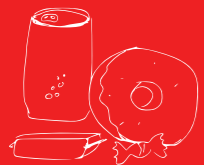


Les besoins du cerveau

ressources
positives



ressources
négatives



stress



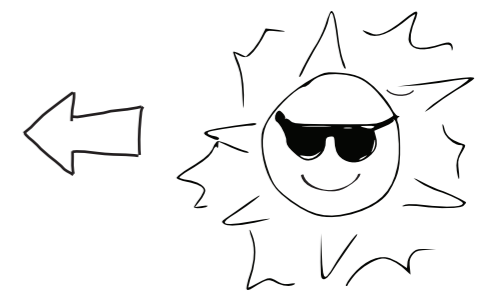
bien-être

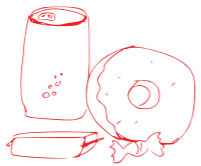
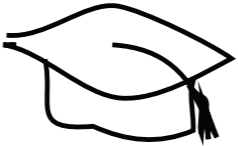



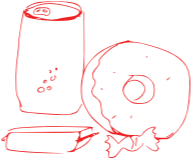




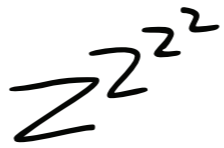
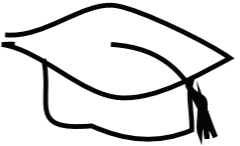
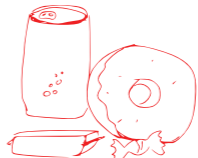




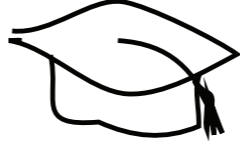



apprentissage



Bonjour!



		 x3	pause	 x1
				
 x1	rejouer	Bonne nuit 		
pause	 x1	pause	 x2	
 x2	rejouer			rejouer