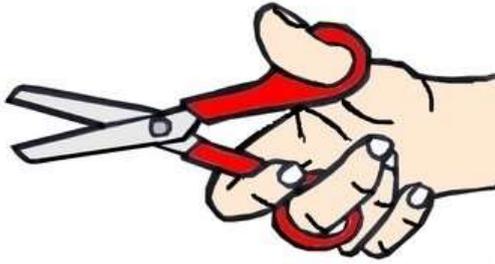


## Petits conseils pour bien tenir ses ciseaux et mieux découper.

1) Mettre le pouce dans l'anneau du haut et le majeur (ou l'index ET le majeur) dans l'anneau du bas.



<http://laviedelaclasse6.eklablog.com/tenue-des-ciseaux-a127001686>



[http://ergo.scolaire.free.fr/ciseaux\\_2\\_gris.htm](http://ergo.scolaire.free.fr/ciseaux_2_gris.htm)

2) Tenir les ciseaux perpendiculairement à la feuille.

Tenir sa feuille en mettant le pouce au-dessus et les autres doigts en dessous.

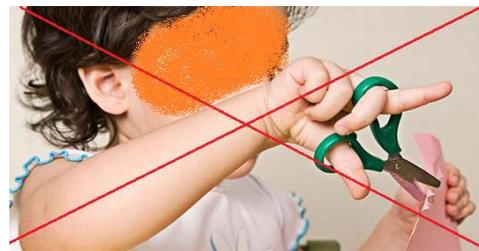


3) C'est la main qui tient la feuille qui bouge pour guider le découpage, et non celle qui tient les ciseaux.

4) Il faut garder ses coudes près de son corps. Cela va aider à mieux contrôler les mouvements du découpage.



<https://www.educatout.com/edu-conseils/ergotherapie/>

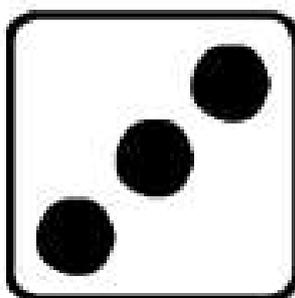
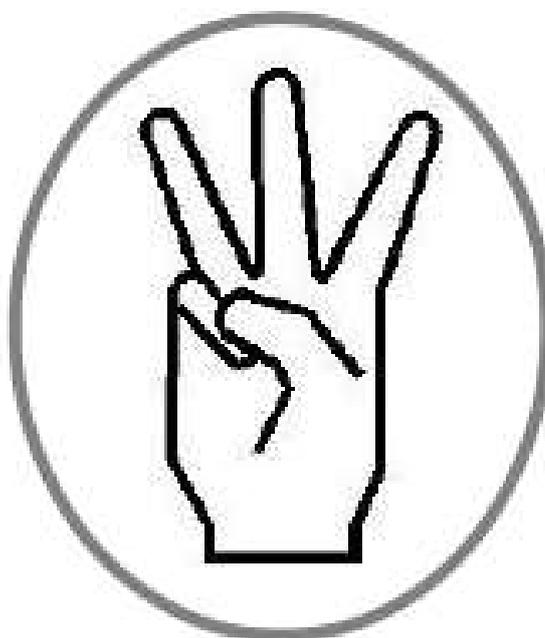
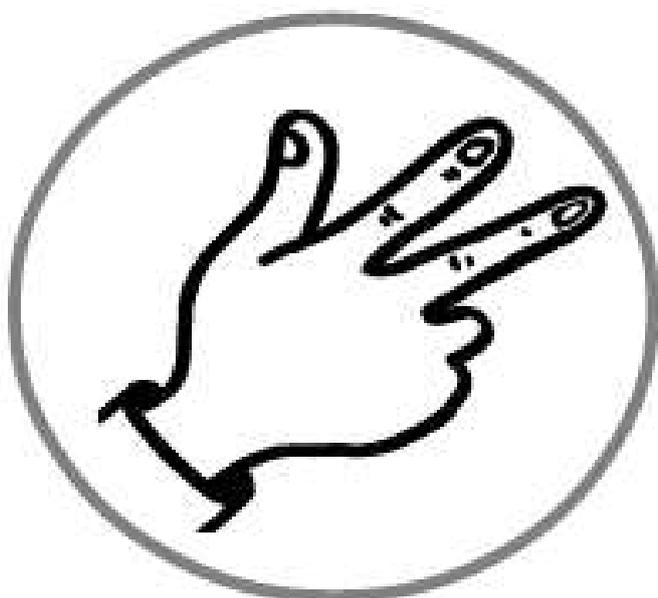


<https://naitreetgrandir.com/fr>

### **Astuce :**

Mettez une gommette sur l'ongle du pouce de votre enfant pour l'aider à positionner son pouce correctement. La gommette doit toujours « regarder le ciel ».

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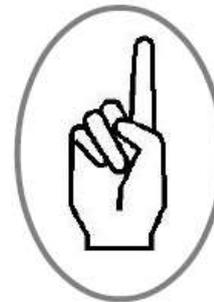
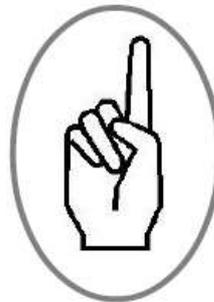
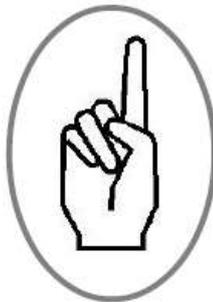
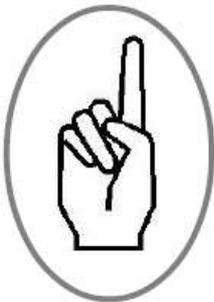
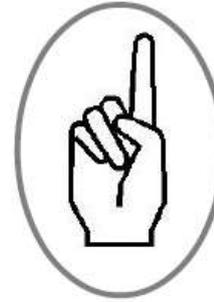
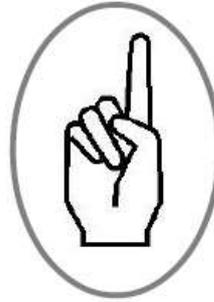
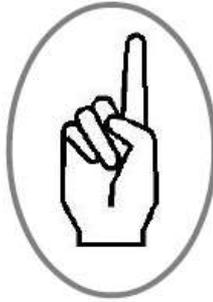
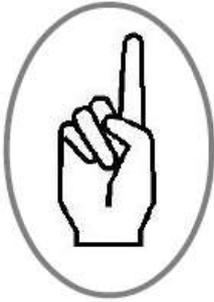
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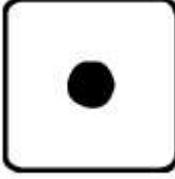
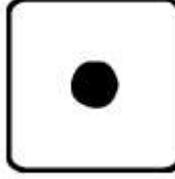
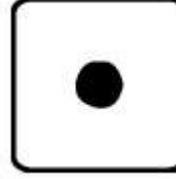
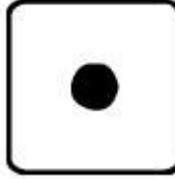
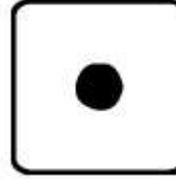
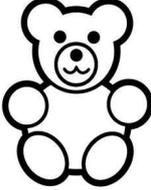
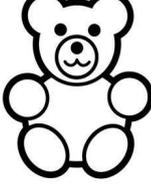
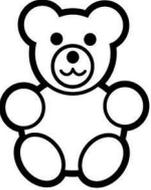
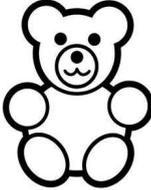
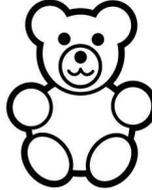
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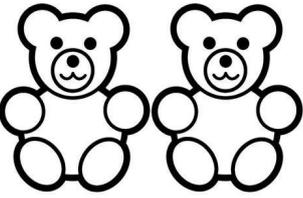
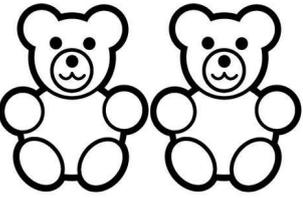
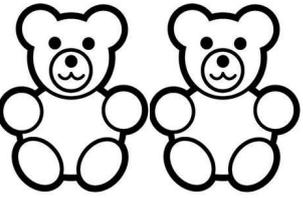
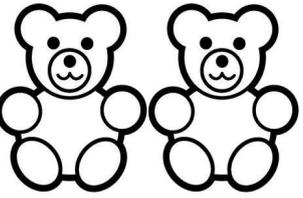
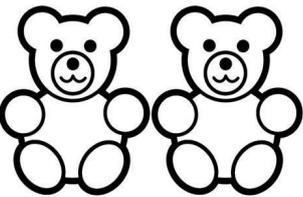
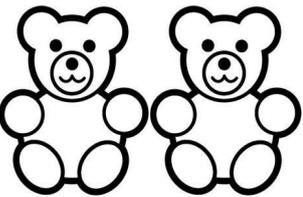
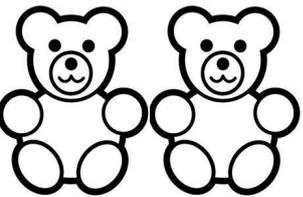
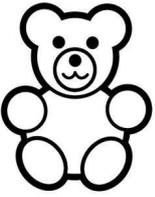
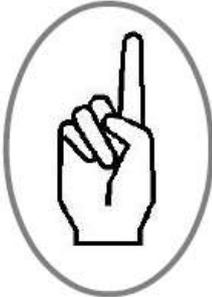
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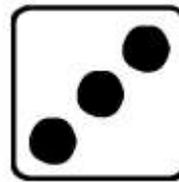
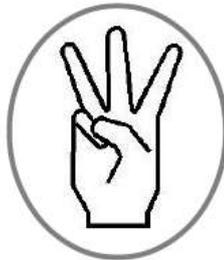
			
			
			
			
			
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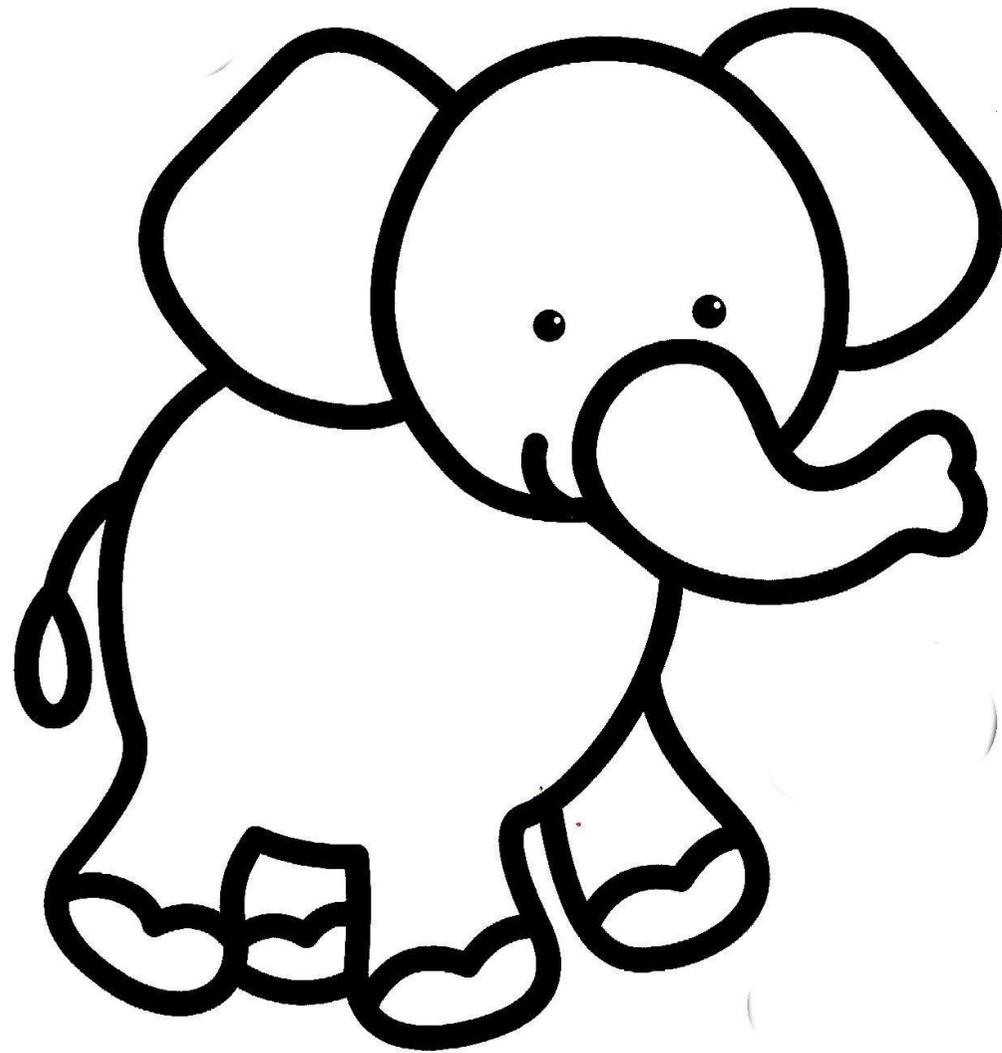
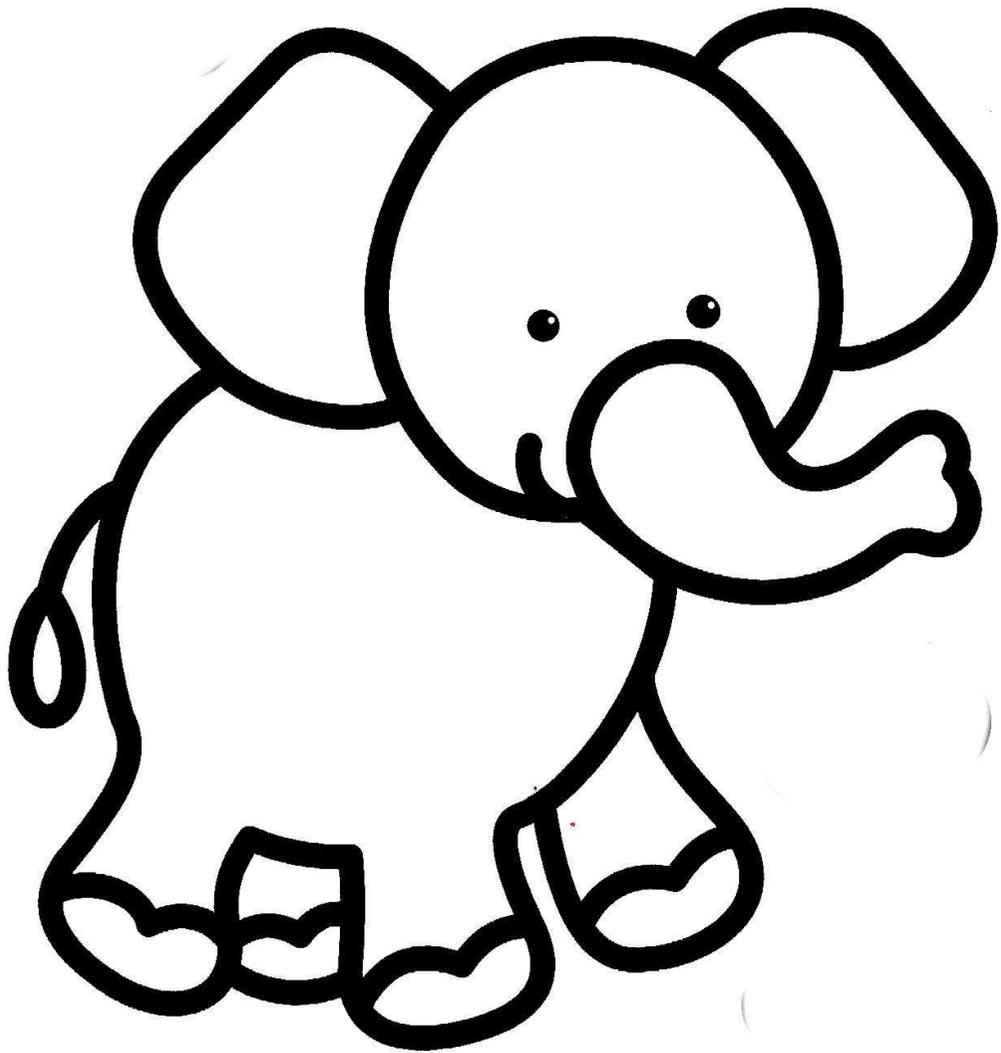
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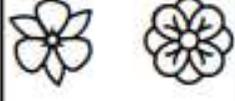
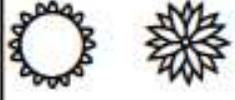
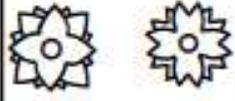
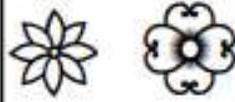
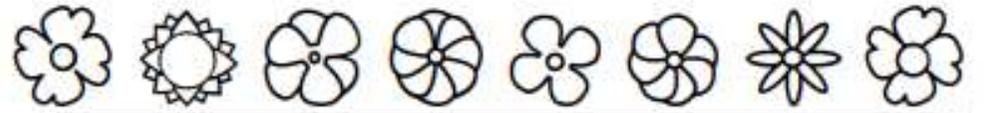
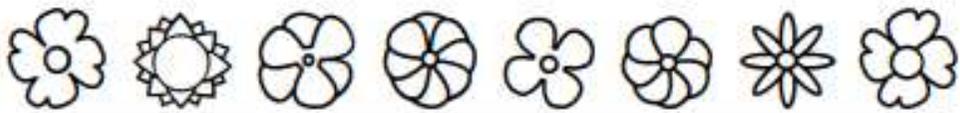
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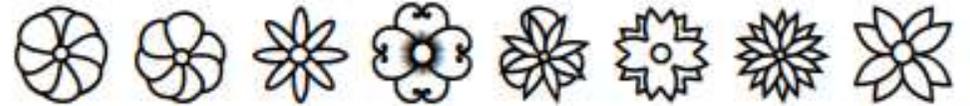
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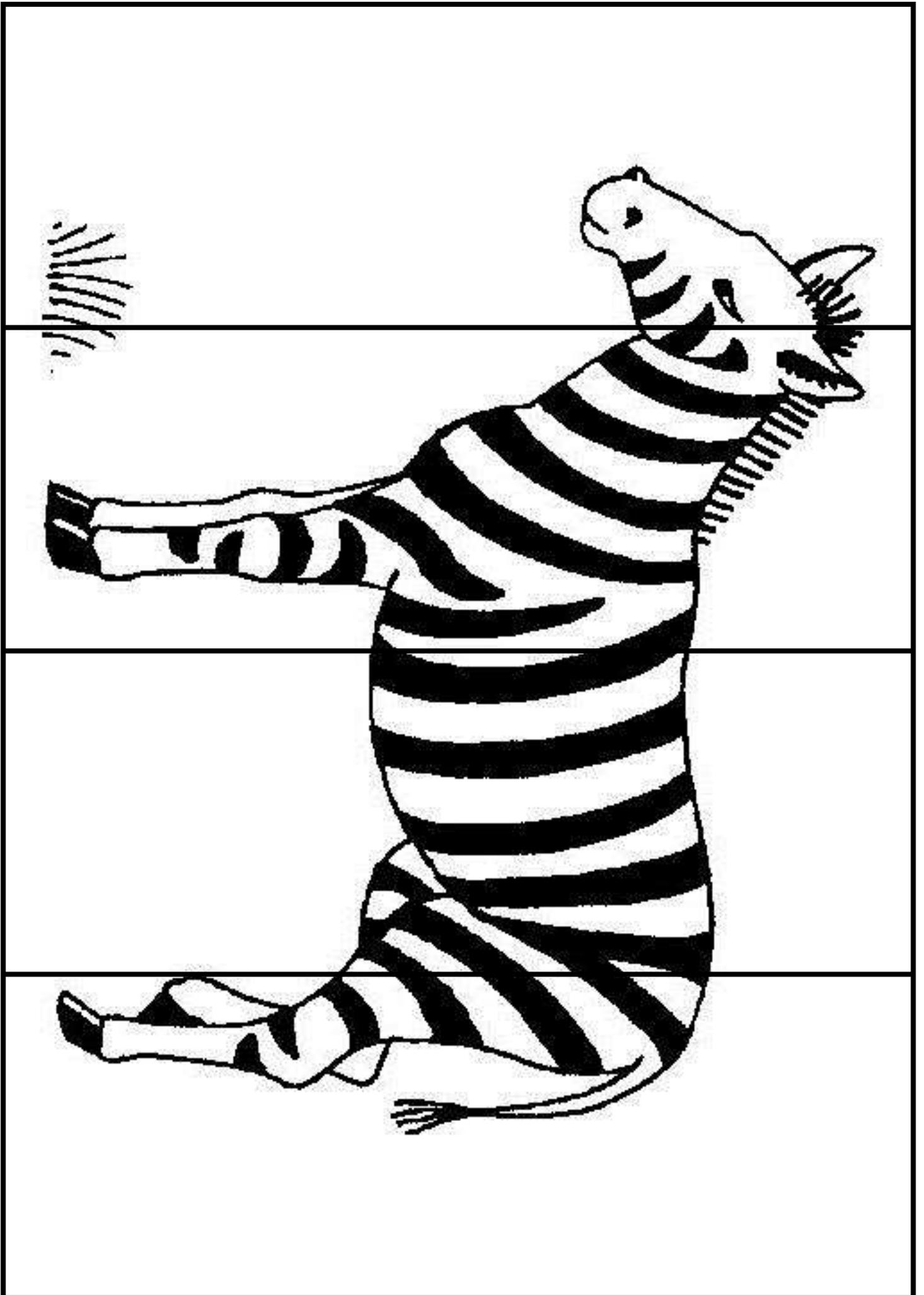




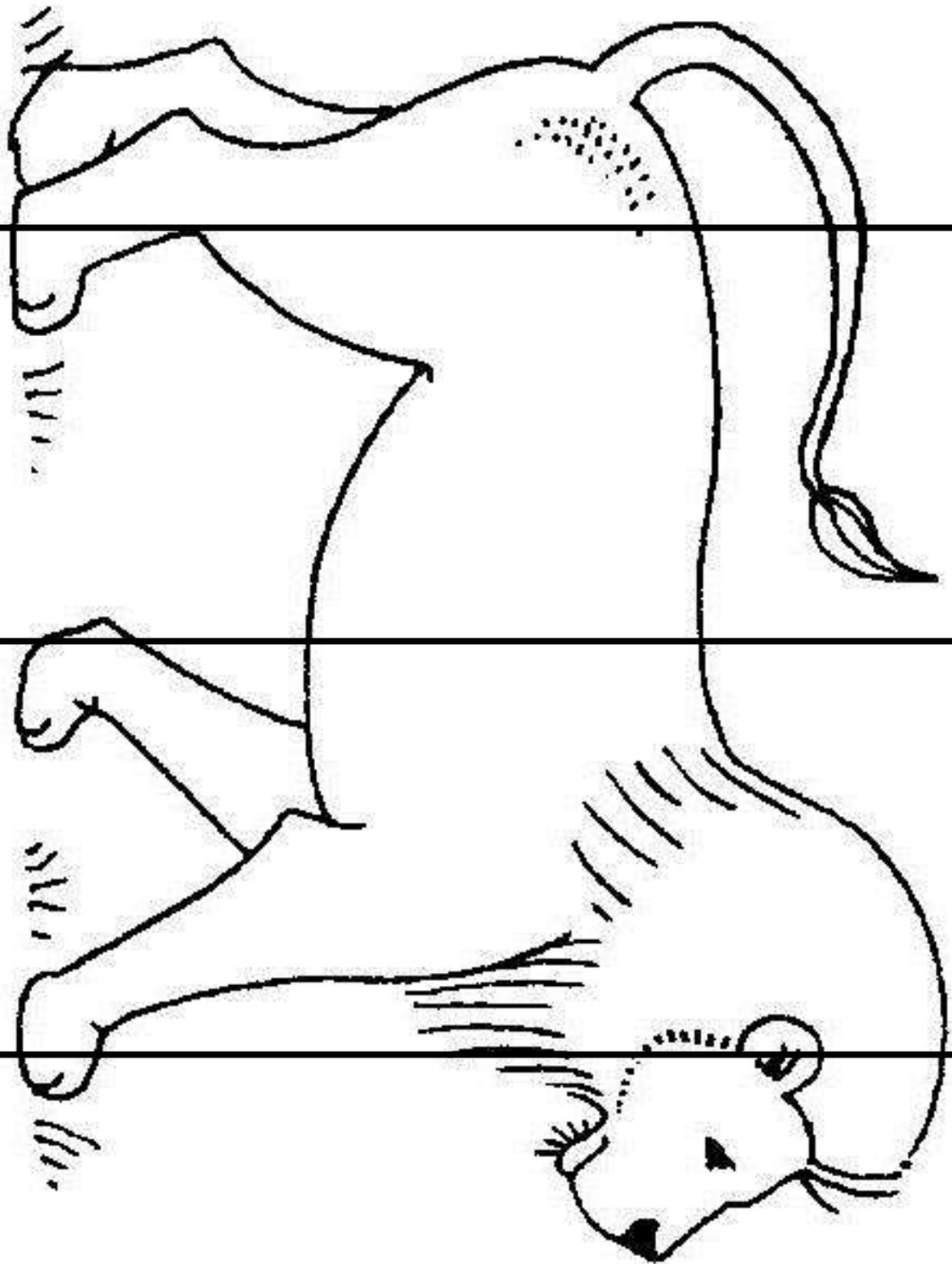
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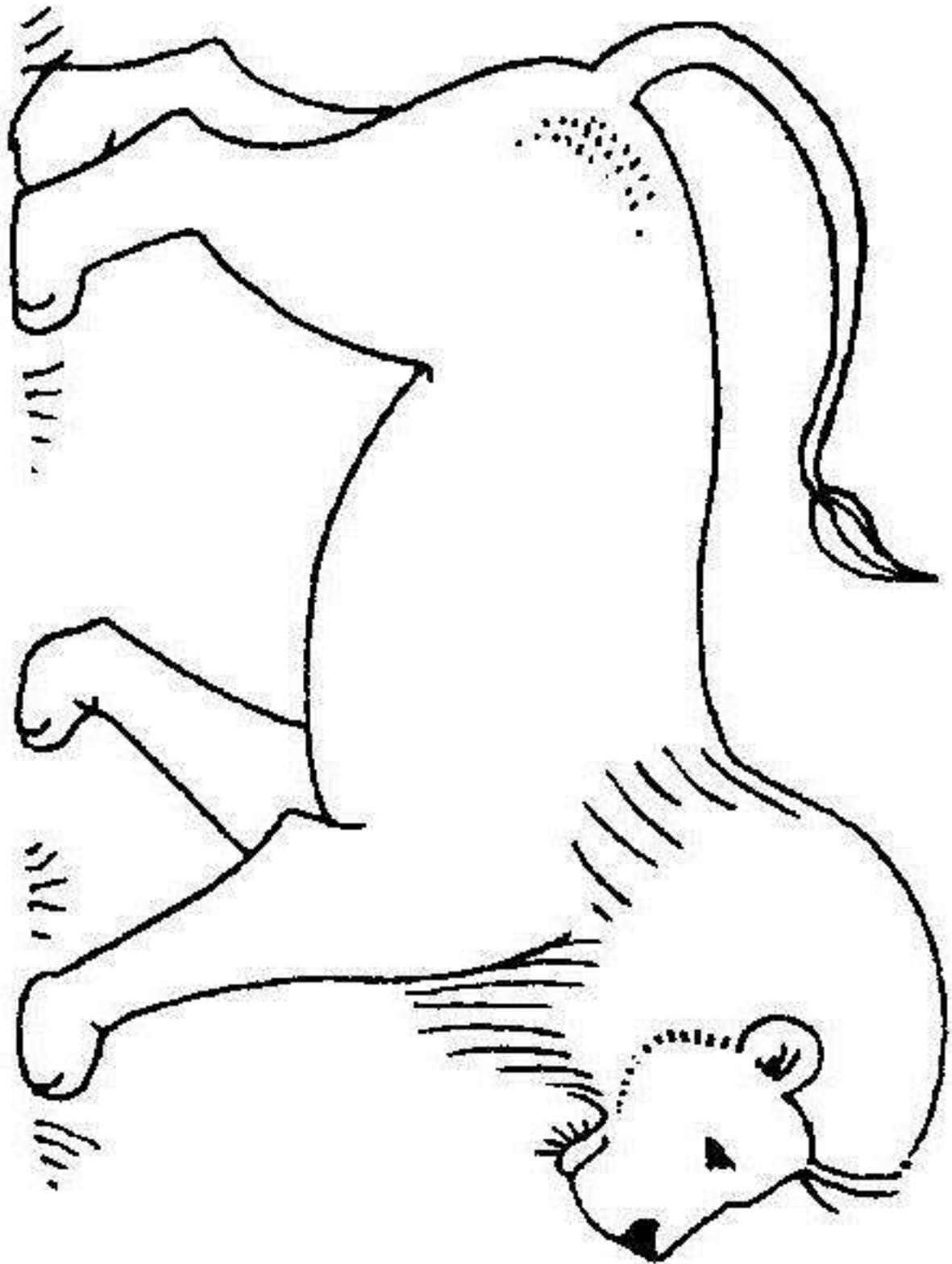
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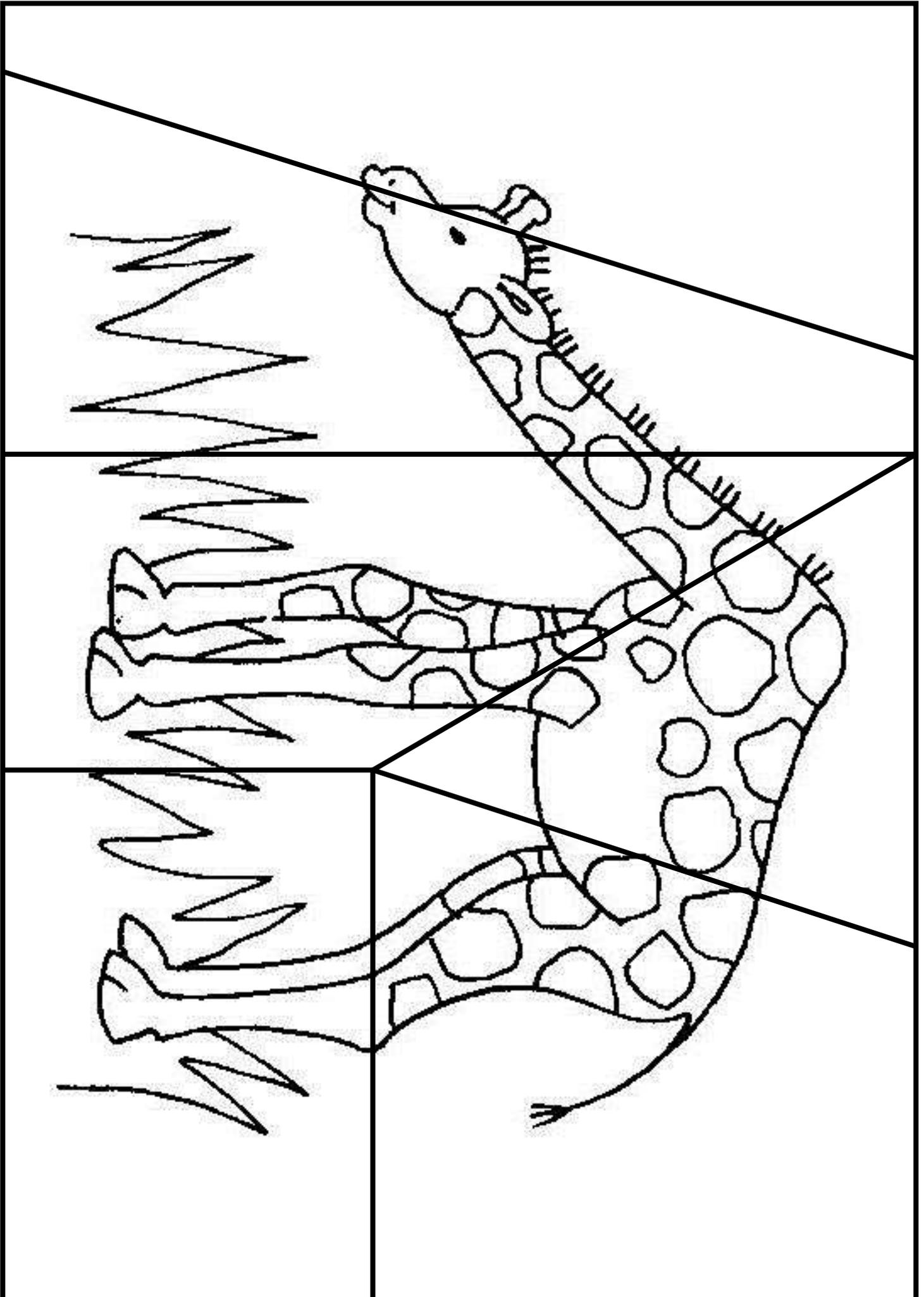


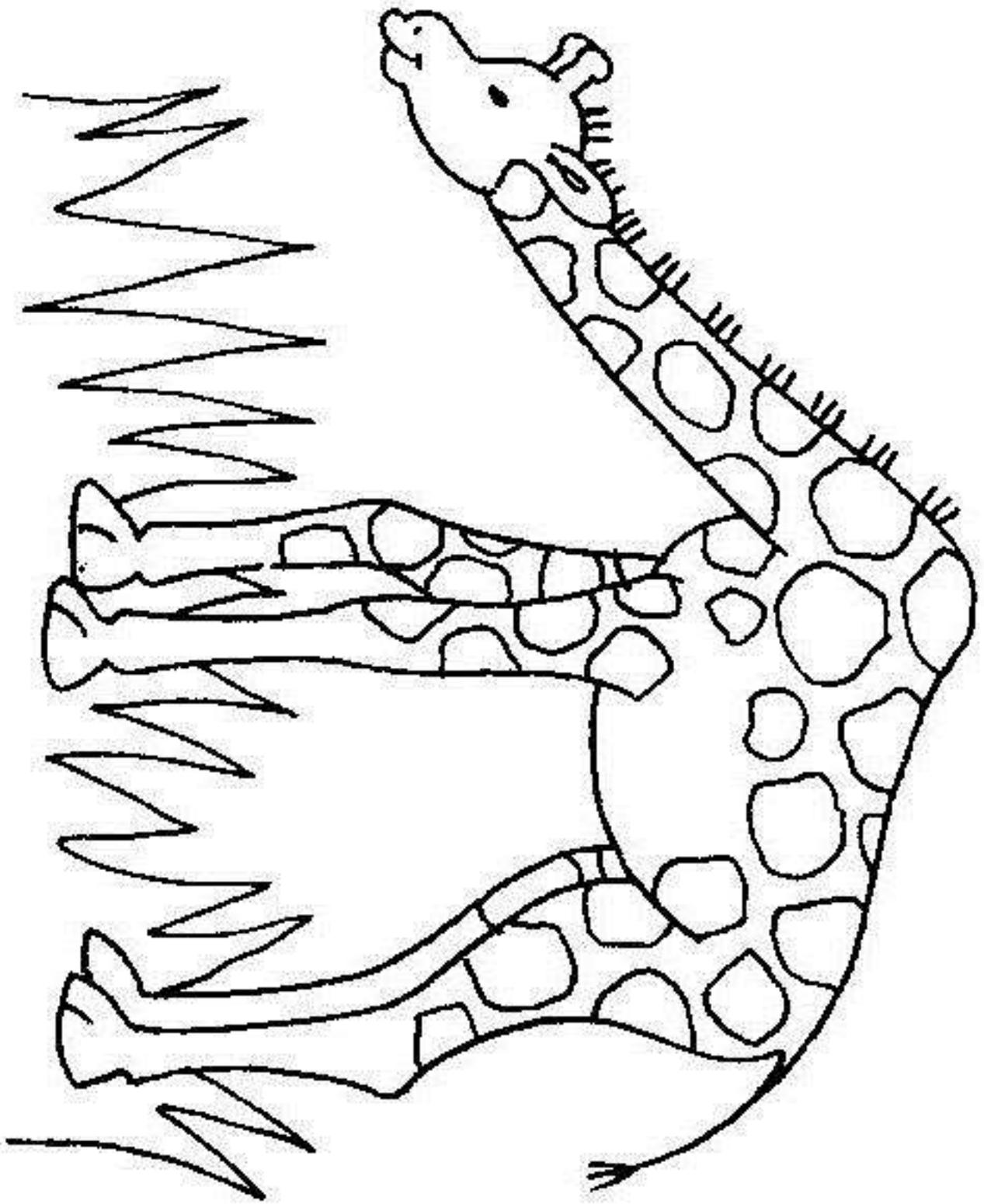


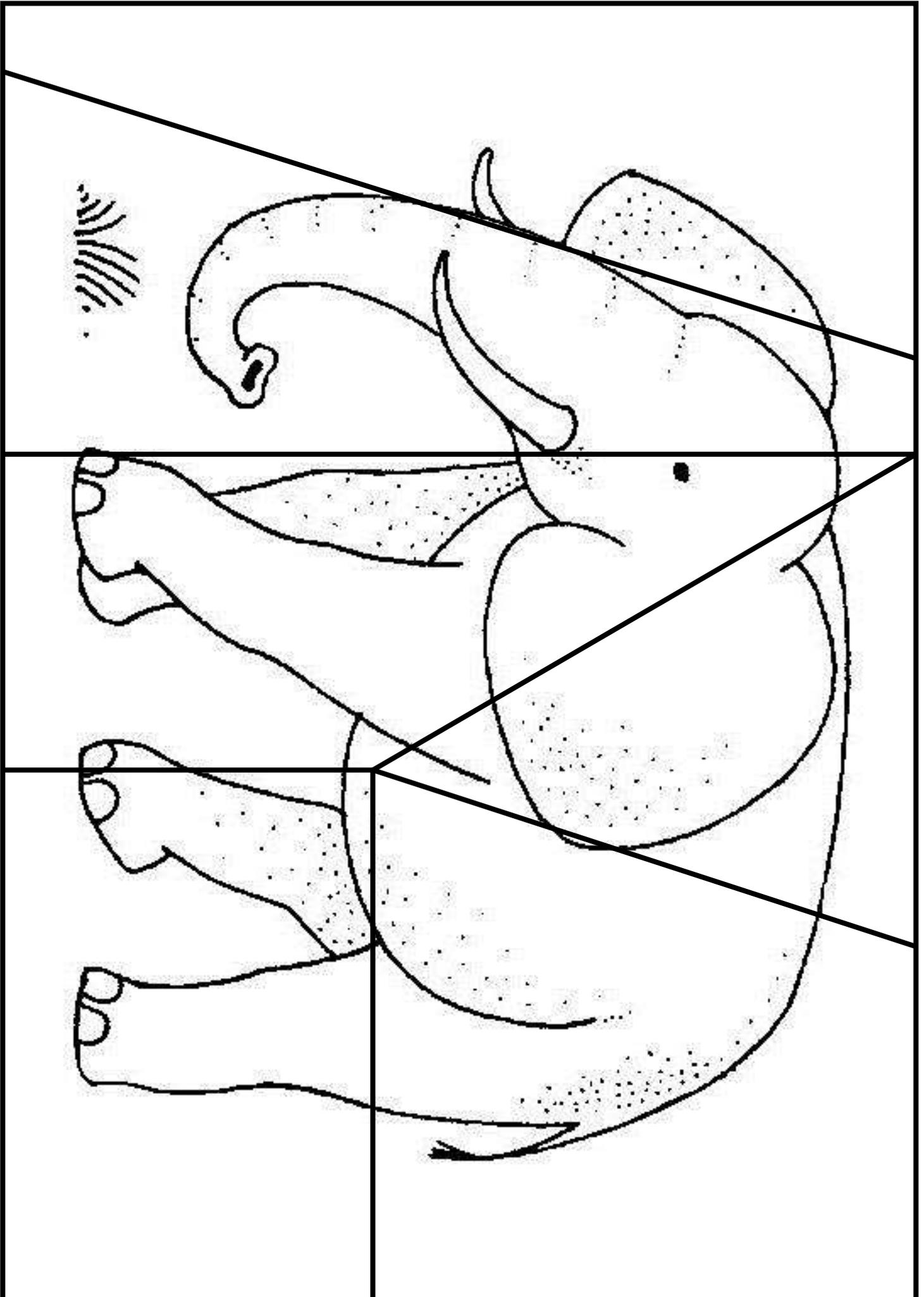


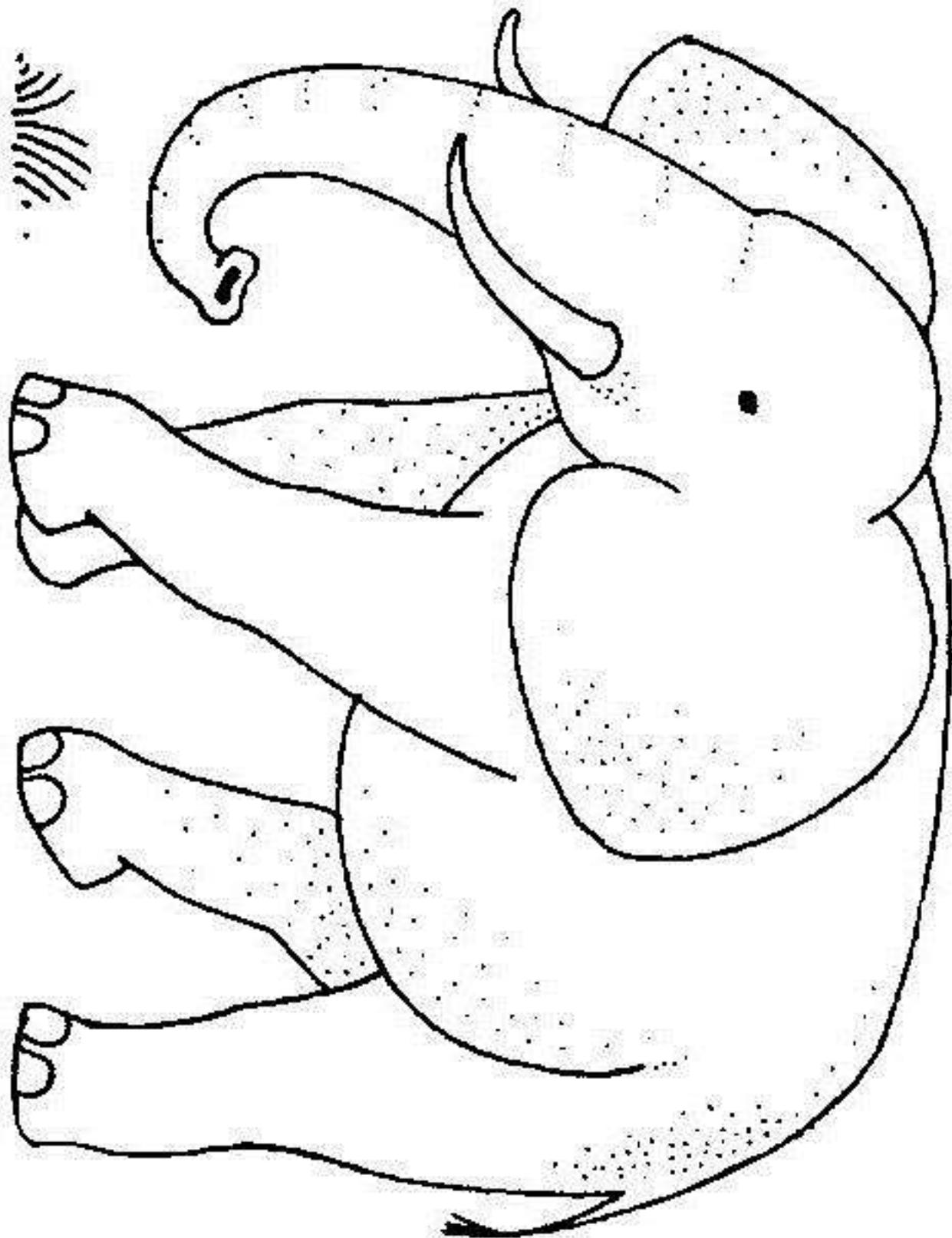






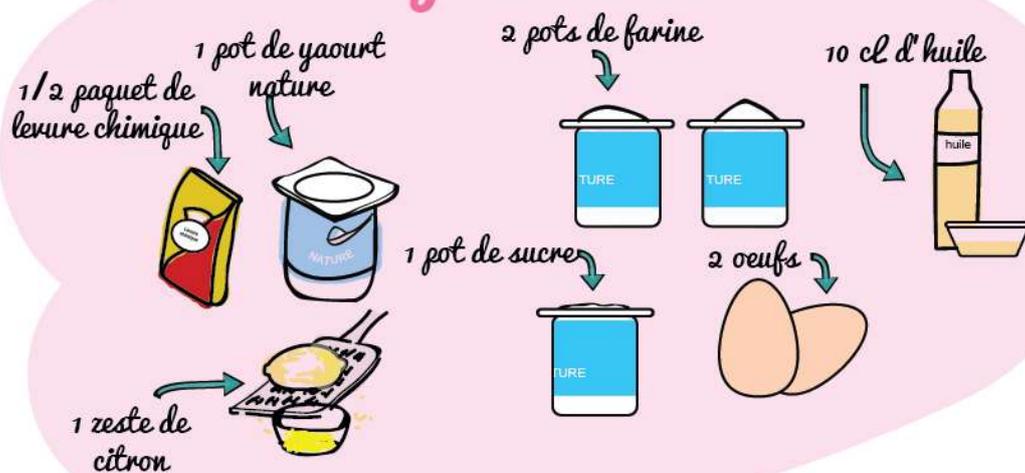






# Gâteau au yaourt

## Ingrédients



Verser la levure, la farine et le sucre dans un bol.

Mélanger

Ajouter les oeufs, le yaourt, l'huile et le zeste de citron



Mélanger

Beurrer le moule et verser la préparation.

Enfourner à 180°C durant 30min



Laisser refroidir puis démouler.

Savourez

