



Dra. Ana Flávia Varella
Neuropediatra

ROTINAS DIÁRIAS

Manhã



Acordar

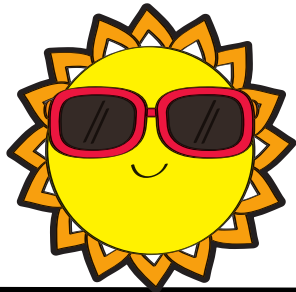


Tomar café da manhã



Assistir televisão

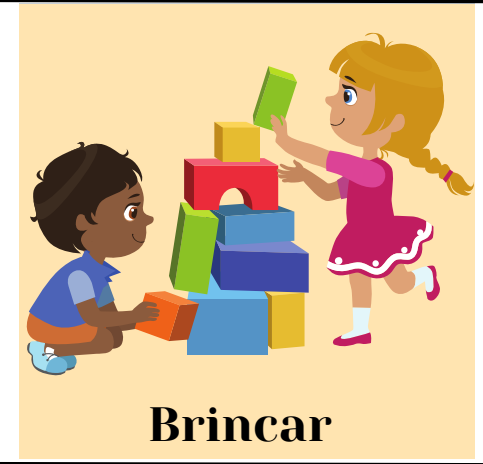
Tarde



Almoçar



Ir para escola



Brincar

Noite



Jantar



Tomar banho



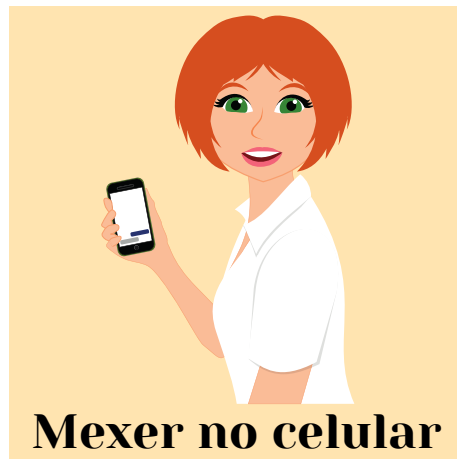
Dormir



Estudar



Jogar videogame



Mexer no celular



Brincar no tablet



Comer doce



Pular



Ir no parquinho



Ir para terapia



Praticar esportes