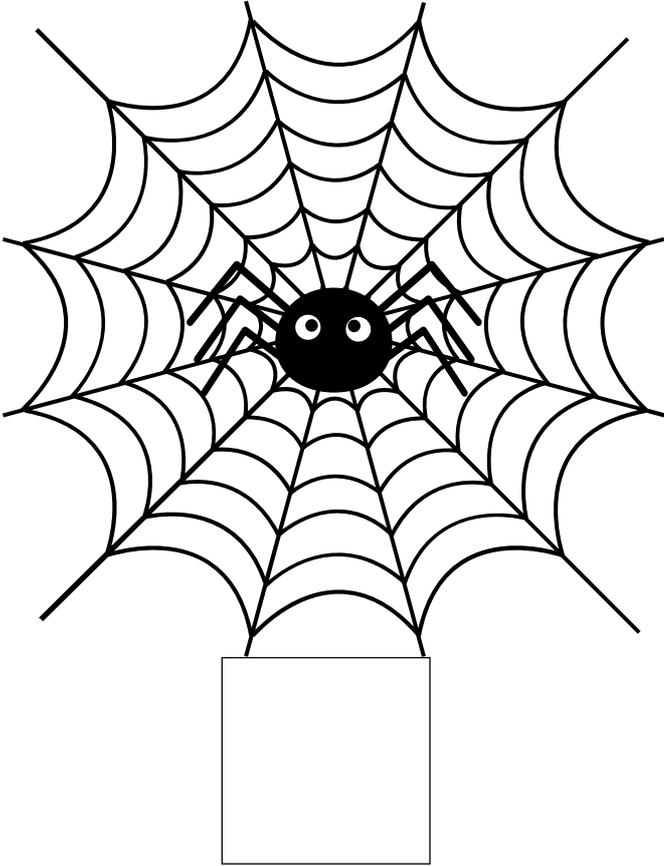
$2 + 4 =$ 


$3 + 0 =$ 

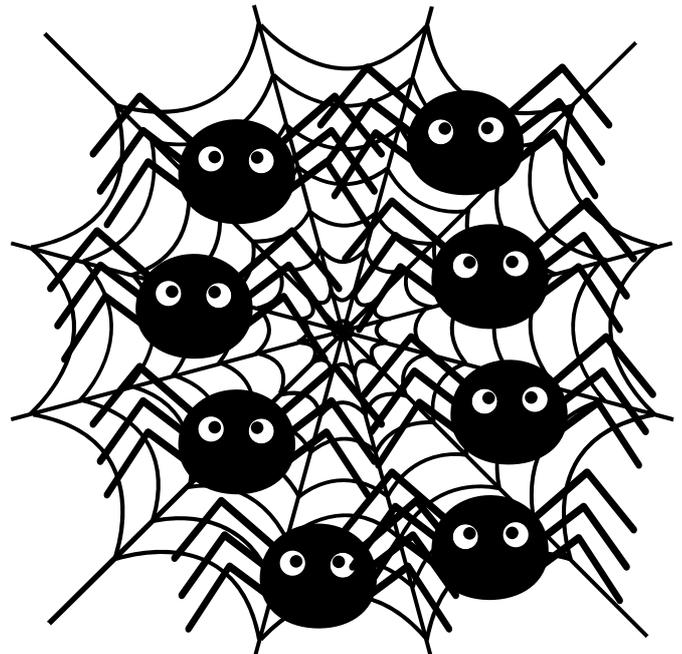
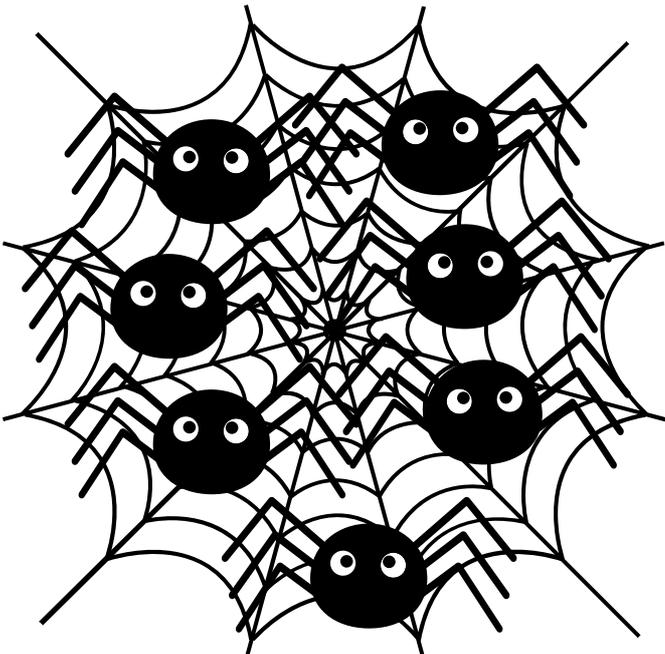
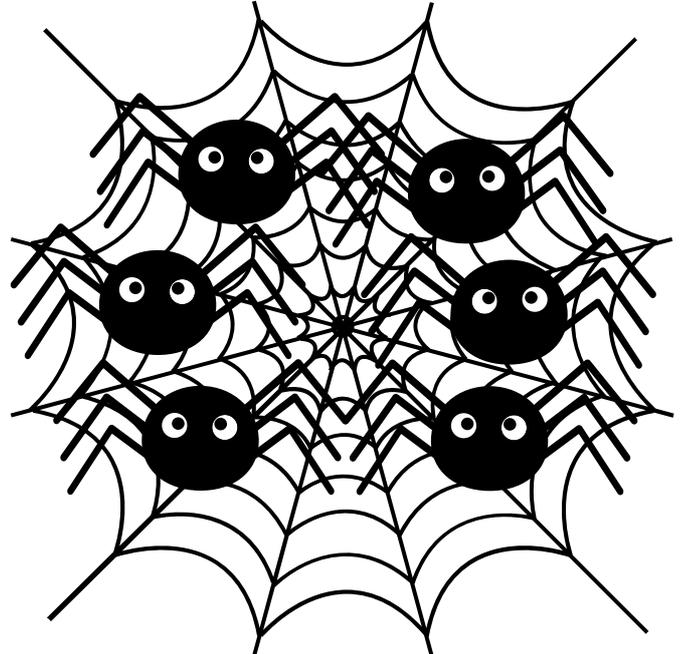
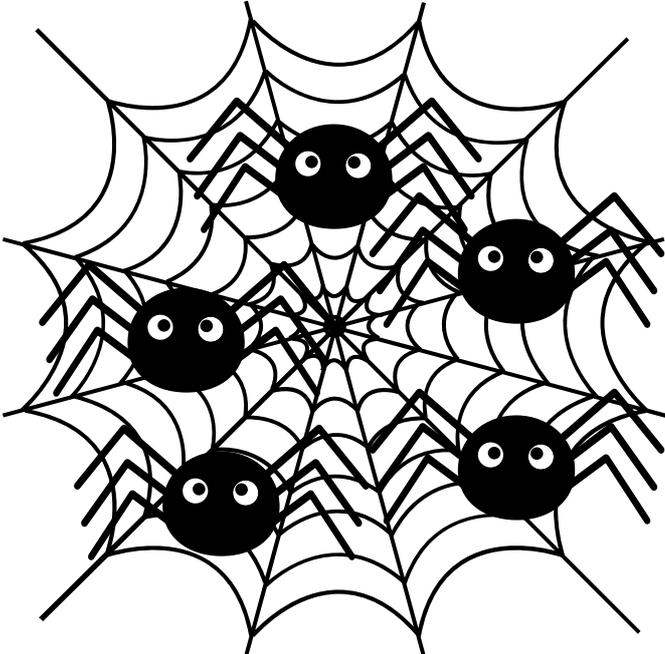
Conte quantas abelhas tem em cada colméia e registre o número



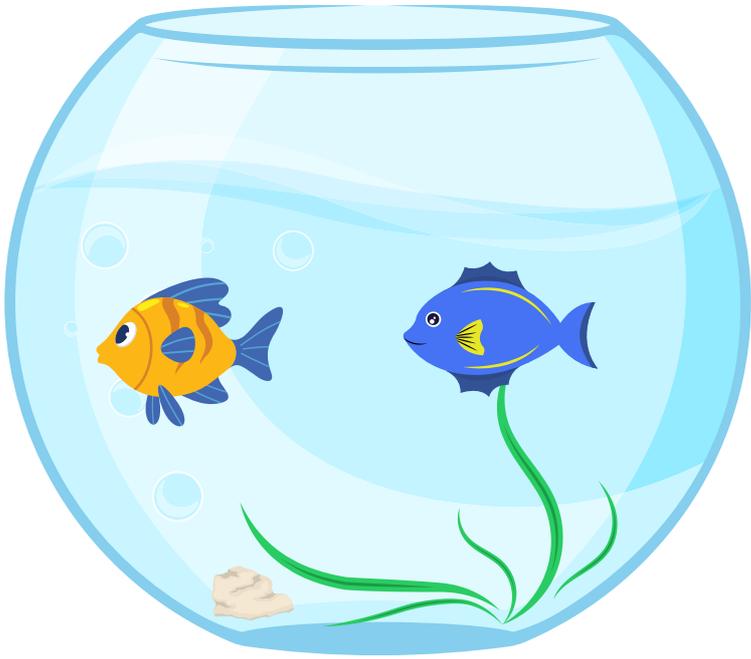
Conte quantas aranhas tem nas teias e registre o número



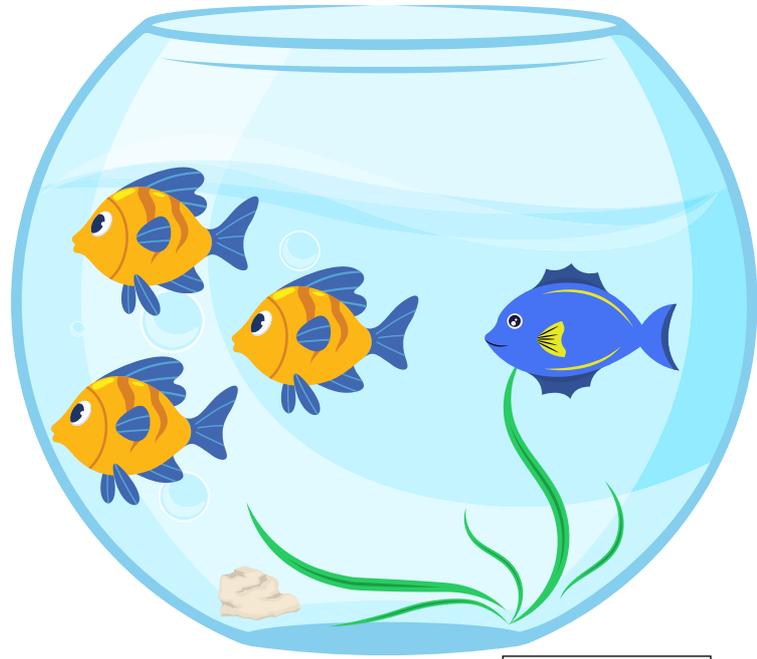
Conte quantas aranhas tem nas teias e registre o número



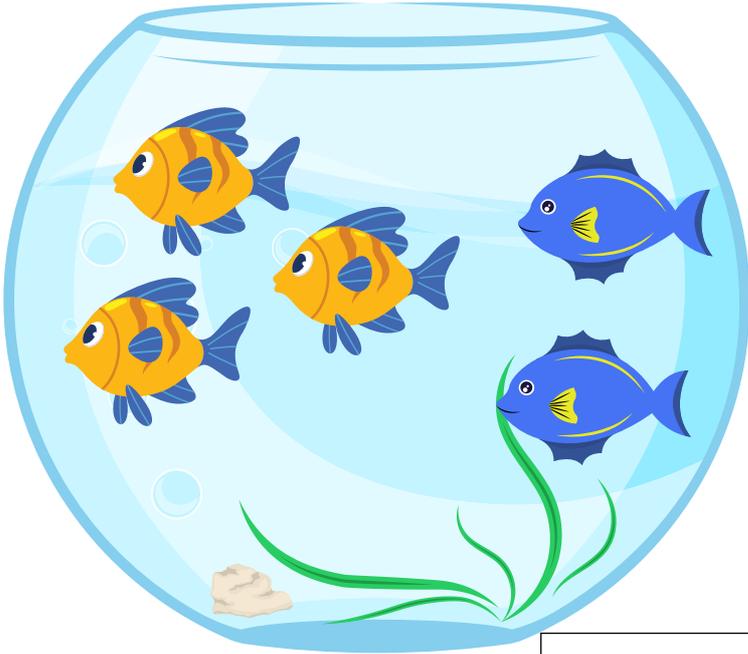
Vamos subtrair os peixes do aquário?



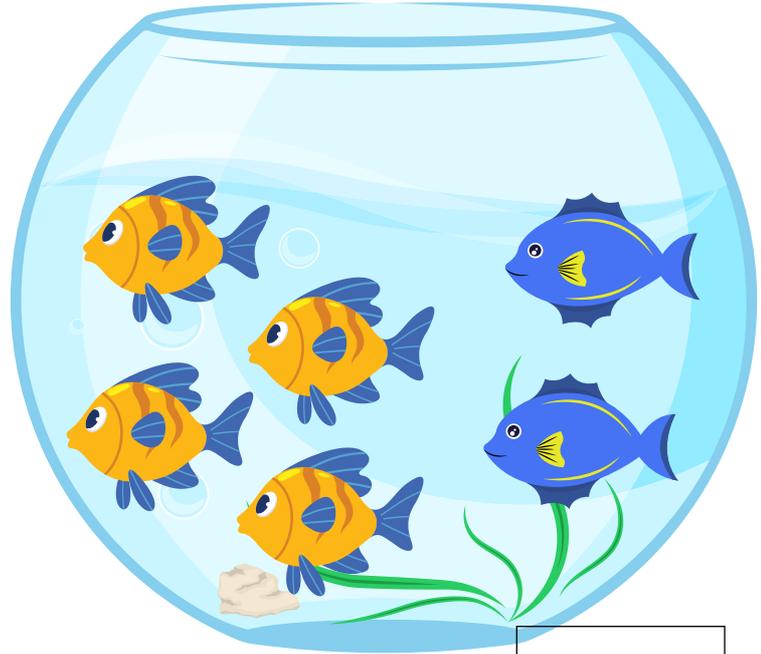
$1-1=$



$3-1=$

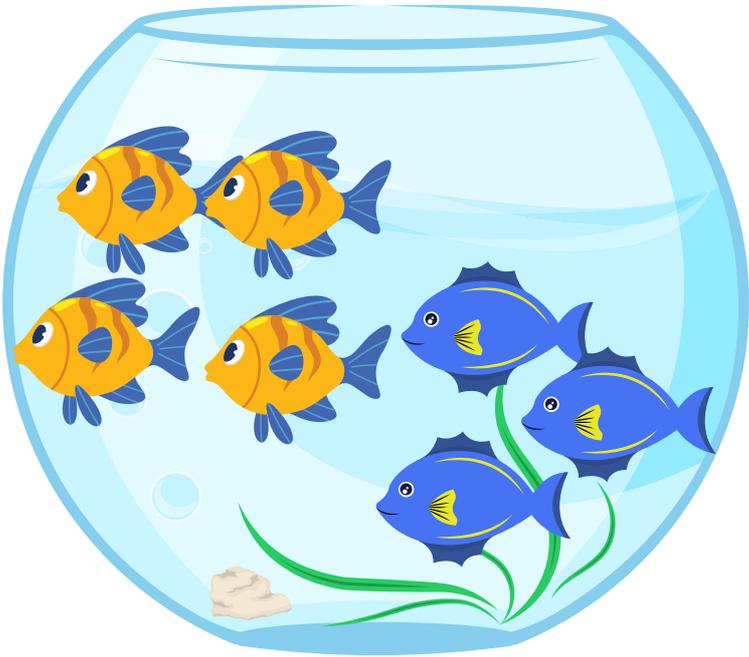


$3-2=$

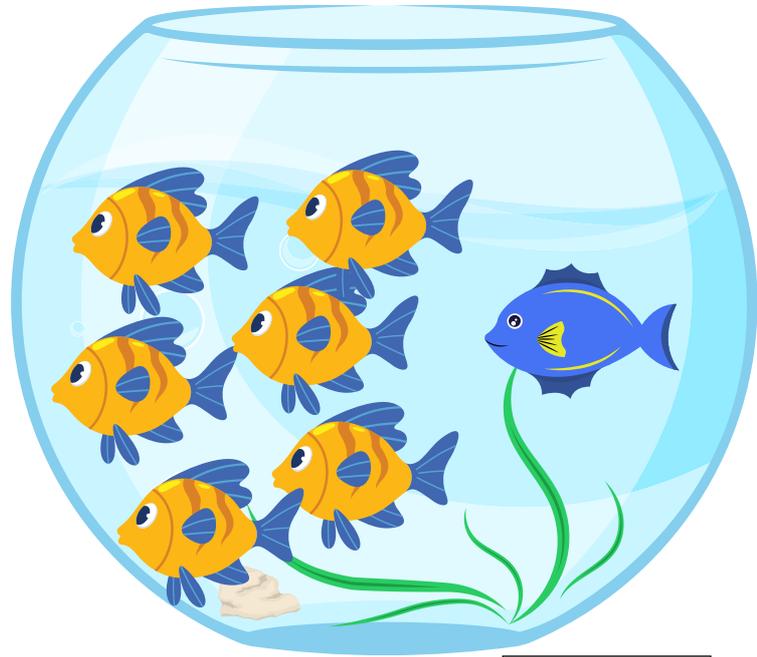


$4-2=$

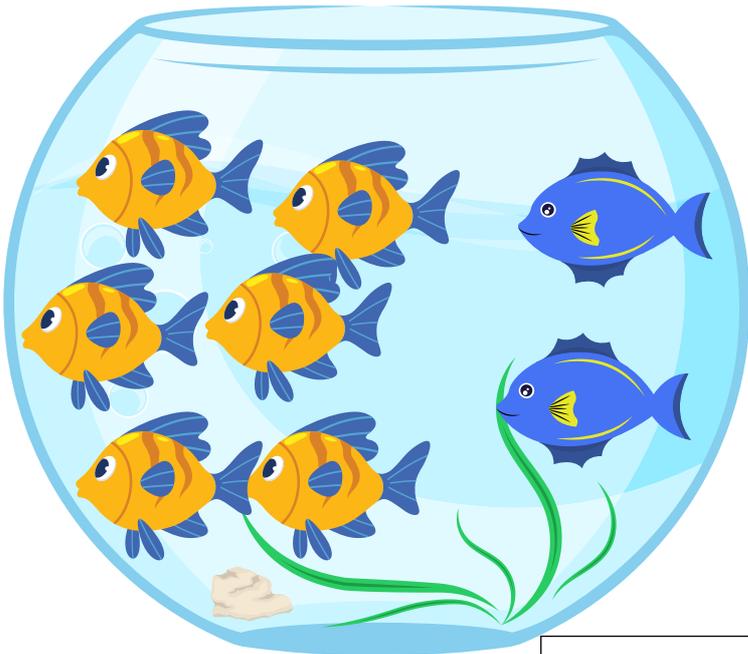
Vamos subtrair os peixes do aquário?



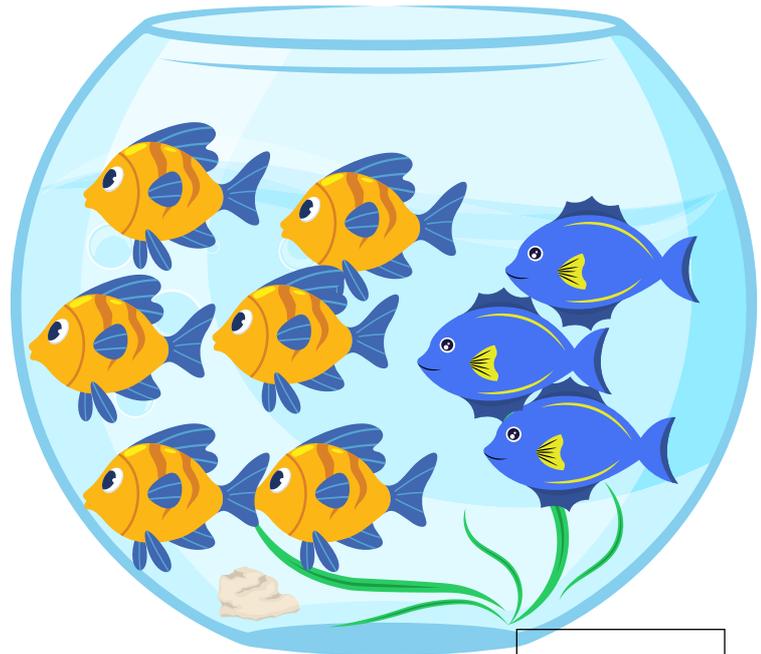
$4 - 3 =$



$6 - 1 =$

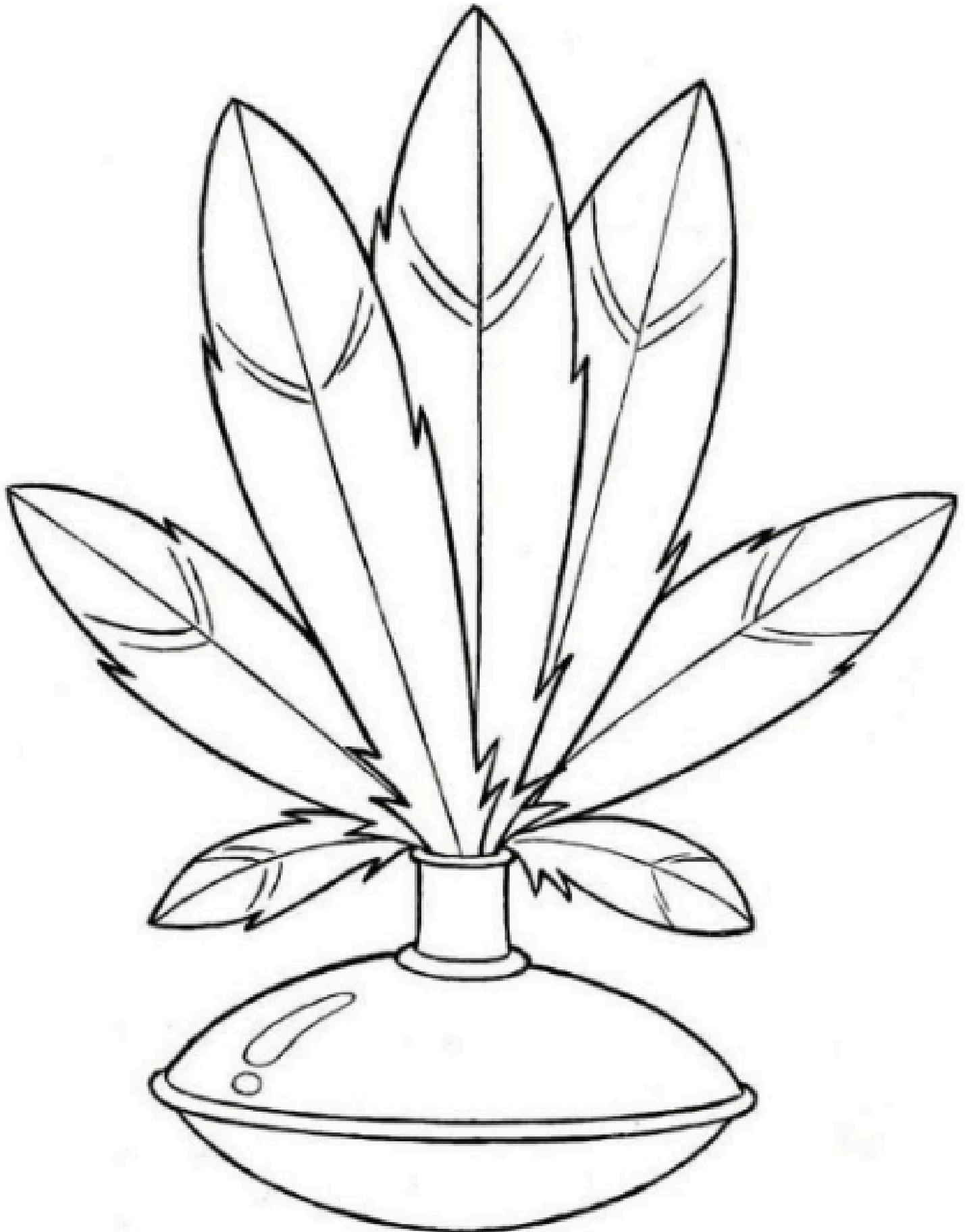


$6 - 2 =$



$6 - 3 =$

Pinte a peteca bem colorida



Encontre os 7 erros e os circule

PROJETO

TeleNordeste



Escreva os numerais em palavras

1 um

--	--

2 dois

--	--	--	--

3 três

--	--	--	--

4 quatro

--	--	--	--	--	--

5 cinco

--	--	--	--	--

6 seis

--	--	--	--

7 sete

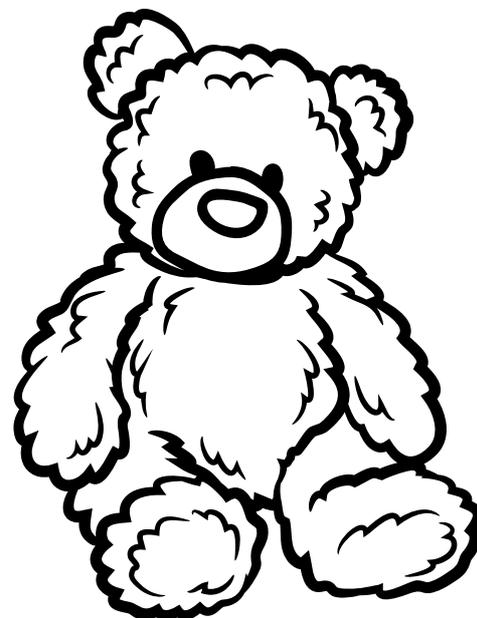
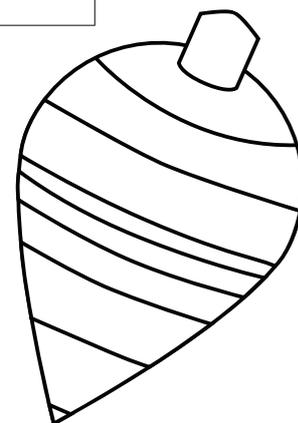
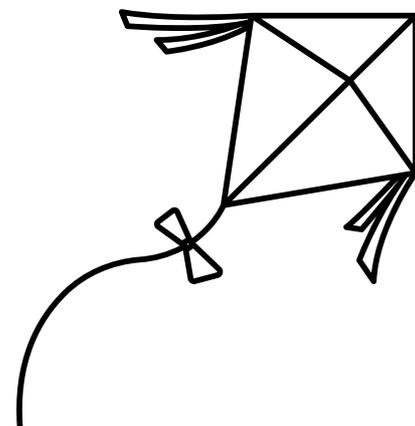
--	--	--	--

8 oito

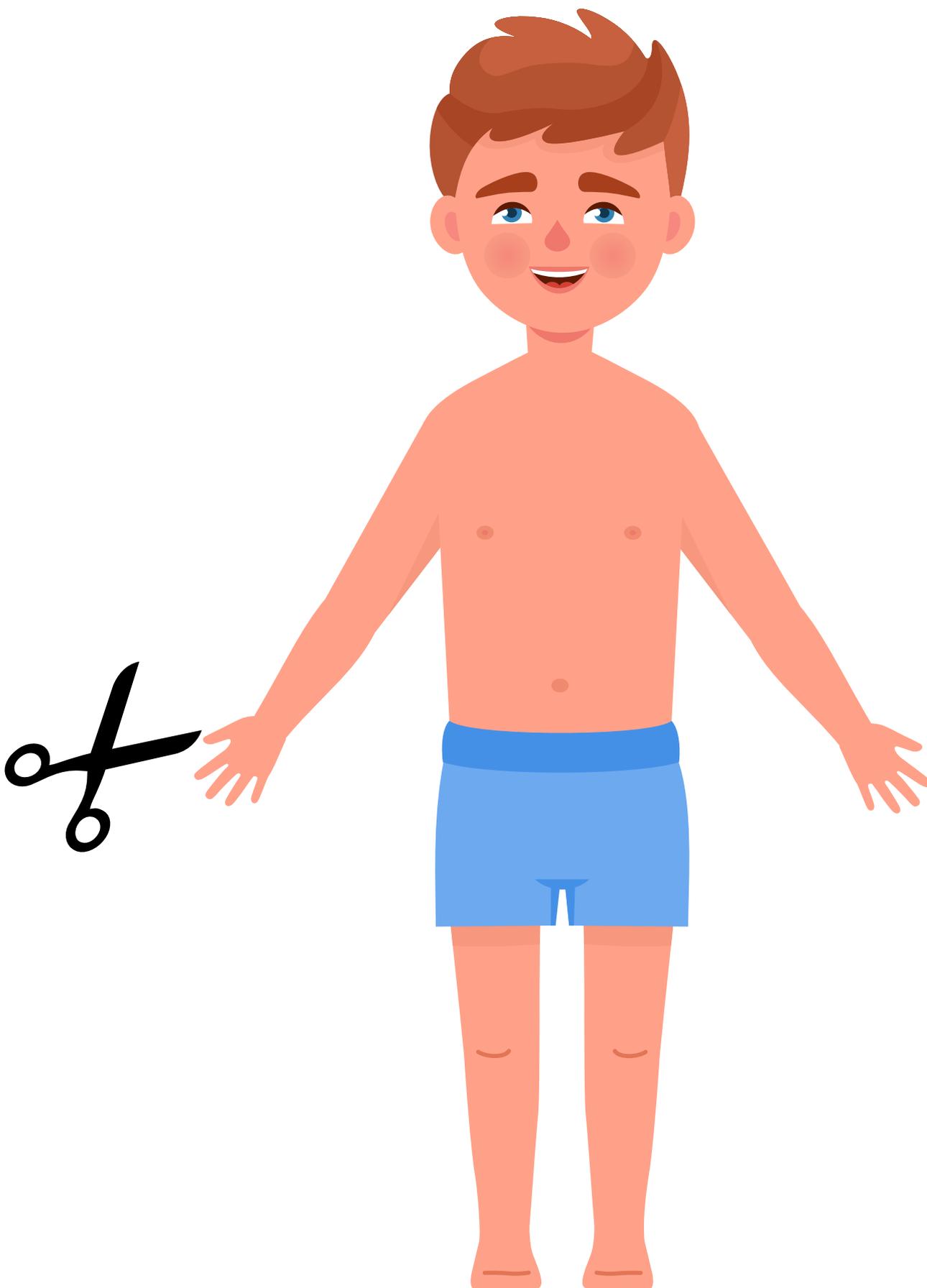
--	--	--	--

9 nove

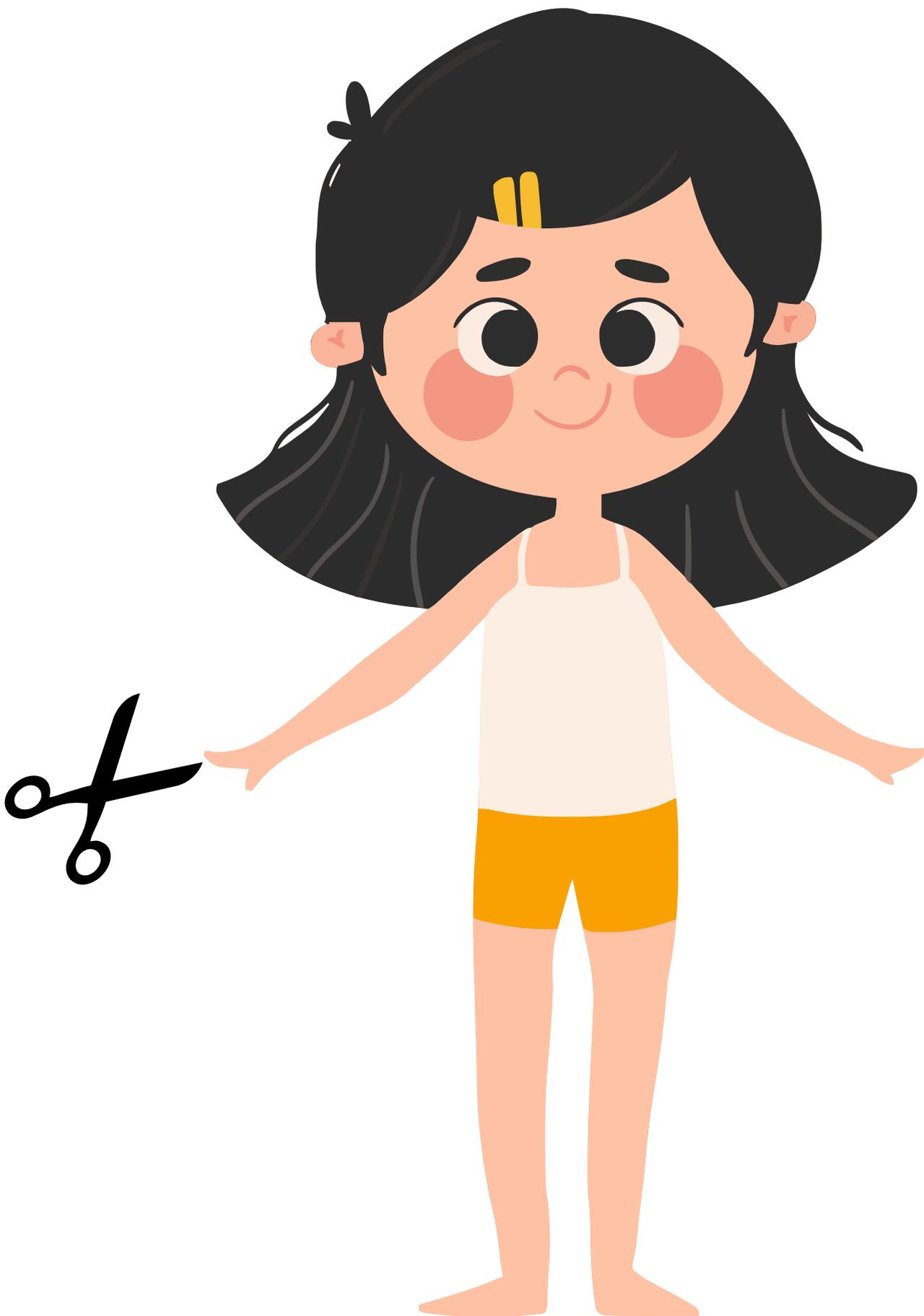
--	--	--	--



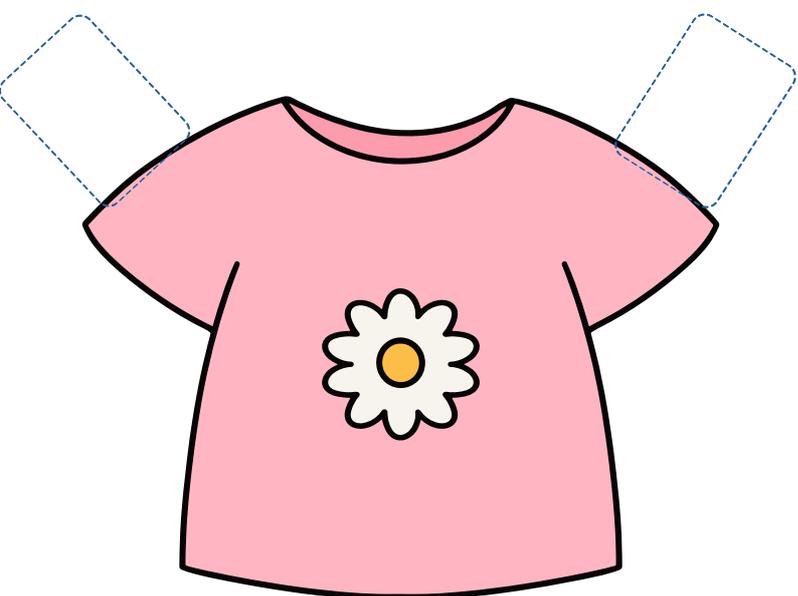
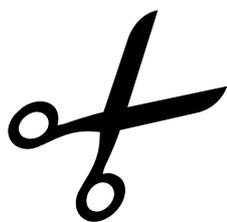
Recorte o boneco para colocar suas roupinhas!



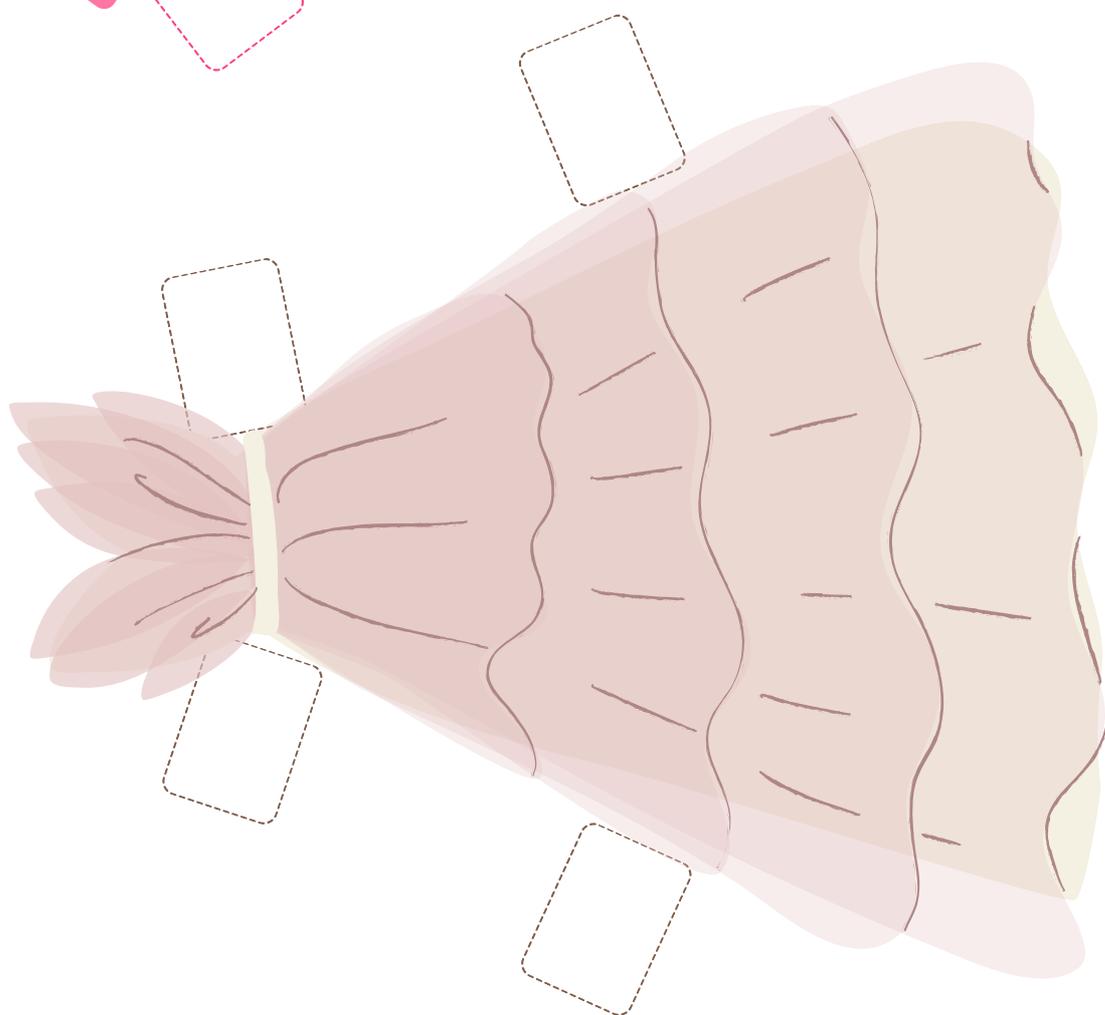
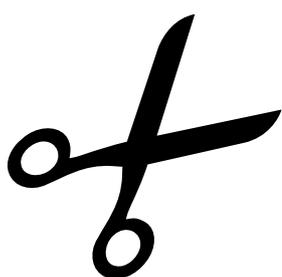
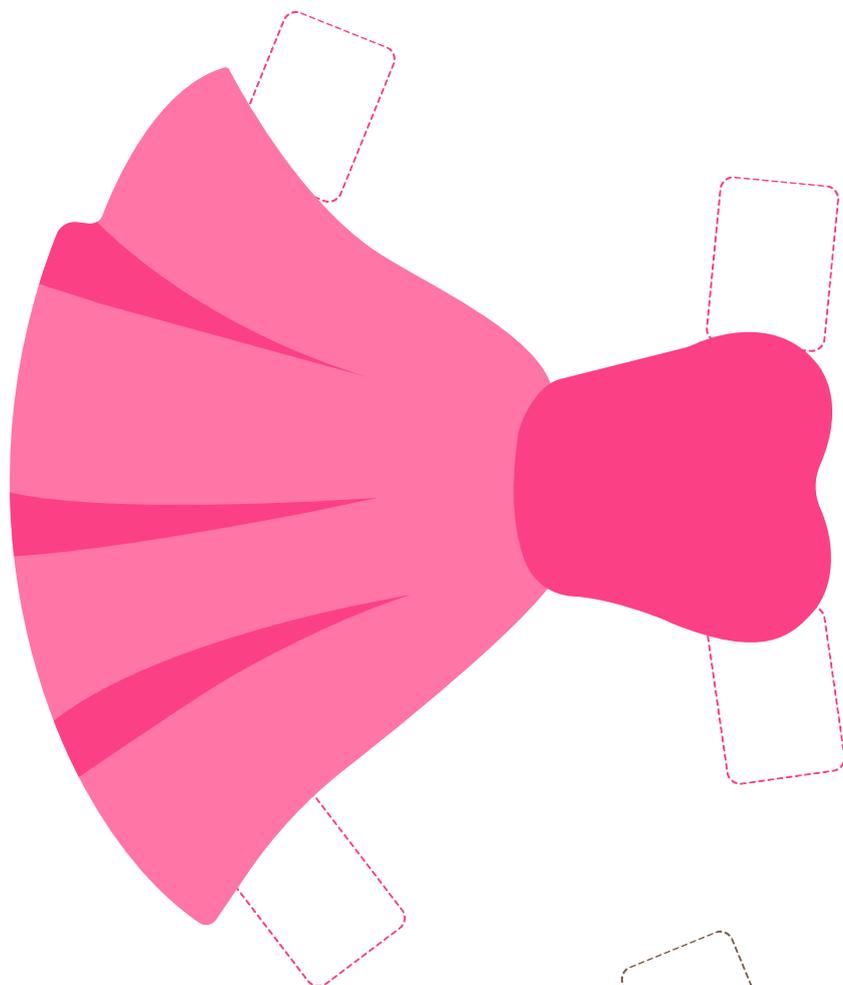
**Recorte o boneco para colocar
suas roupinhas!**



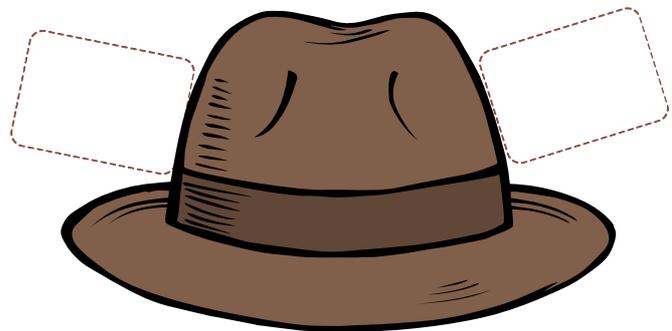
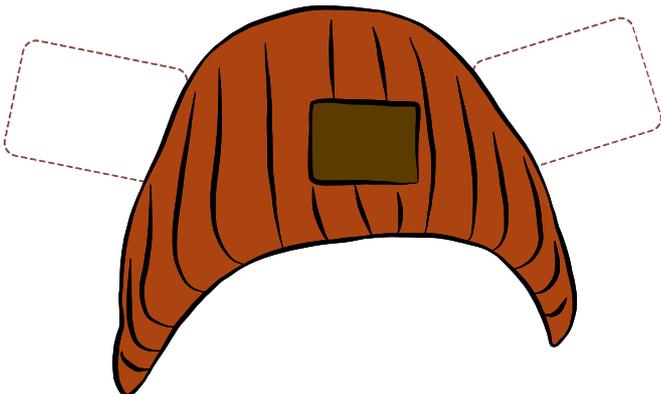
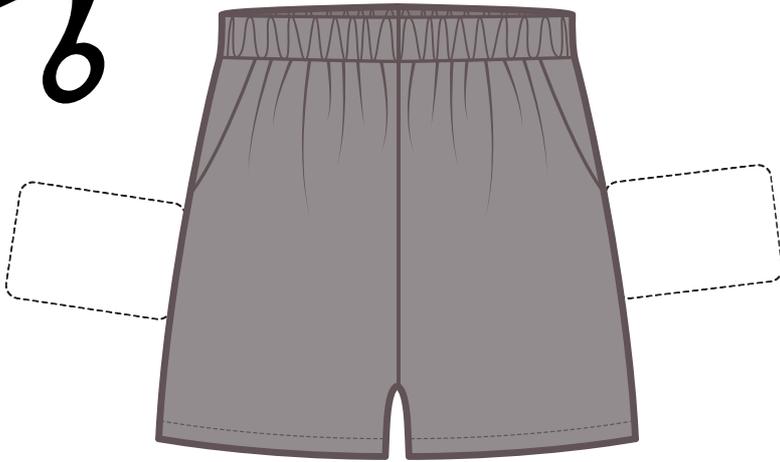
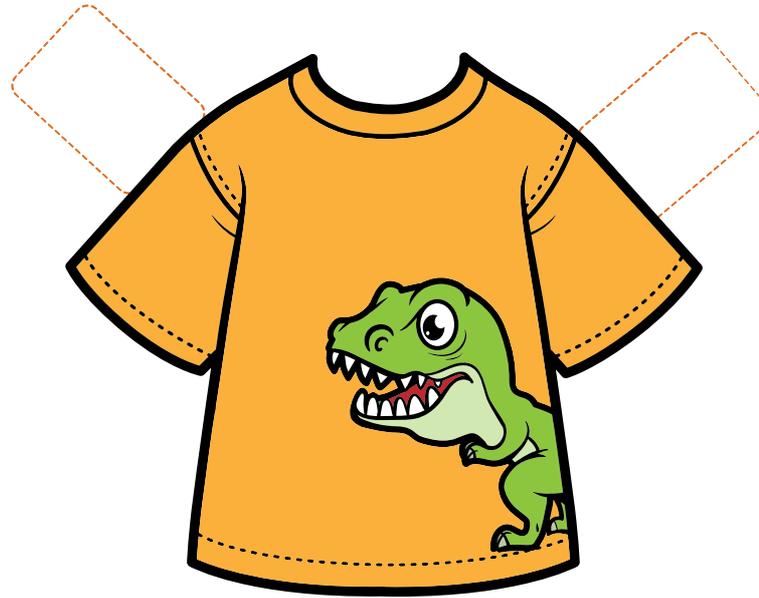
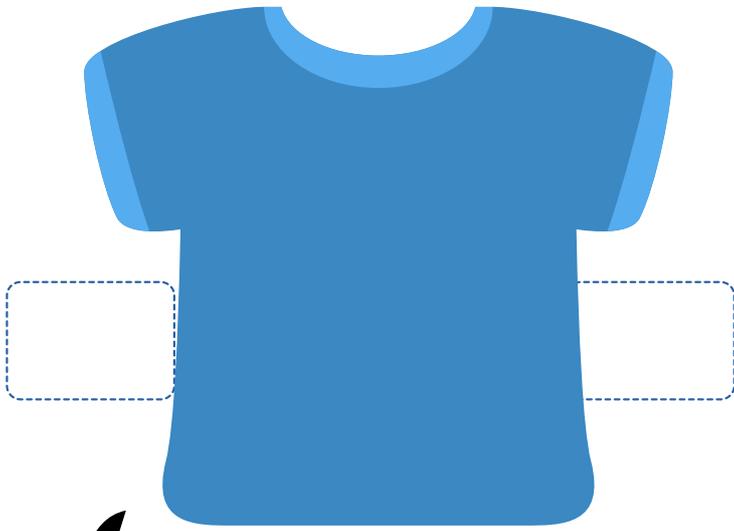
Recorte o boneco para colocar suas roupinhas!



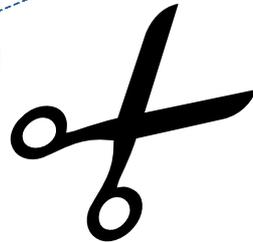
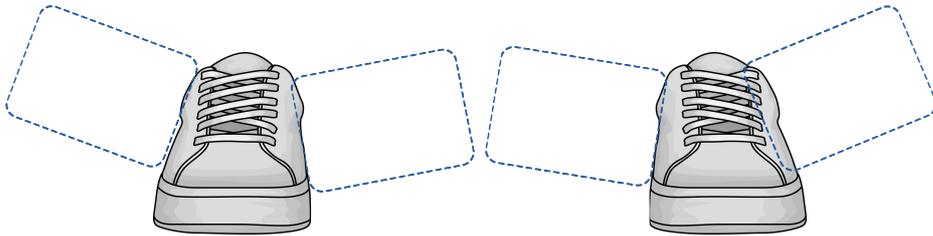
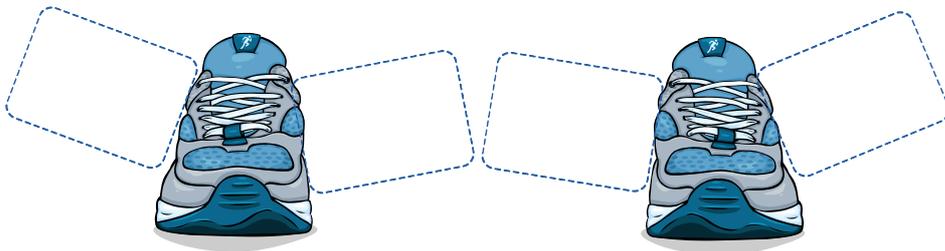
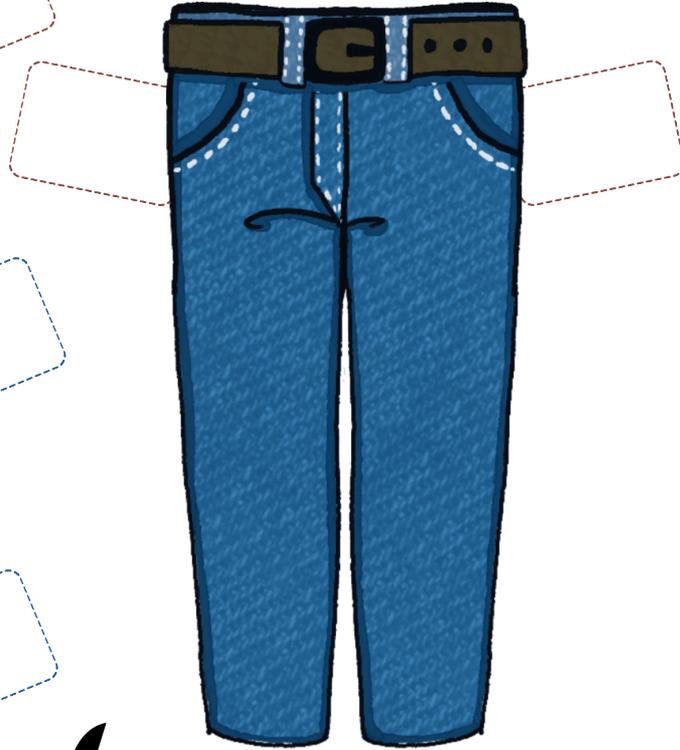
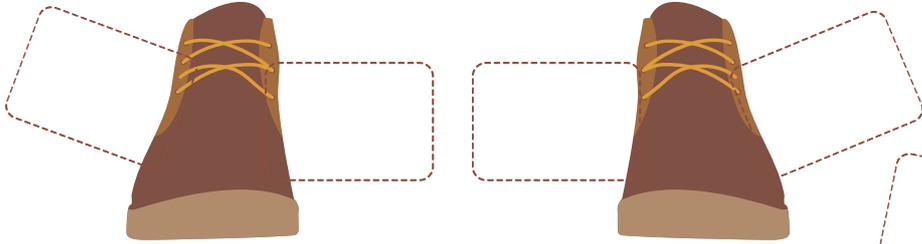
Recorte o boneco para colocar suas roupinhas!



Recorte as roupinhas e suas abas para vestir os bonecos!



Recorte as roupinhas e suas abas para vestir os bonecos!



Fortalecendo o Desenvolvimento Infantil na APS com Atividades em Grupo

Fazendo Colares Mágicos



Objetivo:

Estimular coordenação motora fina, atenção e criatividade.

Materiais:

Miçangas coloridas de diferentes formas.

Barbantes ou fios (pontas endurecidas com fita adesiva).

Como Fazer:

Conte uma história:

"Vamos criar colares mágicos para ajudar nossos amigos da floresta!" Era uma vez, em uma floresta encantada, onde os animais viviam felizes e em harmonia. Mas, um dia, algo estranho aconteceu: o sol brilhou menos, as folhas pareciam tristes, e os rios murmuravam pedidos de ajuda. Preocupados, os animais se reuniram para descobrir o que estava errado.

Foi então que apareceu Luna, uma sábia coruja que guardava os segredos da floresta. "Algo está acontecendo com a magia que protege nosso lar," explicou Luna. "Precisamos fortalecê-la, e para isso, cada um deve criar um colar mágico cheio de boas intenções e energia positiva."

Os animais ficaram animados, mas também preocupados.

Como fariam os colares mágicos? Luna sorriu e disse: "Vocês usarão miçangas coloridas! Vocês podem criar seus colares do jeito que quiserem, desde que coloquem neles amor e esperança para nossa floresta."

Fazendo Colares Mágicos



Assim, todos começaram a criar seus colares com muito carinho. Enquanto escolhiam as miçangas, pensavam em como ajudar a floresta. Quando os colares ficaram prontos, os animais se reuniram ao redor de uma grande árvore e colocaram os colares mágicos nos galhos. Em poucos minutos, algo incrível aconteceu: a luz do sol voltou a brilhar forte, as árvores ficaram verdes e cheias de vida, e os rios cantaram de alegria.

"Vocês conseguiram!" disse Luna, batendo as asas. "A magia está forte novamente, graças ao amor e à união de todos."

E assim, a floresta voltou a ser um lugar feliz, protegido pelos colares mágicos criados com tanto carinho.

Agora, é a sua vez! Vamos criar nossos colares mágicos para espalhar boas energias, assim como os amigos da floresta?

Incentive a criatividade e a criação de sequências (ex.: uma grande e duas pequenas).

Mostre o colar pronto e elogie o trabalho!

Duração:

20 a 30 minutos.

Dica:

Supervisione para evitar que miçangas pequenas sejam levadas à boca.

Separando e Organizando



Objetivo:

Desenvolver habilidades de classificação, atenção e organização.

Materiais:

- Objetos coloridos de diferentes tamanhos e formas (blocos, tampinhas, botões, etc.).

Como Fazer:

1. Peça para as crianças separar os objetos por cor (ex.: "Coloque todos os vermelhos aqui").
2. Depois, organize por tamanho (grandes e pequenos) ou formas (círculos, quadrados, etc.).
3. Elogie as escolhas e incentive a repetição com combinações diferentes.

Duração:

15 a 20 minutos.

Dica:

Transforme a atividade em uma brincadeira, como "quem organiza mais rápido?".

Explorando Texturas Divertidas



Objetivo:

Estimular os sentidos, a curiosidade e o vocabulário relacionado a texturas.

Materiais:

- Caixas ou bandejas.
- Materiais variados: areia, grãos (feijão, arroz, milho), algodão, esponjas, papel amassado, etc.

Como Fazer:

1. Coloque os materiais nas caixas, separando cada tipo de textura.
2. Peça para as crianças explorar com as mãos e descrever o que sentem (ex.: "É macio ou áspero?").
3. Sugira tarefas, como encontrar um objeto pequeno escondido entre os grãos ou comparar texturas.

Duração:

15 a 20 minutos.

Dica:

Para tornar a atividade mais lúdica, crie um jogo: "Quem encontra o tesouro escondido primeiro?" ou "Qual textura é a mais macia?"

Sentindo Texturas com Comida



Objetivo:

Estimular o tato, o paladar e a aceitação de diferentes alimentos, auxiliando na redução da seletividade alimentar.

Materiais:

- Frutas e legumes variados (ex.: cenoura, maçã, pepino, banana).
- Utensílios de cozinha seguros (facas infantis, potes, tábuas).

Como Fazer:

1. Apresente os alimentos e deixe as crianças tocar, sentir e explorar suas texturas (ex.: "Como é a casca da maçã? E a polpa?").
2. Peça ajuda para lavar, descascar ou cortar com utensílios seguros.
3. Monte uma salada juntos, incentivando que provem diferentes combinações.

Duração:

20 a 30 minutos.

Dica:

Transforme a atividade em um "jogo de sabores", incentivando que experimentem pequenos pedaços e compartilhem o que mais gostaram.

Histórias e Músicas Divertidas



Objetivo:

Estimular raciocínio, linguagem e coordenação motora.

Como Fazer:

1. Contação de histórias: Leia uma história curta e faça perguntas simples (ex.: "O que você faria no lugar do personagem?").
2. Músicas com gestos: Cante músicas infantis conhecidas e ensine gestos para acompanhar (ex.: bater palmas, pular).

Duração:

20 a 30 minutos.

Dica:

Escolha histórias e músicas simples e envolventes, adaptadas à idade das crianças. A seguir vamos deixar algumas sugestões.

História: Aventura no Reino das Cores



Era uma vez, em um vilarejo muito especial, um menino chamado Lucas e sua melhor amiga, Bia. Eles viviam em um lugar onde as cores haviam desaparecido misteriosamente. O céu era cinza, as árvores eram cinza, até as flores mais bonitas perderam seu brilho. Todos no vilarejo estavam tristes e sem energia.

Certo dia, Lucas encontrou uma caixinha de madeira escondida atrás de um velho carvalho. Quando abriu, encontrou dentro um mapa mágico que brilhava levemente. No centro do mapa, havia uma frase: "Siga as pistas e traga de volta as cores do mundo."

Bia, curiosa como sempre, convenceu Lucas a embarcar na missão. Eles começaram a seguir o mapa, que os guiava por campos, rios e montanhas. A cada parada, encontravam um desafio.

No primeiro desafio, eles chegaram ao Rio da Coragem, onde precisavam atravessar uma ponte balançando, segurando baldes para pegar água azul mágica. Bia, com sua determinação, deu o exemplo e foi a primeira a atravessar. Eles conseguiram!

História: Aventura no Reino das Cores



O segundo desafio era no Jardim das Flores Silenciosas, onde precisavam dançar e cantar para devolver o som às flores. Com cada passo de dança, pétalas amarelas começavam a brilhar, e os girassóis abriram suas grandes faces radiantes para o sol.

O último desafio aconteceu no topo do Monte do Arco-Íris, onde enfrentaram o guardião das cores, um pássaro mágico chamado Colorido. O pássaro lhes pediu para resolver um enigma:

"O que torna o mundo mais belo e conecta os corações?"

Lucas pensou por um momento e respondeu:

— "A amizade! Porque é com amigos que tudo fica mais divertido e especial."

O pássaro Colorido sorriu e disse:

— "Você está certo! A amizade e a união trazem as cores de volta ao mundo."

Com um bater de asas, Colorido espalhou as cores por todo o vilarejo.

História: Aventura no Reino das Cores



O céu voltou a ser azul, as árvores ficaram verdes, e as flores se encheram de tons vibrantes. As pessoas saíram de suas casas, dançando e celebrando a alegria que havia voltado.

Lucas e Bia olharam ao redor e perceberam que, além de trazerem as cores de volta, haviam aprendido o verdadeiro valor da coragem e da amizade.

E assim, no Reino das Cores, todos viveram felizes e agradecidos, enquanto Lucas e Bia planejavam suas próximas aventuras.

Fim.

✨ Atividades Sugeridas:

1. Pinte um desenho do Reino das Cores e imagine como seria o vilarejo.
2. Crie sua própria história: Que desafios você enfrentaria para trazer as cores de volta?
3. Jogo de adivinhação: Pergunte a um amigo o que o faz feliz e descubram juntos como espalhar alegria!

História: O segredo da Estrela Cadente



No alto de uma colina, uma menina chamada Ana adorava olhar as estrelas. Todas as noites, ela fazia um pedido para a maior e mais brilhante estrela do céu:

— "Quero descobrir algo especial sobre você!"

Certa noite, enquanto todos dormiam, uma estrelinha cadente desceu suavemente até o quintal de Ana. Ela brilhava como ouro e tinha uma voz delicada:

— "Olá, Ana! Sou Estelita, a guardiã dos sonhos. Ouvi seu pedido e vim contar meu segredo."

Ana ficou encantada e perguntou:

— "Qual é o segredo das estrelas?"

Estelita sorriu e respondeu:

— "Nós estrelas brilhamos mais forte quando ajudamos as pessoas a acreditar nos seus sonhos. Que tal você me ajudar com isso?"

Juntas, Ana e Estelita visitaram os vizinhos, deixando pequenas faíscas brilhantes nas janelas. Cada faísca era um lembrete de que sonhos podem se tornar realidade.

Quando a manhã chegou, Estelita se despediu, dizendo:

História: O segredo da Estrela Cadente



— "Continue espalhando sonhos, Ana. Assim você será uma estrela aqui na Terra!"

E desde aquele dia, Ana nunca parou de incentivar as pessoas a sonharem alto e a acreditarem em si mesmas.

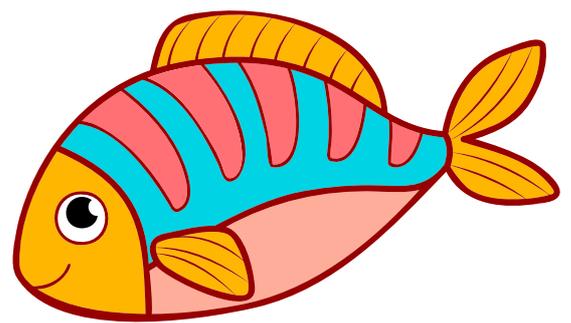
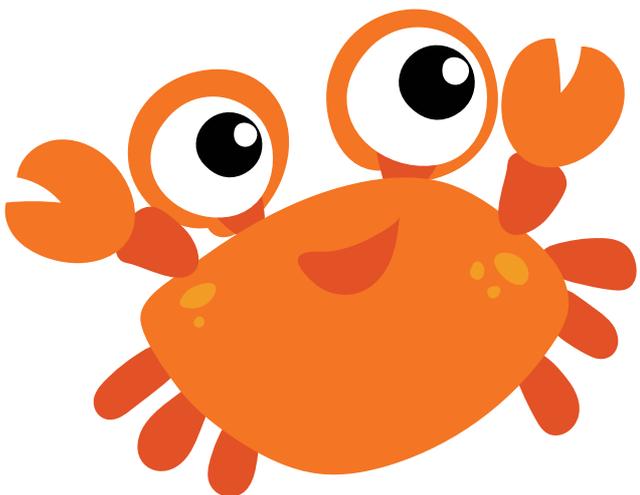
Fim.

✨ Atividades Sugeridas:

1. Desenhe a estrelinha Estelita visitando o quintal de Ana.
2. Escreva seu próprio sonho em um papel e compartilhe com um amigo ou familiar.
3. Que tipo de faísca você gostaria de espalhar? Escreva ou desenhe sua resposta!

Música: Carangueijo

Caranguejo não é peixe
Caranguejo peixe é
Caranguejo só é peixe
Na enchente da maré
Ora, palma, palma, palma!
Ora, pé, pé, pé!
Ora, roda, roda, roda
Caranguejo peixe é!



Música: Barata

A barata diz que tem
Sete saias de filó
É mentira da barata
Ela tem é uma só
Rá rá rá, ró ró ró
Ela tem é uma só
Rá rá rá, ró ró ró
Ela tem é uma só
A barata diz que tem
Um anel de formatura
É mentira da barata
Ela tem a casca dura
Rá rá rá, ró ró ró
Ela tem a casca dura
Rá rá rá, ró ró ró
Ela tem a casca dura
A barata diz que tem
Um sapato de fivela
É mentira da barata
O sapato é da mãe dela
Rá rá rá, ró ró ró
O sapato é da mãe dela
Rá rá rá, ró ró ró
O sapato é da mãe dela



A barata diz que tem
Uma saia de cetim
É mentira da barata
Ela tem é de capim
Rá rá rá, ró ró ró
Ela tem é de capim
Rá rá rá, ró ró ró
Ela tem é de capim
A barata diz que tem
Um sapato de veludo
É mentira da barata
Ela tem o pé peludo
Rá rá rá, ró ró ró
Ela tem o pé peludo
Rá rá rá, ró ró ró
Ela tem o pé peludo
A barata diz que tem
A barata diz que tem
Um vestido de babado
É mentira da barata
O vestido tá rasgado
Rá rá rá, ró ró ró
O vestido tá rasgado
Rá rá rá, ró ró ró
O vestido tá rasgado

Música: Borboletinha



Borboletinha tá na cozinha
Fazendo chocolate para a madrinha
Poti-poti
Perna de pau
Olho de vidro
E nariz de pica-pau
Pau-pau



Borboletão ta no fogão
Fazendo macarrão
Para o seu irmão
Poti-poti
Perna de gigante
Olho de vidro
E nariz de elefante



Atividades para Envolver as Famílias e Cuidadores

Workshops interativos:

- Orientações práticas para criar brincadeiras em casa.
- Demonstrações de como estimular as crianças em tarefas cotidianas.

Rotinas de brincadeiras conjuntas:

- Jogos de tabuleiro simples.
- Cozinhar receitas fáceis com tarefas adaptadas para as crianças (mexer, decorar).

Sessões de leitura compartilhada:

- Revezar leitura de histórias com pausas para discussões.
- Incentivar o uso de livros interativos.

Nos conte o que achou!



Mande uma mensagem através dos canais de comunicação:

(11) 99820-8297.

projatotelenordeste@haoc.com.br

E conte a experiência que você como profissional de saúde, responsável ou familiar teve com o uso deste material.



Saiba mais sobre o Projeto TeleNordeste em:

www.telenordeste-se.com.br

