



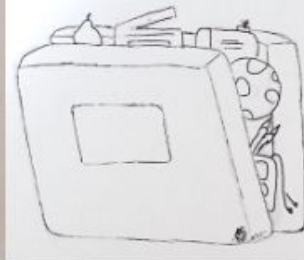
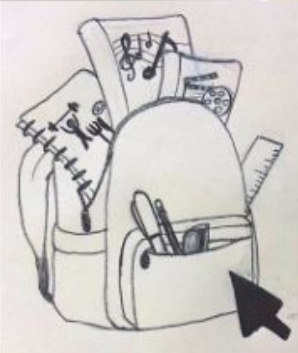
desenho: aluna Juliana 11ºE

Cabaz "Viver a VIDA!"

Apesar de afastados estamos juntos ... num registo positivo e construtivo.

Citando a Agustina Bessa Luís
"As palavras não significam nada se não forem recebidas como um eco da vontade de quem as ouve."

Fiquem Bem!
Equipa PES



desenhos: alunos turma Artes 11ºE



Atividade Física

<https://fitescola.dge.mec.pt/pagina.aspx?id=23>

<http://recursos.fitescola.dge.mec.pt/saude-e-bem-estar/>

<https://cdup.up.pt/news/u-porto-garante-atividade-fisica-em-casa>



loga e Mindfulness

<https://drive.google.com/file/d/1gY9MVeRHyDv59O2FMdaxInsvJ5XKpDGO/view>

https://drive.google.com/file/d/17yrw7iNLYUf-W2_YFE8lukJoG2ISi1FM/view

https://www.youtube.com/channel/UCehH0gfC-ivKz_htoMHxHtA

<https://www.youtube.com/watch?v=Mg1RiAw05z8>

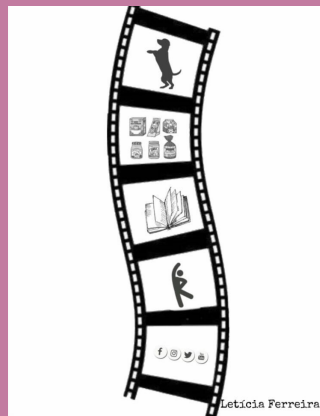
<https://www.youtube.com/watch?v=JMQOeHG26eY>



Música

https://www.youtube.com/watch?v=X4Tp_TmjHRs

<https://www.youtube.com/watch?v=m8esAuYRyYI>



Arte e cultura

<http://www.teatroaberto.com/>

<https://www.tsf.pt/portugal/cultura/o-que-fazer-este-fim-de-semana-uma-agenda-cultural-em-quarentena-11960958.html>

https://www.facebook.com/pg/rtes.ae1mc/about/?ref=page_internal

<https://www.wdl.org/pt/>



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<https://www.youtube.com/watch?v=0zODLUYUXbg&feature=youtu.be>