MI CUADERNO DE ASOCIACIÓN

FOTO - PICTO

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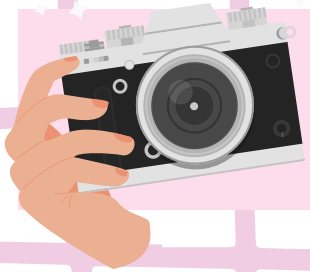
Trabajar la asociación entre una imagen real y un pictograma con personas con TEA tiene varios beneficios clave, especialmente para mejorar la comunicación, la comprensión y la autonomía.

1. **Facilita la comprensión:** Los pictogramas simplifican la información visual y ayudan a entender conceptos que pueden ser confusos en una imagen real.
2. **Favorece la comunicación aumentativa y alternativa (CAA):** Muchas personas con autismo tienen dificultades en el lenguaje verbal. Asociar imágenes reales con pictogramas les ayuda a expresarse mejor.
3. **Generalización del aprendizaje:** Relacionar un pictograma con una imagen real permite que la persona reconozca ese objeto o situación en distintos contextos y escenarios.
4. **Reduce la ansiedad:** Las imágenes esquematizadas en pictogramas pueden ser más predecibles y menos abrumadoras que una imagen con muchos detalles, lo que reduce la sobrecarga sensorial.
5. **Favorece la estructuración del entorno:** Usar pictogramas junto con imágenes reales ayuda a comprender rutinas y normas, promoviendo la autonomía en el día a día.

A nivel cognitivo, contribuye a varios procesos mentales esenciales:

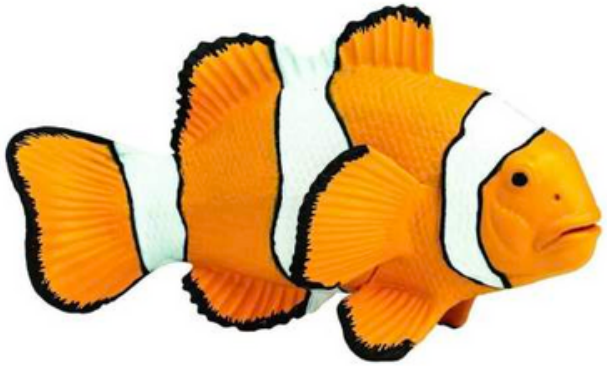
1. **Desarrollo de la abstracción:** Los pictogramas representan conceptos de manera simplificada. Relacionarlos con imágenes reales ayuda a trabajar la capacidad de abstraer información y reconocer representaciones simbólicas.
2. **Mejora del procesamiento visual**: Al entrenar la relación entre imágenes más complejas (reales) y más esquemáticas (pictogramas), se refuerza la capacidad de diferenciar, identificar y categorizar información visual.
3. **Favorece la generalización:** Permite que la persona no solo reconozca un objeto en su forma real, sino que también entienda su representación en distintos formatos (dibujos, pictogramas, fotos, símbolos, palabras).
4. **Potencia la memoria visual y la asociación**: Al conectar un pictograma con una imagen real, se refuerza la memoria asociativa, facilitando la identificación de objetos, acciones o emociones en diferentes contextos.
5. **Estimula el pensamiento lógico y secuencial:** Se pueden crear secuencias de pictogramas e imágenes reales para estructurar eventos y rutinas, ayudando a organizar el pensamiento de forma lógica.

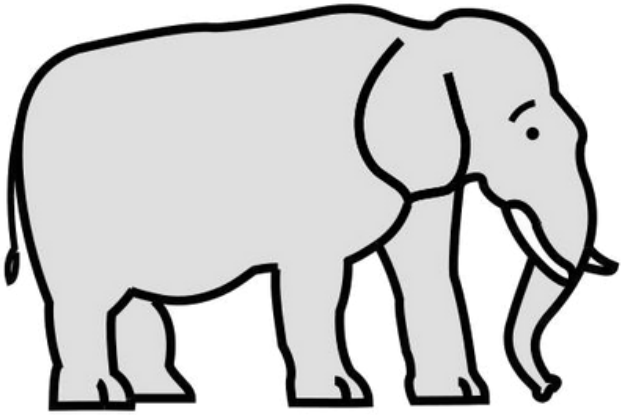
En conclusión, esta asociación fortalece habilidades cognitivas esenciales como la abstracción, la generalización, la memoria visual y el pensamiento lógico, facilitando la comprensión del entorno y la comunicación.

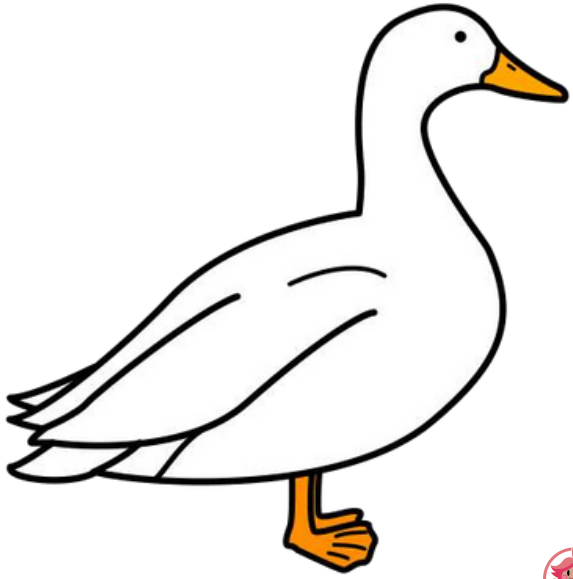


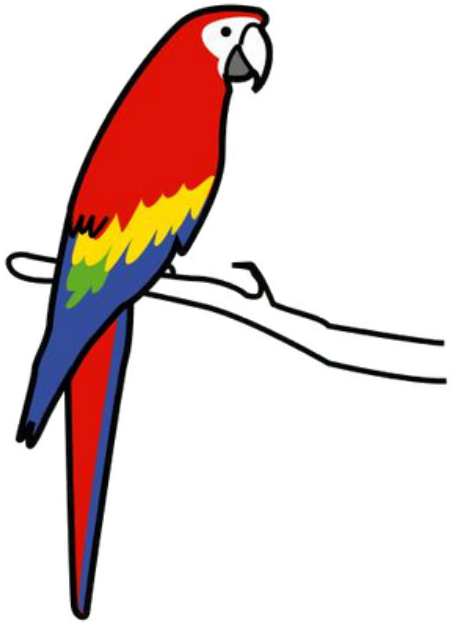
IMÁGEN REAL

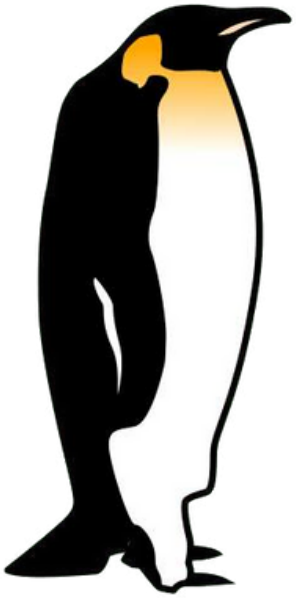
PICTOGRAMAS

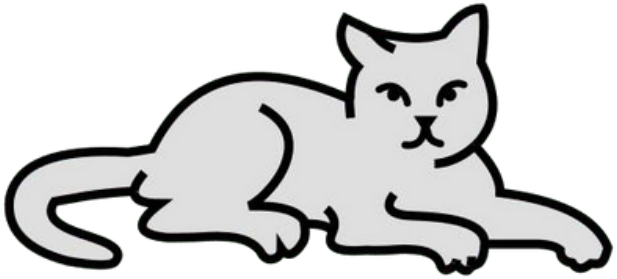


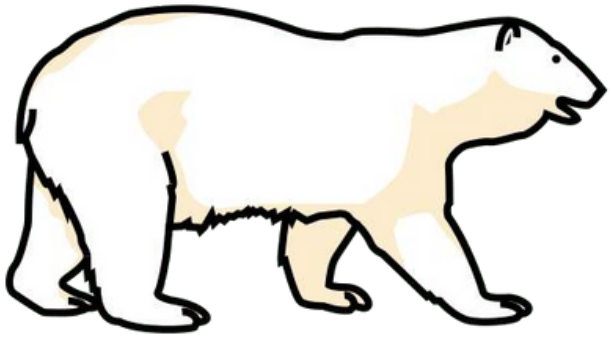


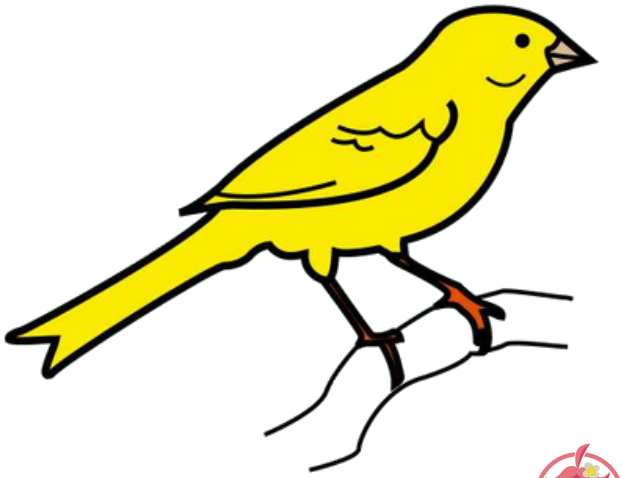


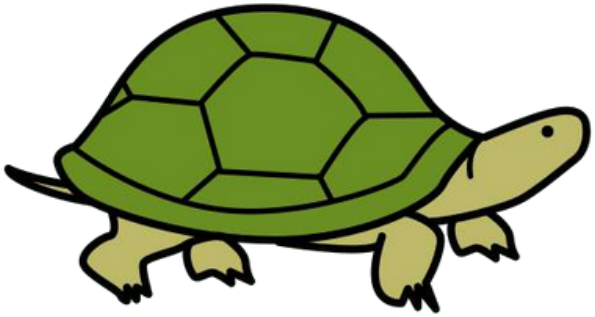


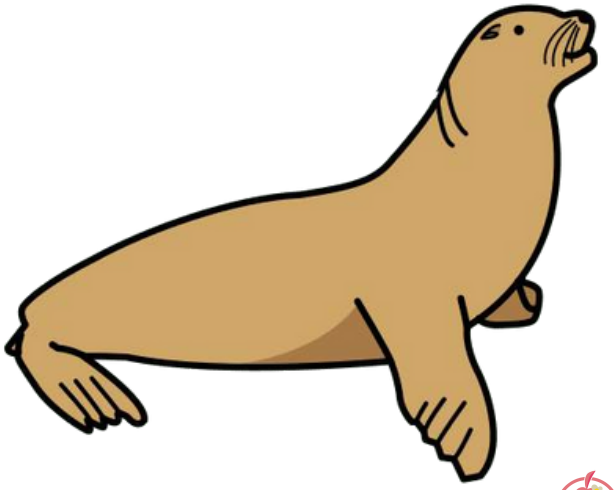


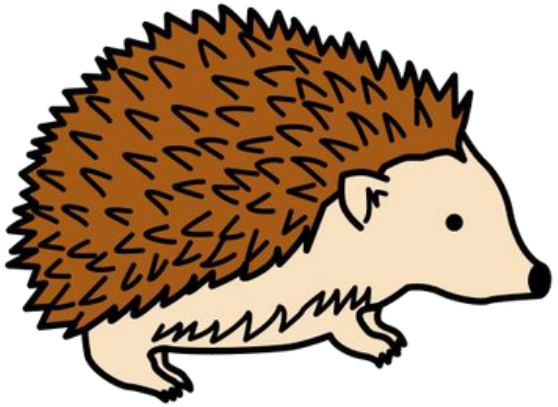


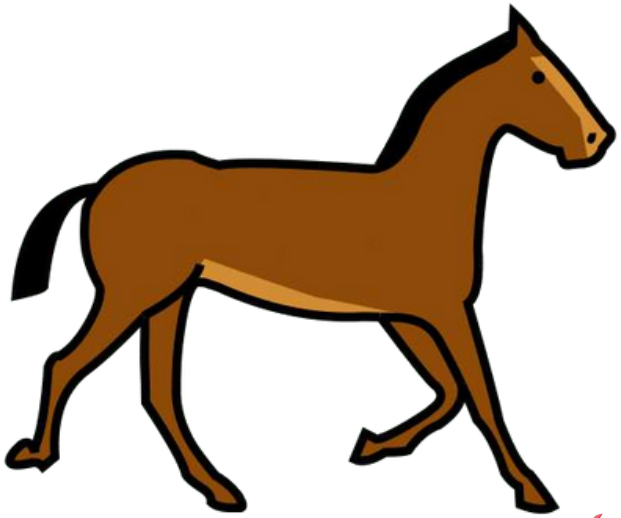


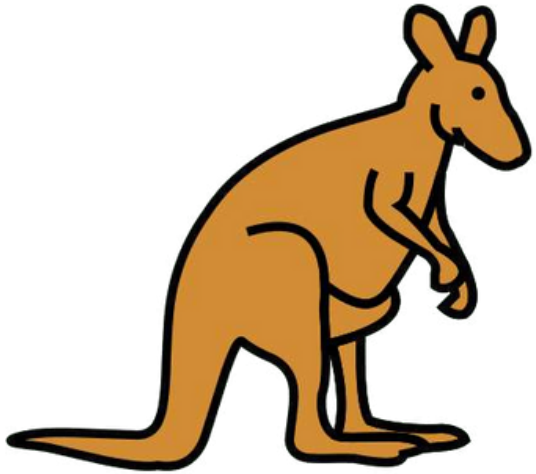


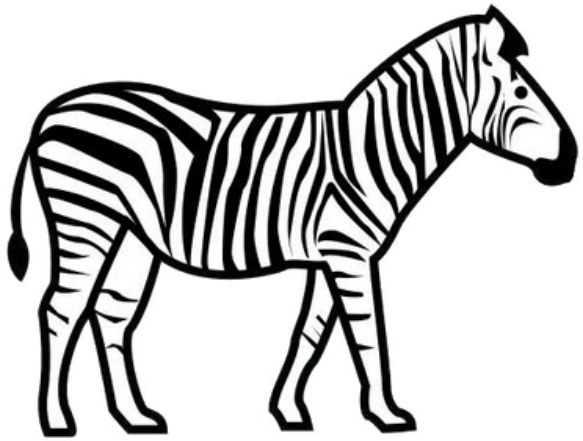


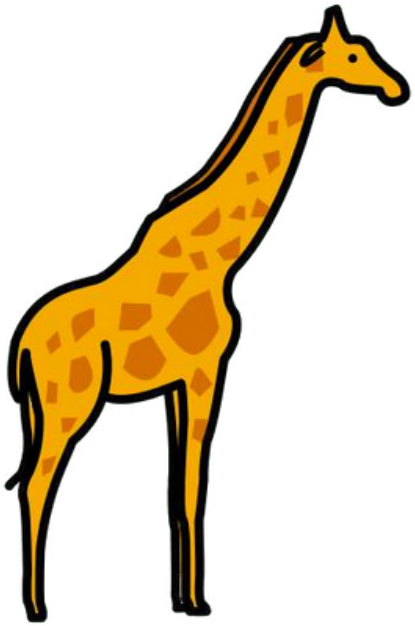


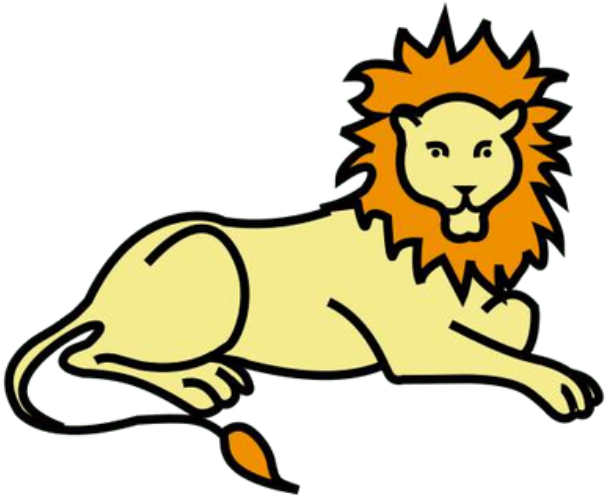


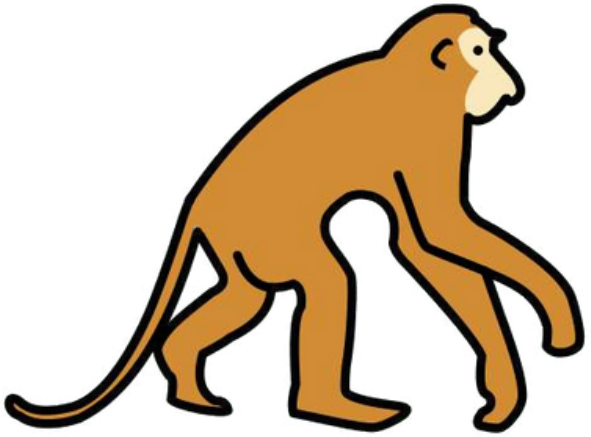


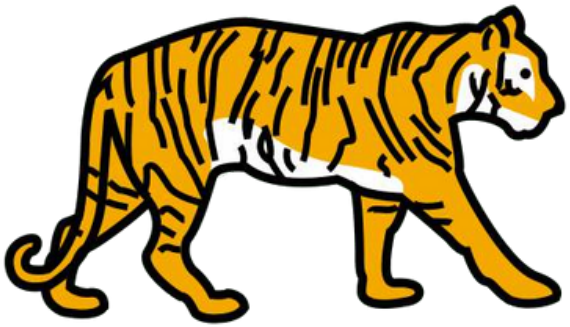


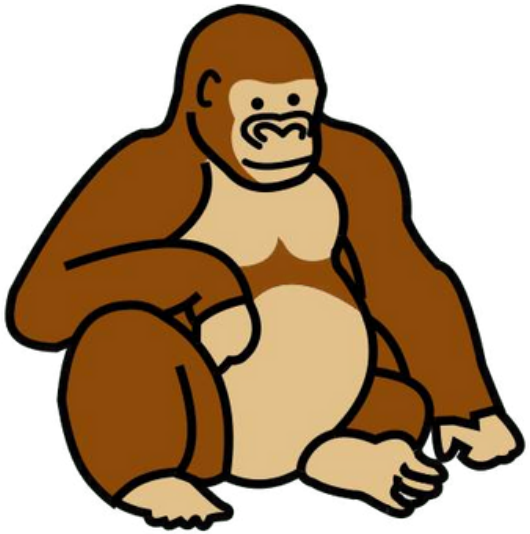


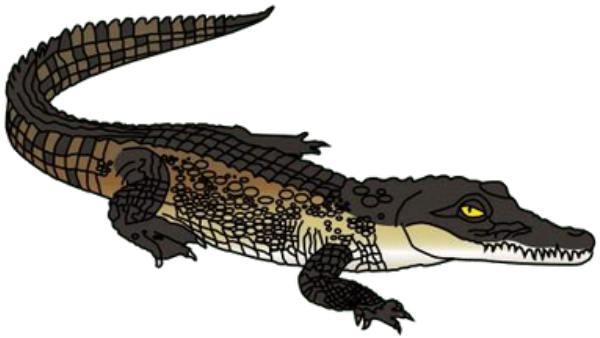


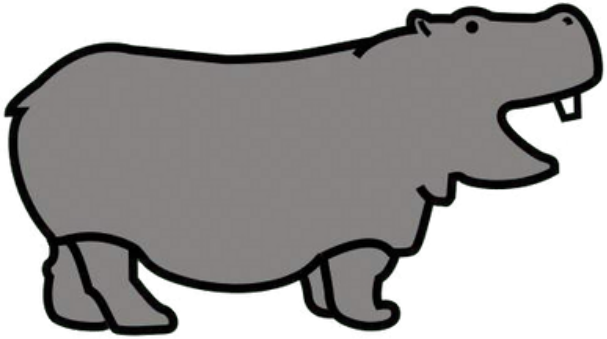


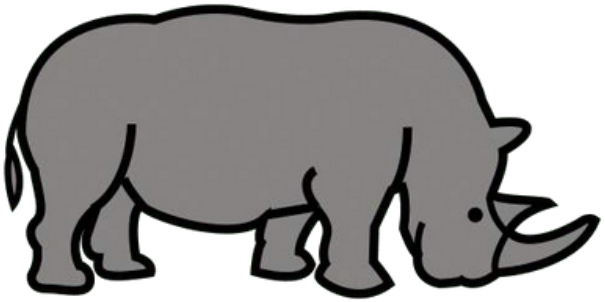


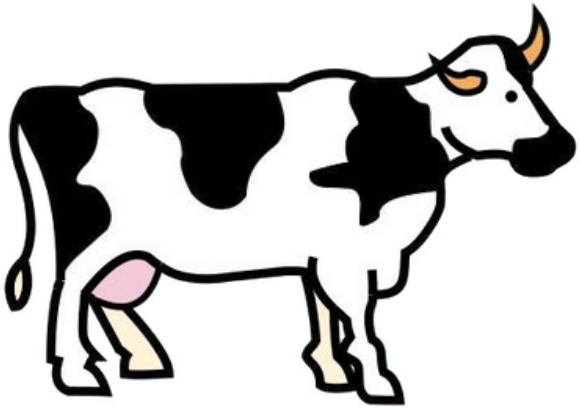


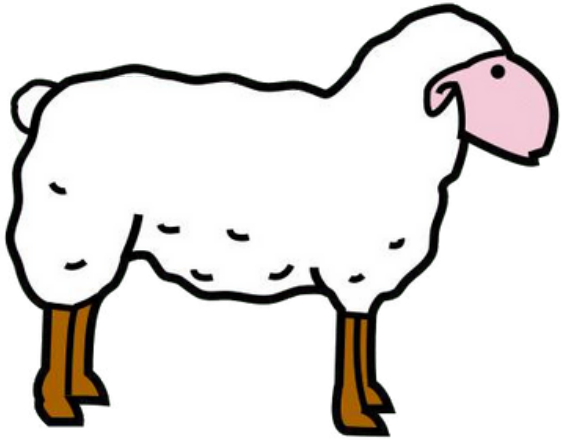


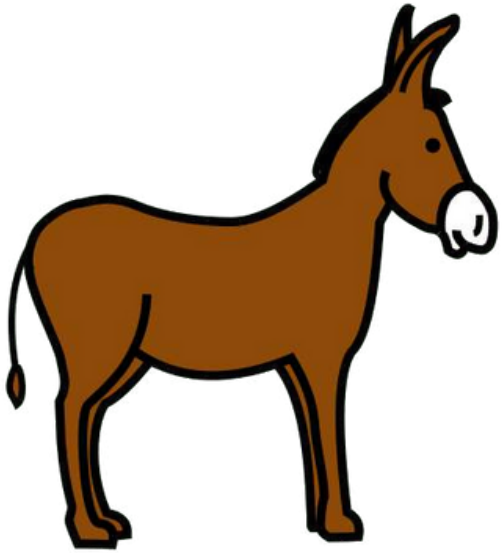


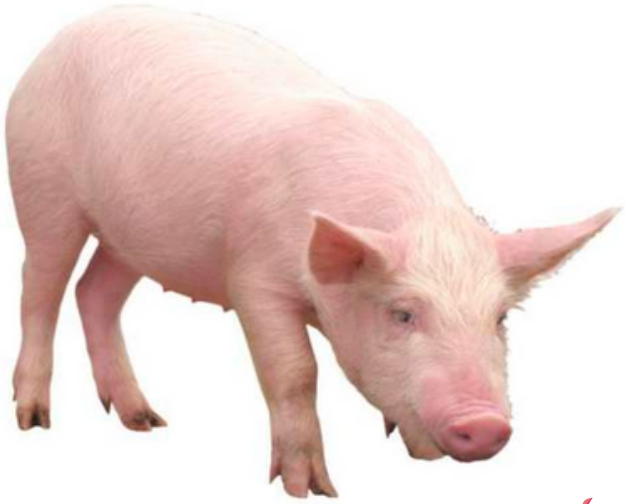


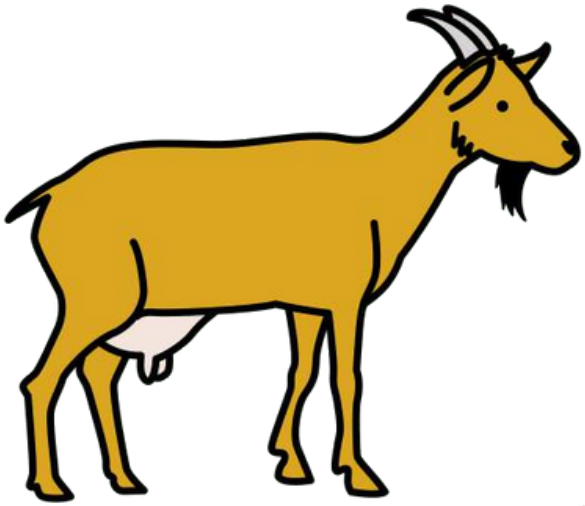


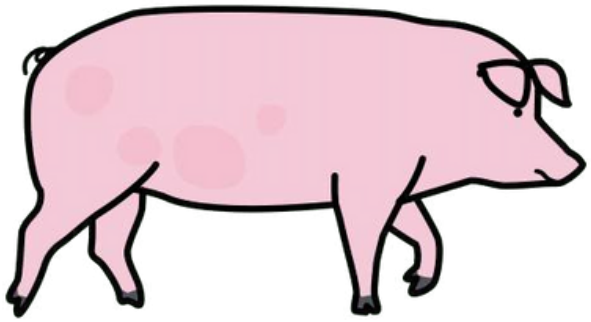


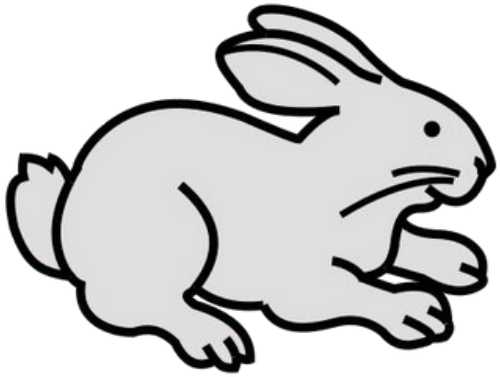


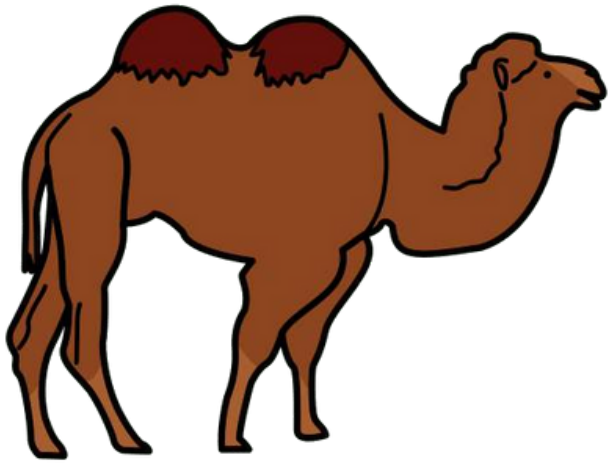


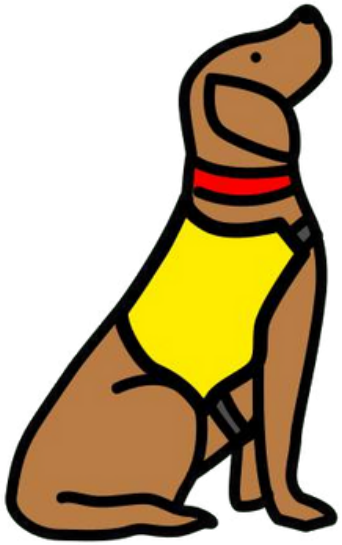


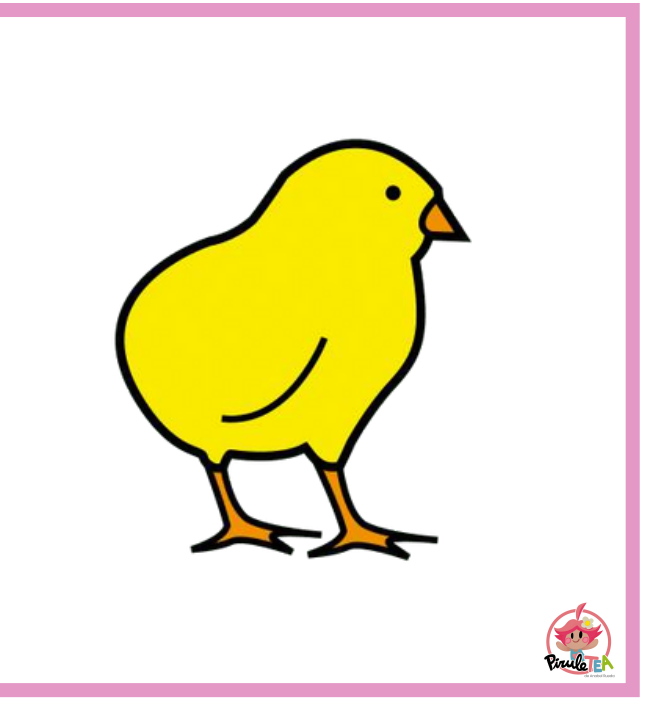


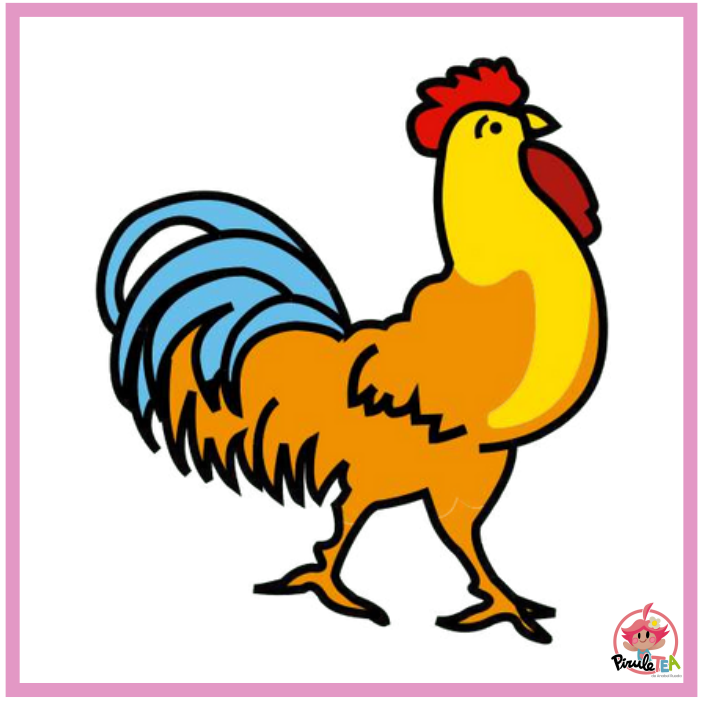


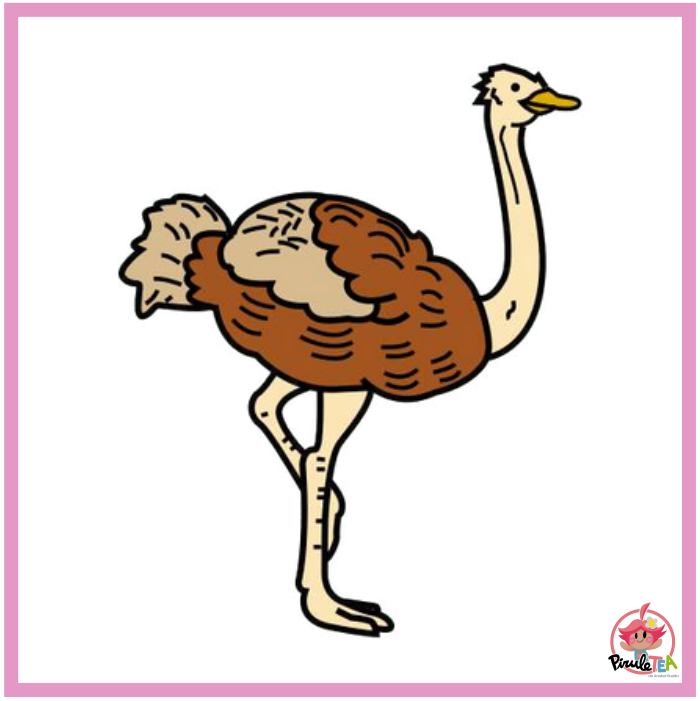


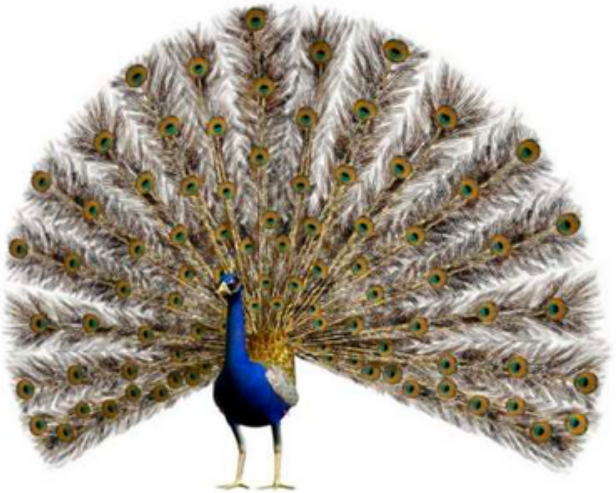


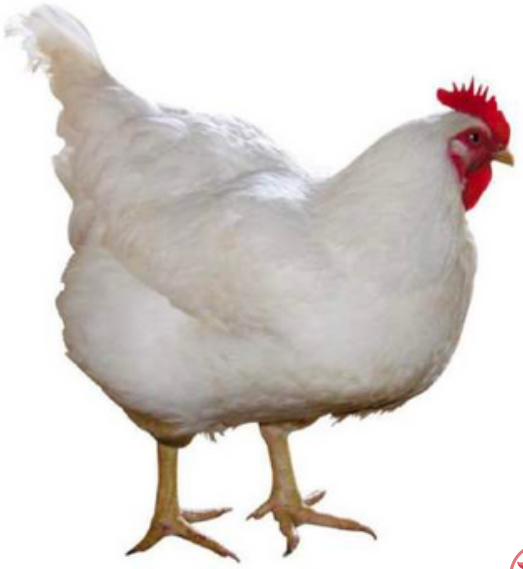


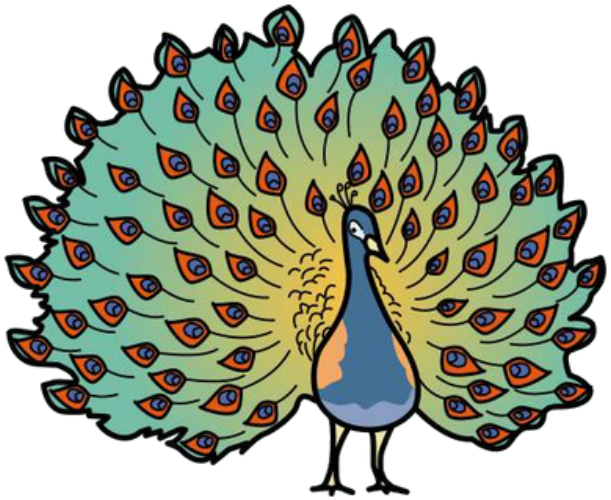


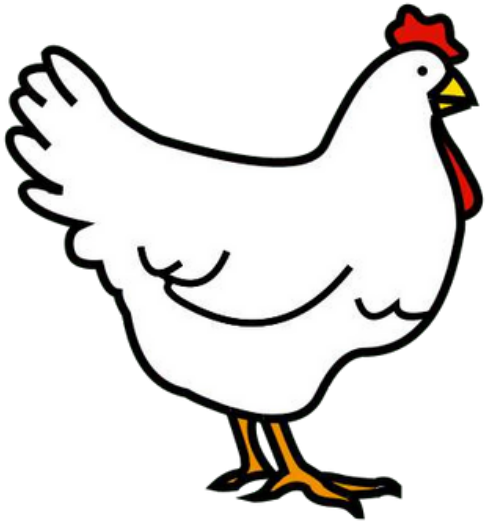


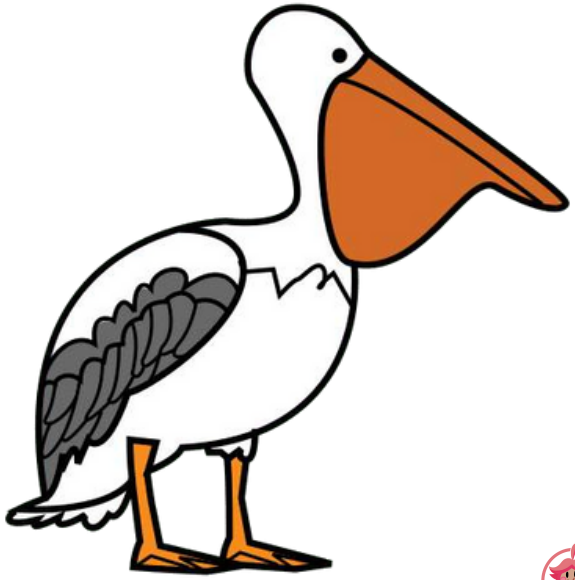


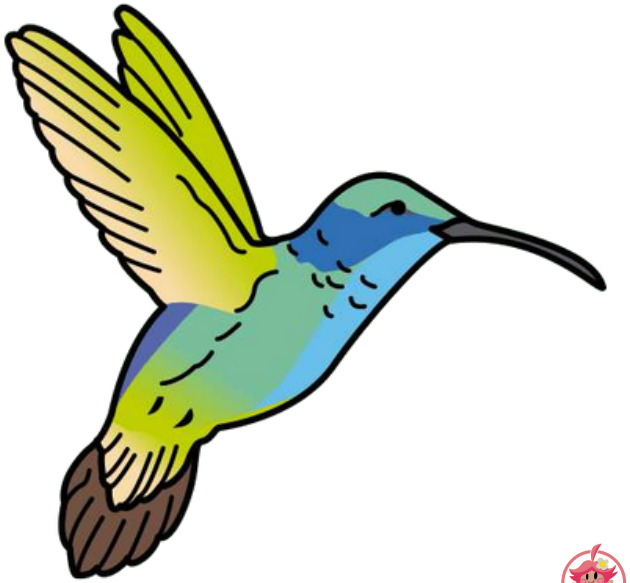


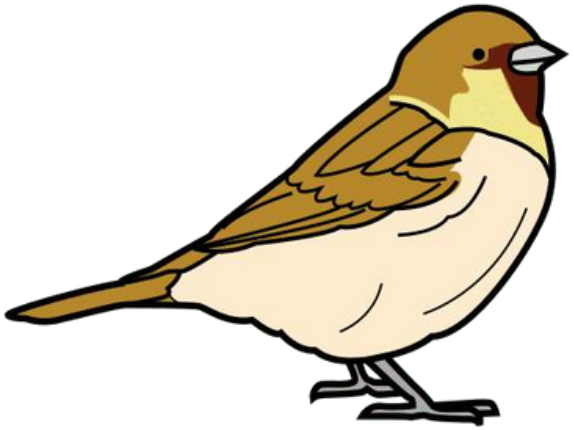


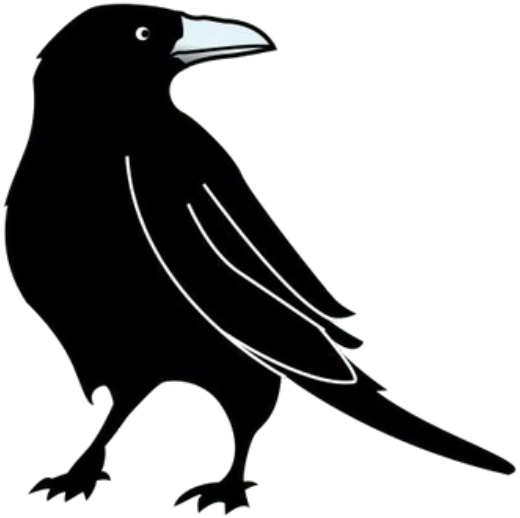


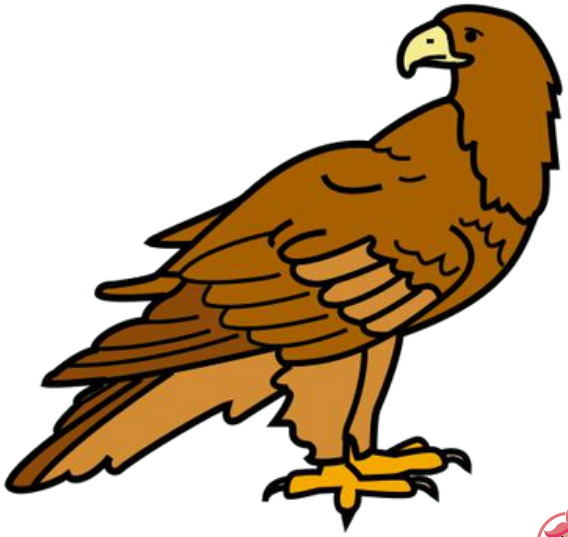


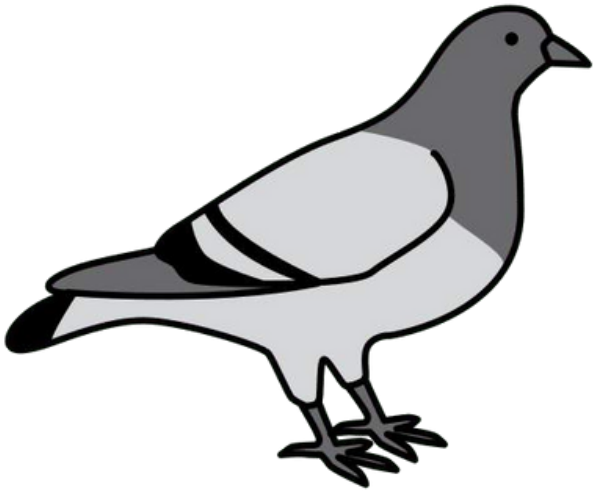


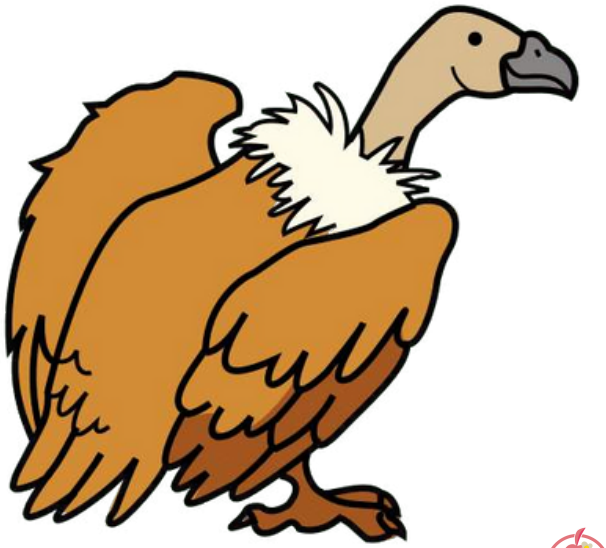


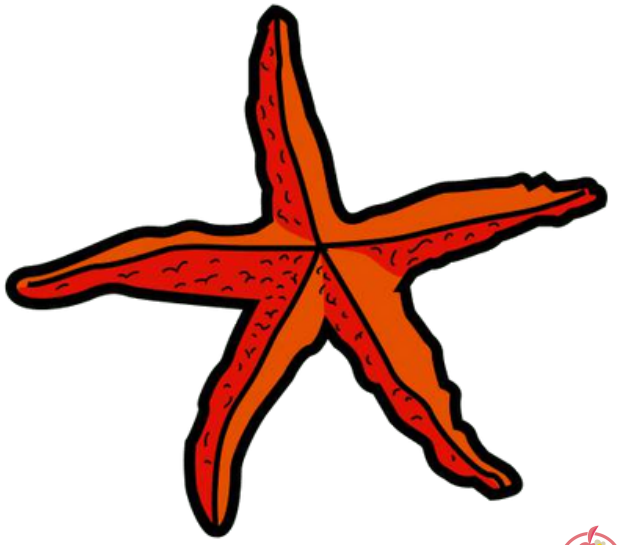


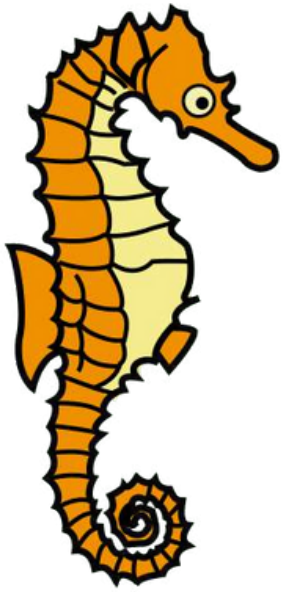


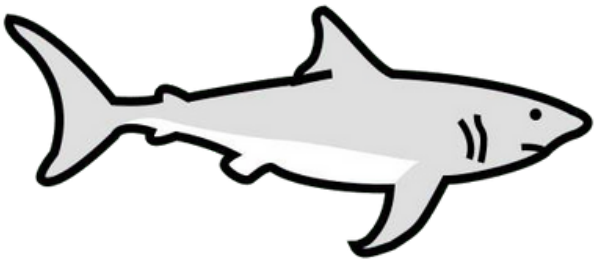


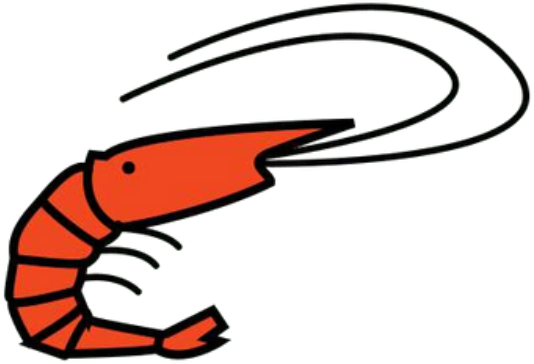


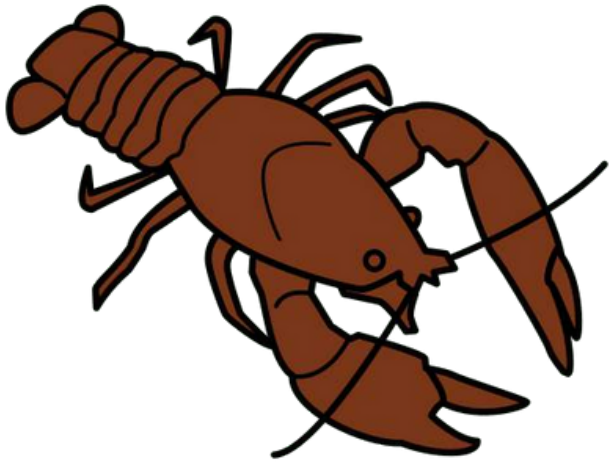


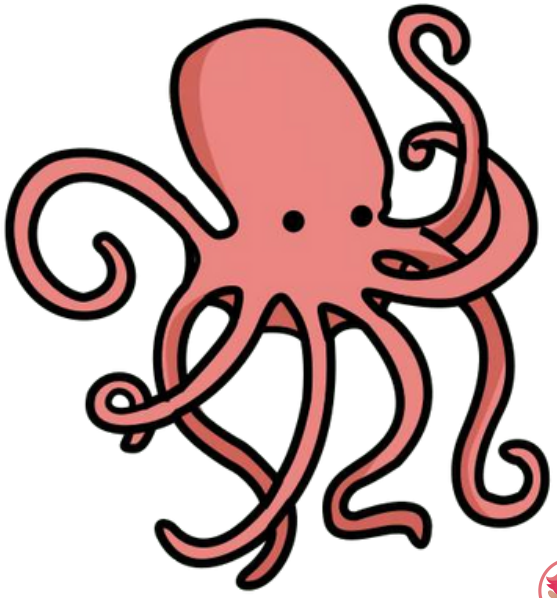


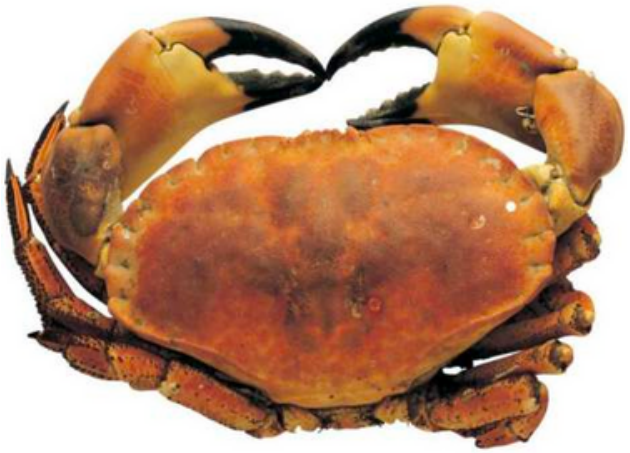


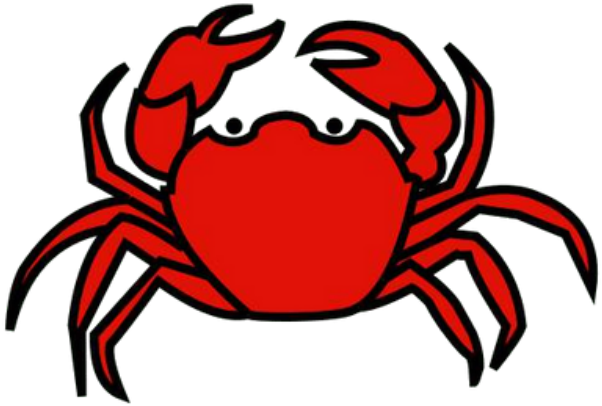


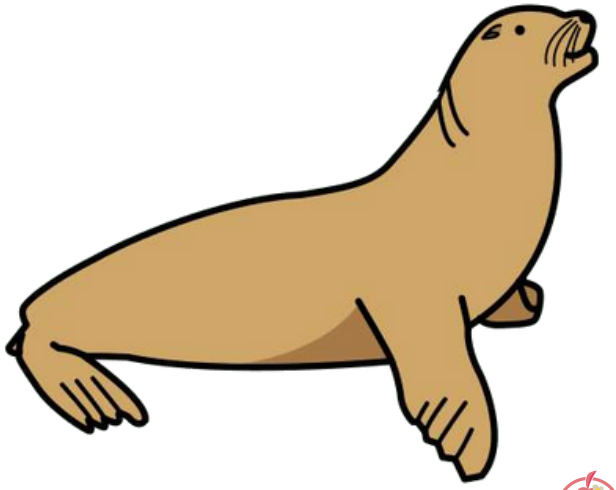


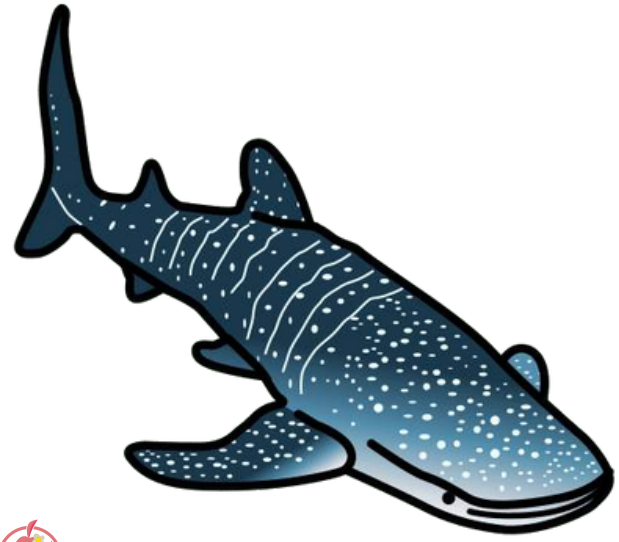


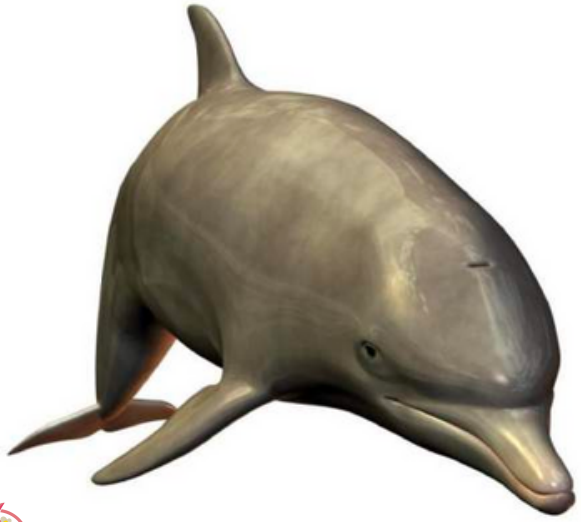


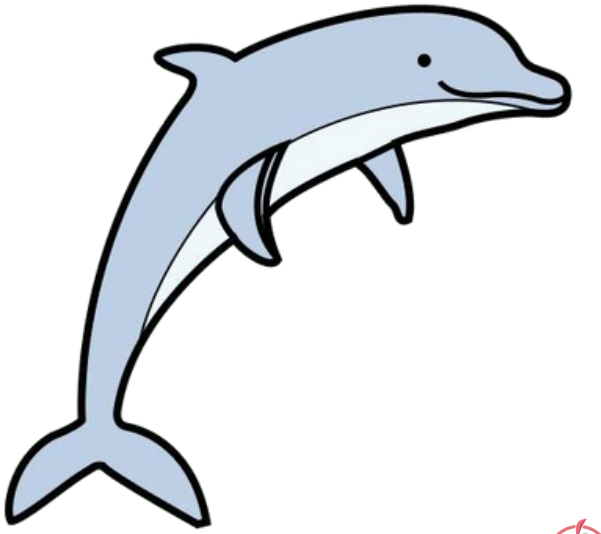


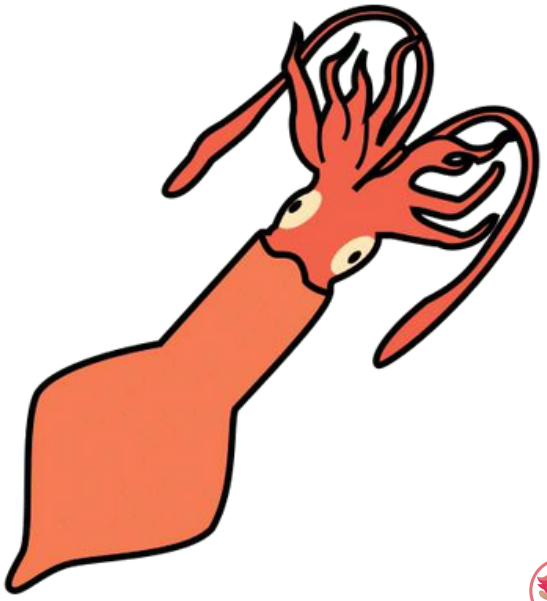


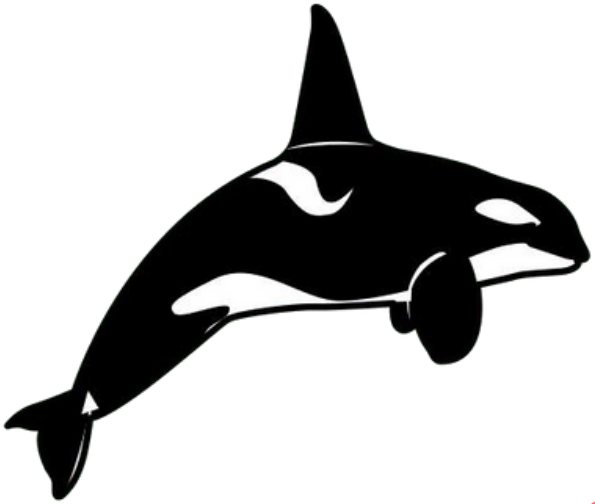


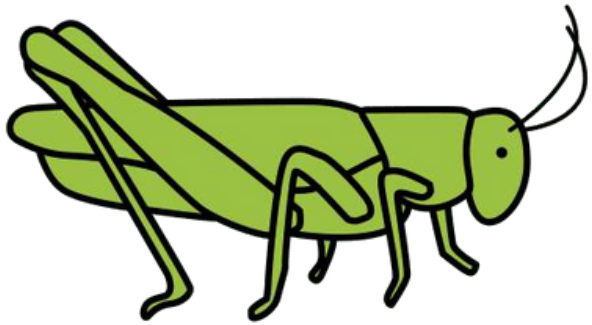


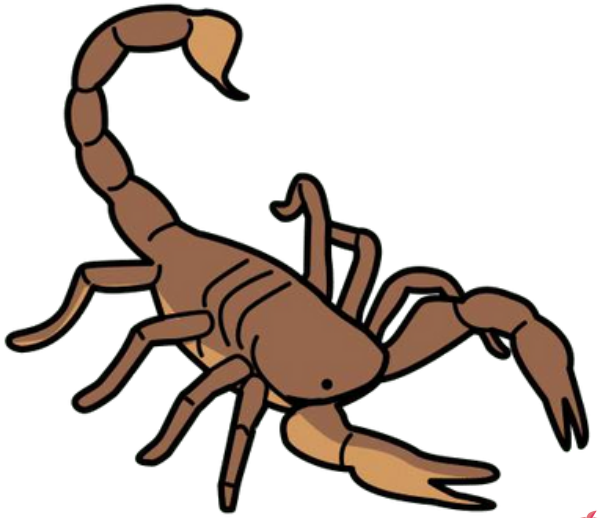


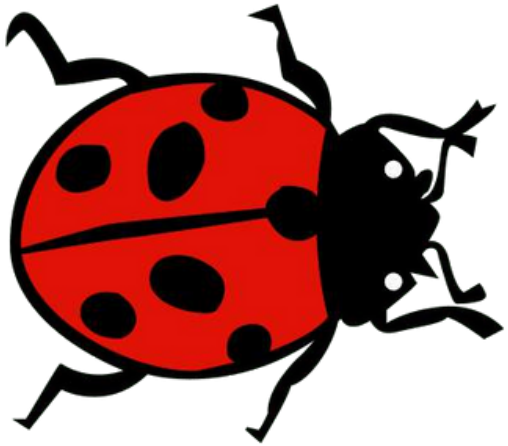


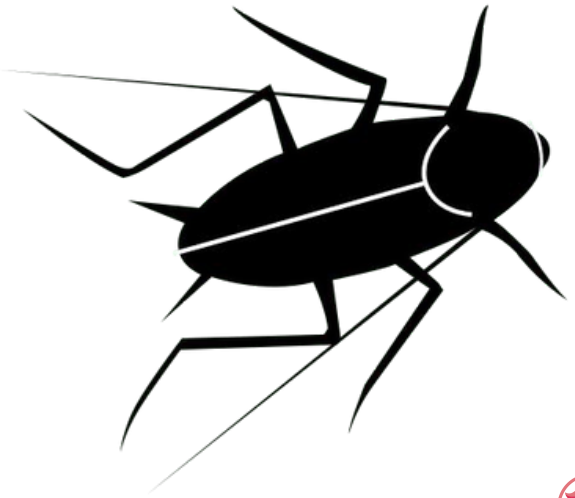


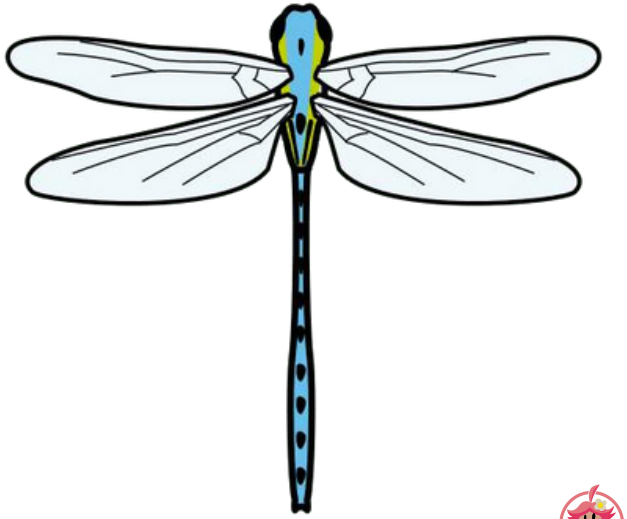


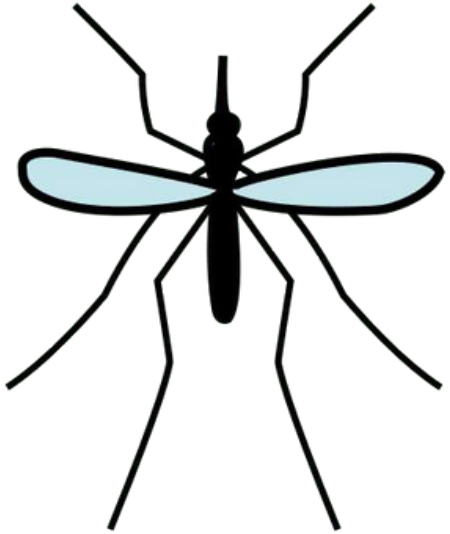


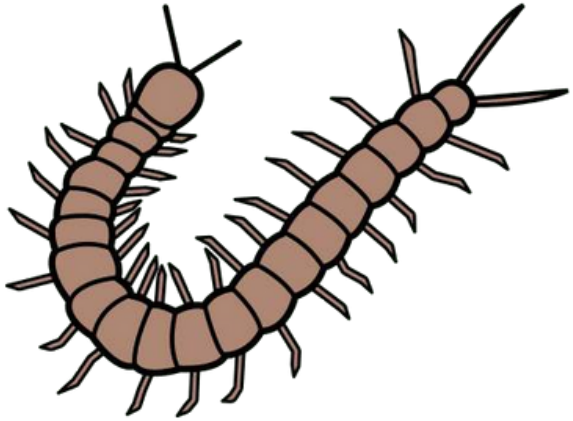


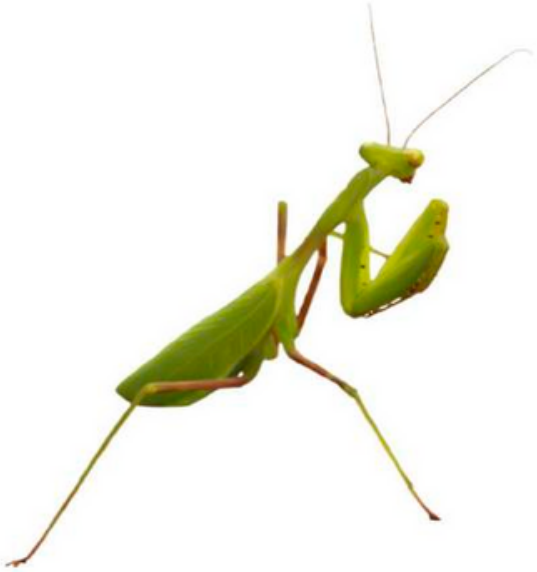


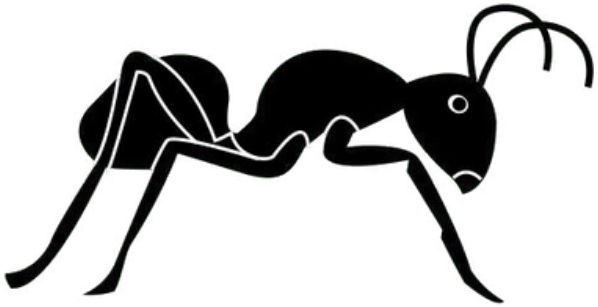


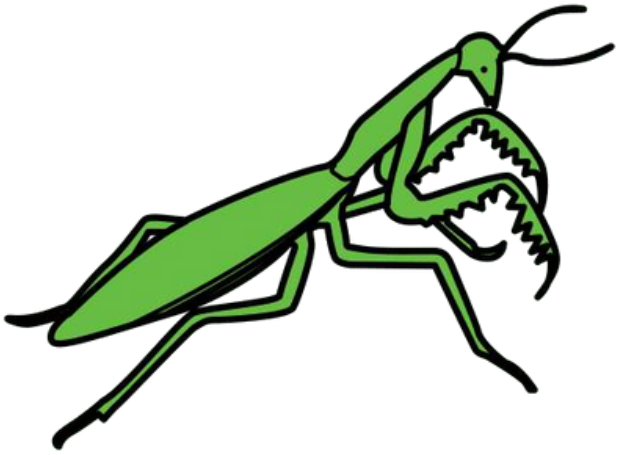


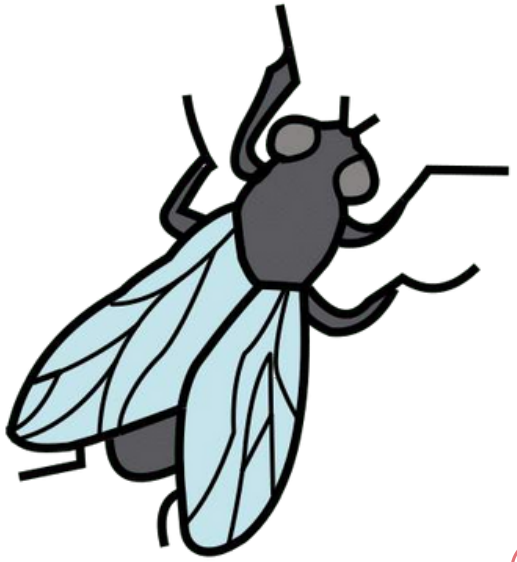


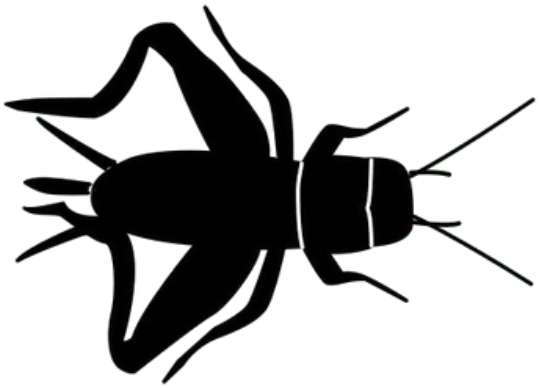


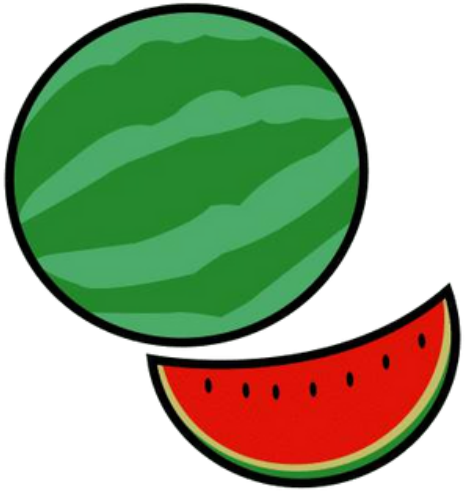


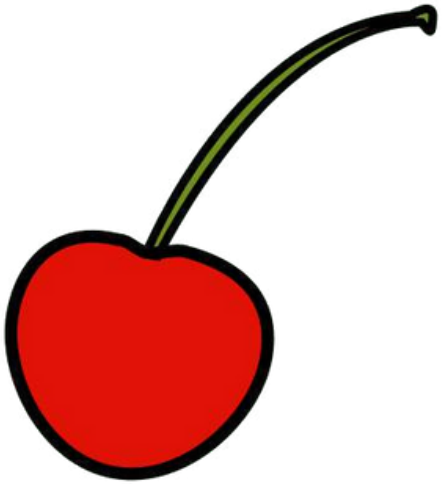


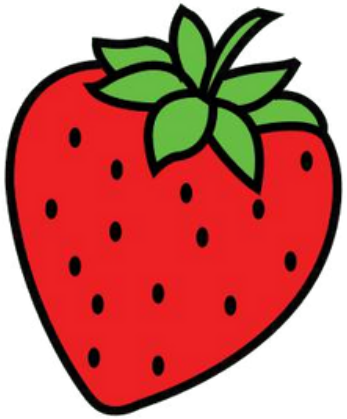


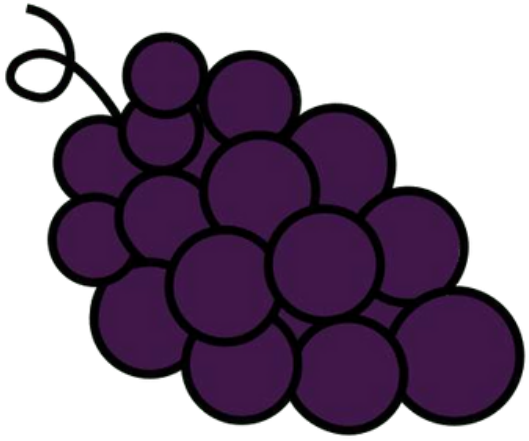


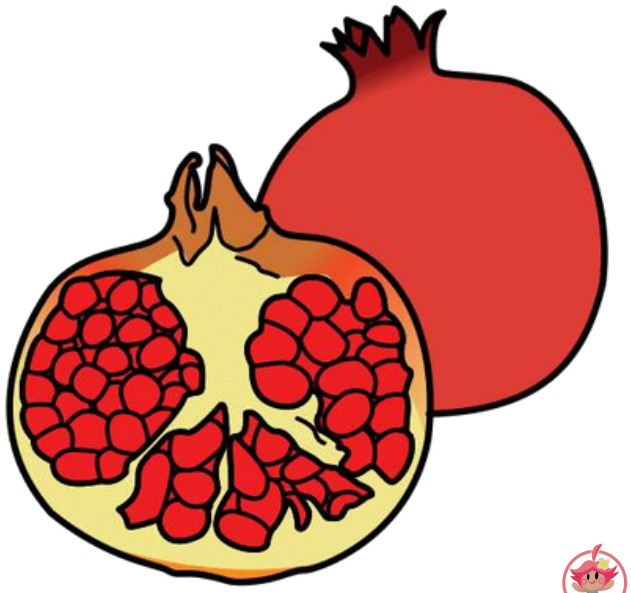


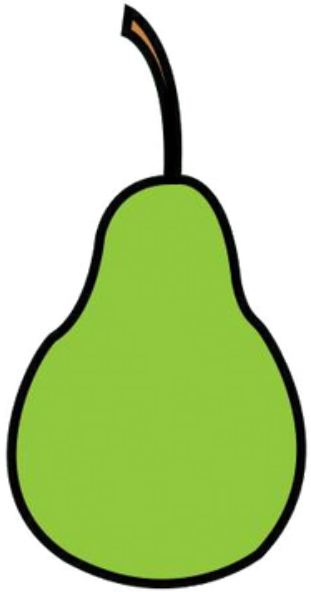


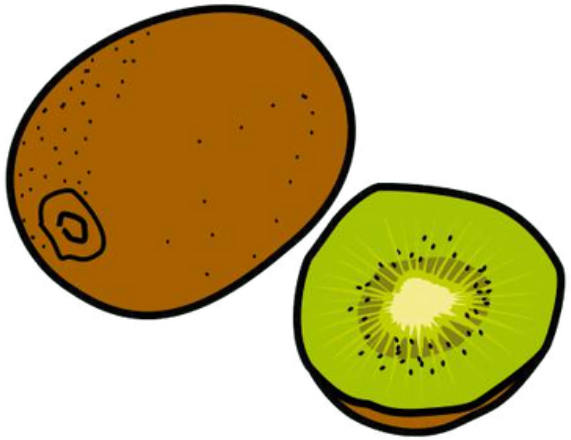


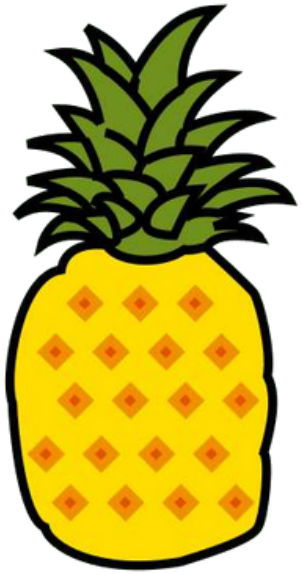


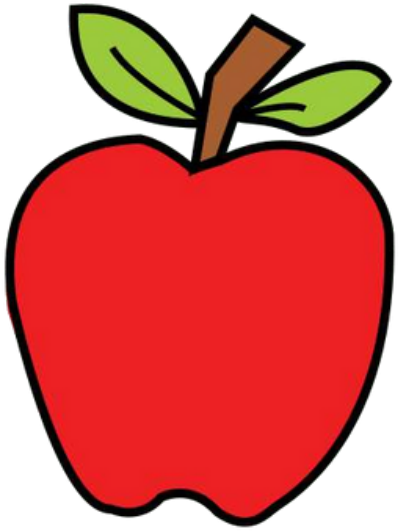


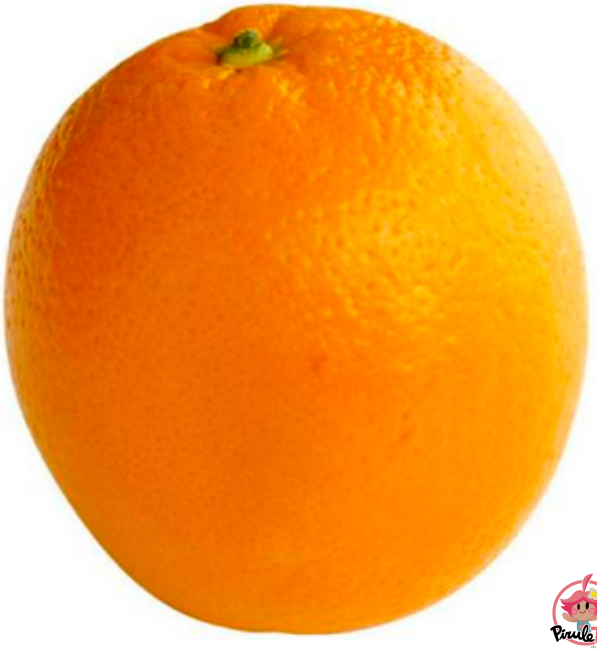


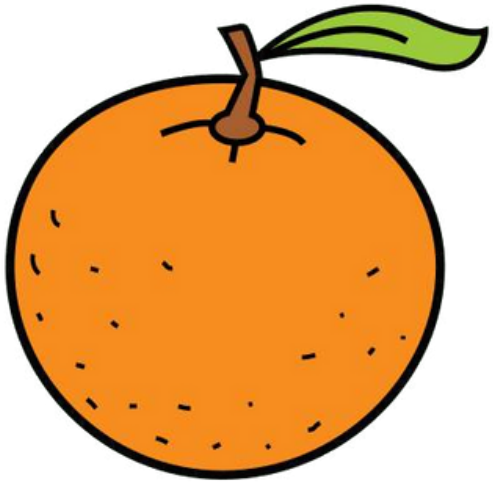


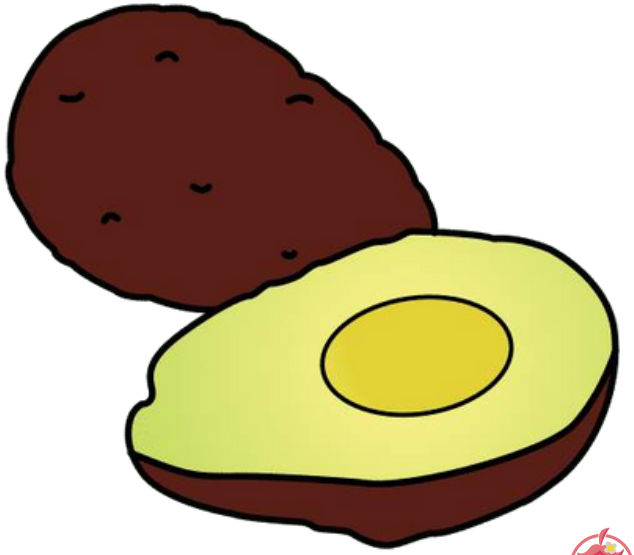


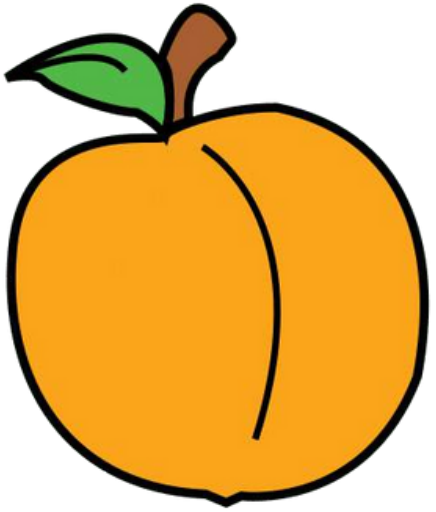


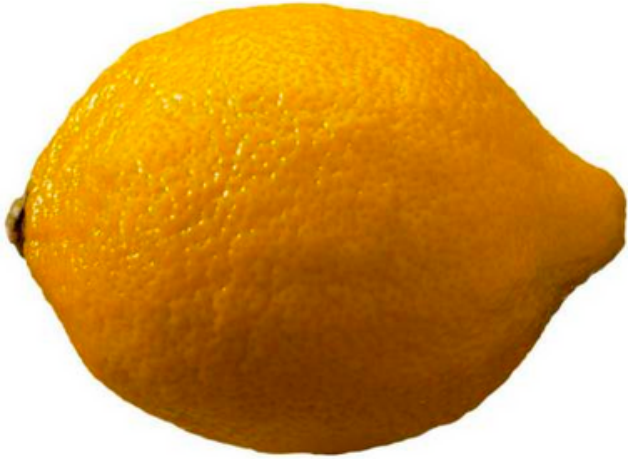


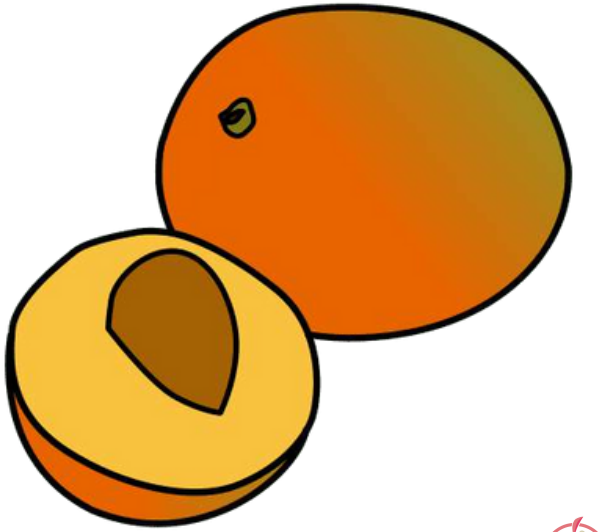


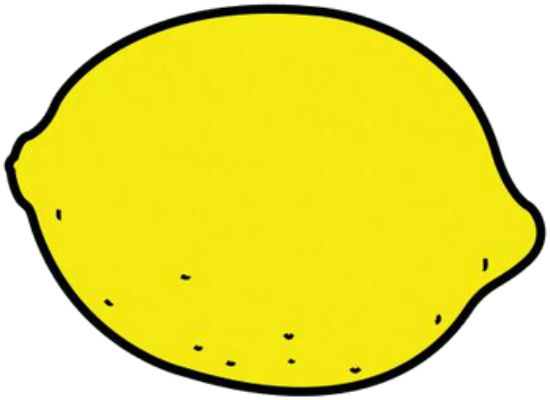


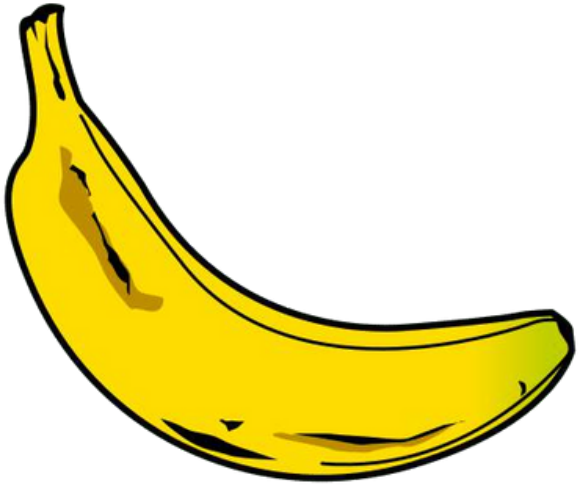


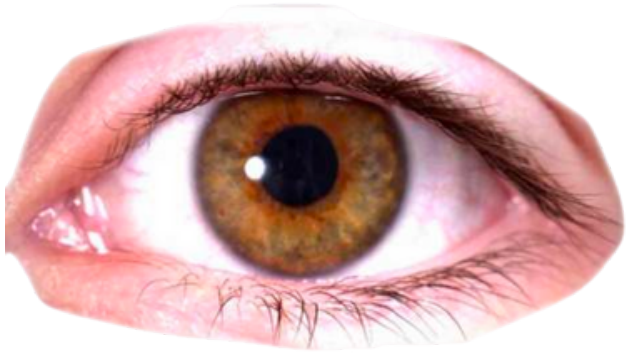


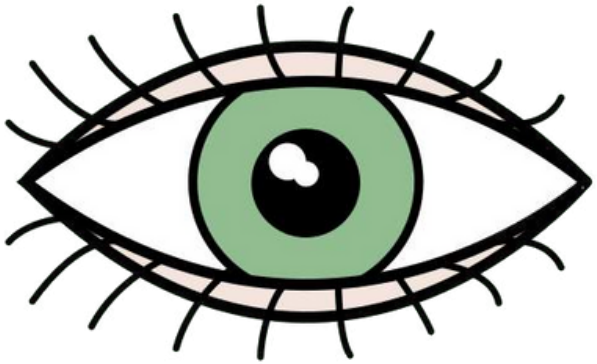


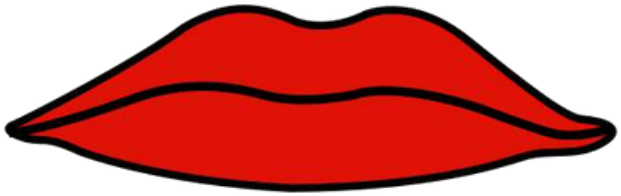


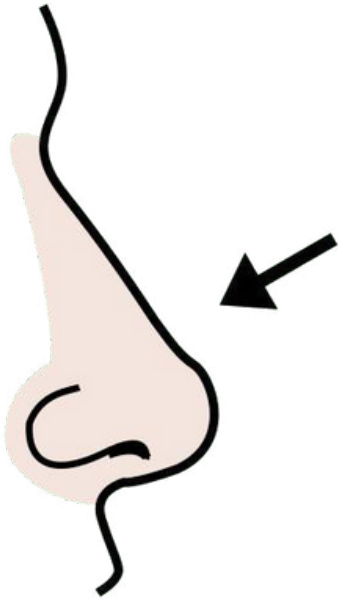


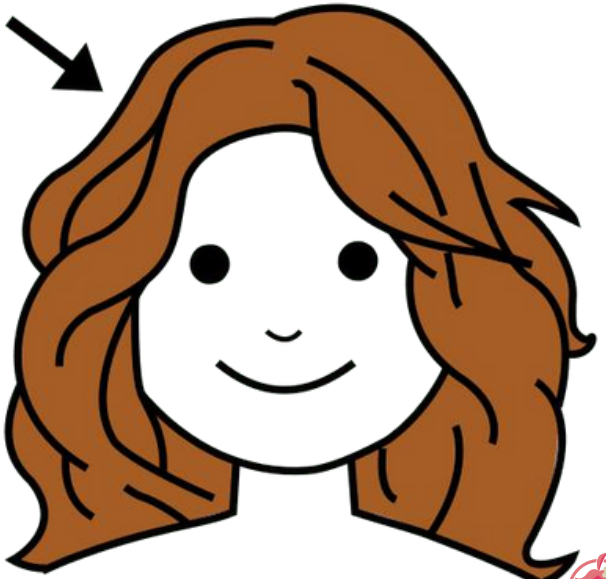


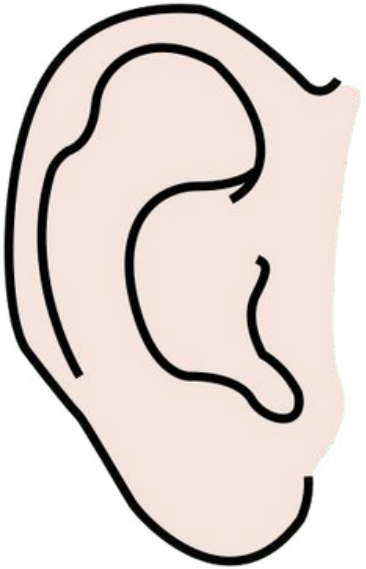


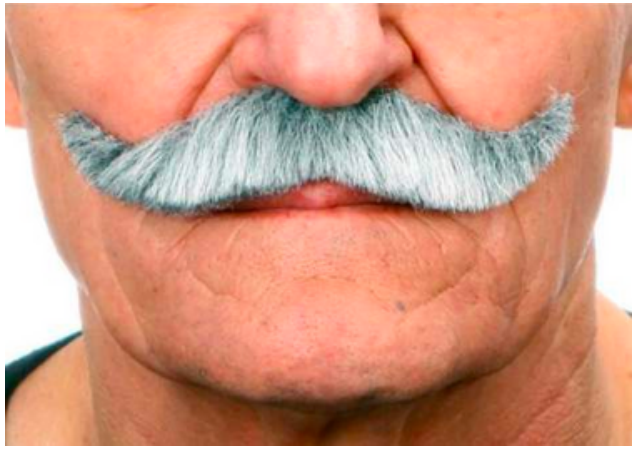


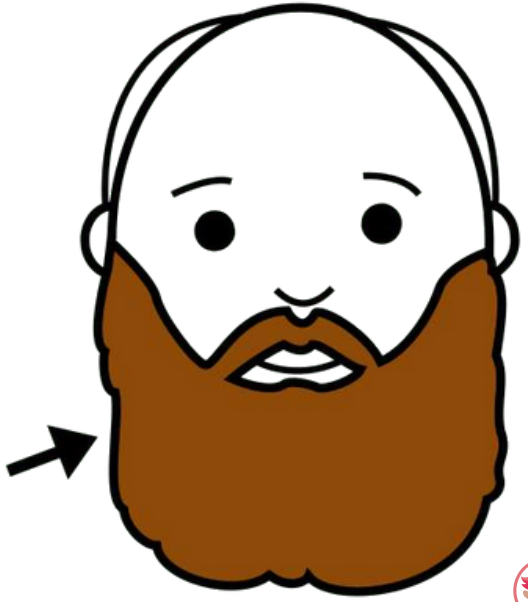


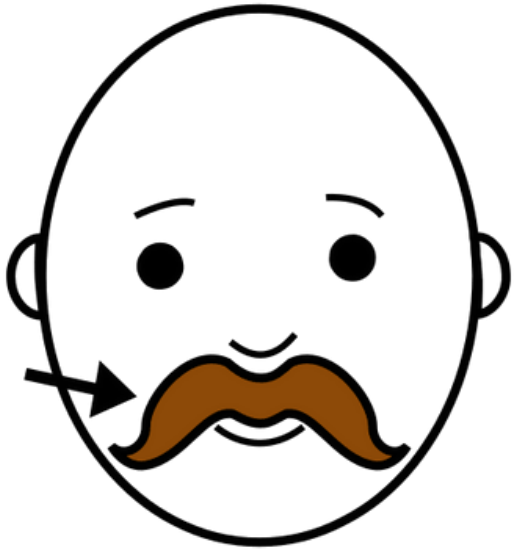


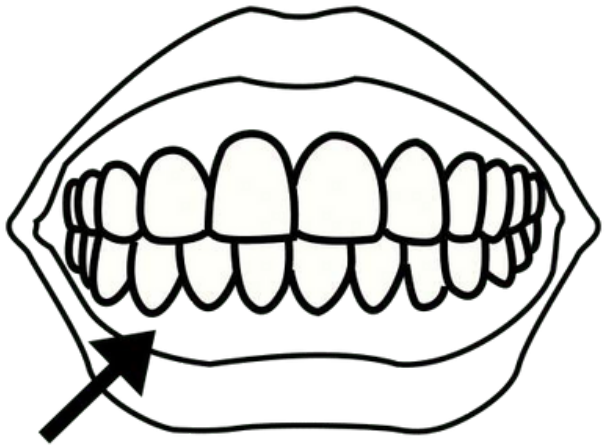


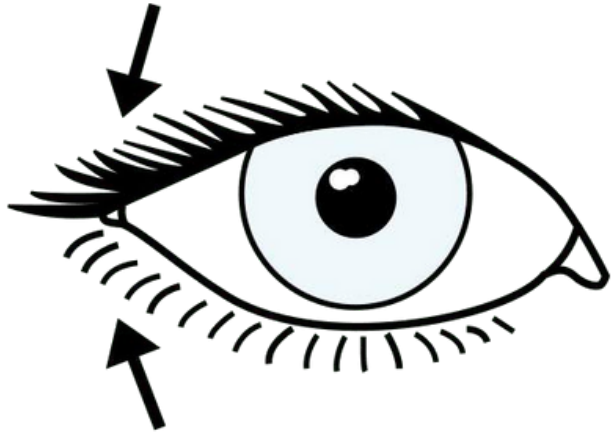


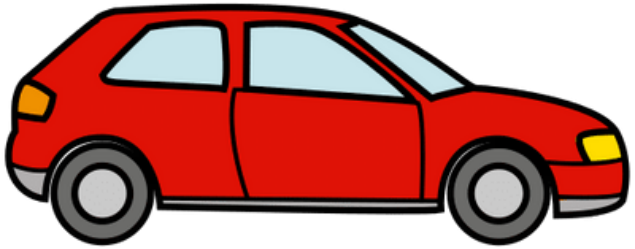


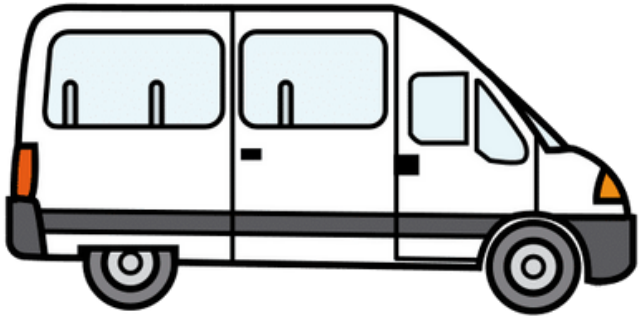


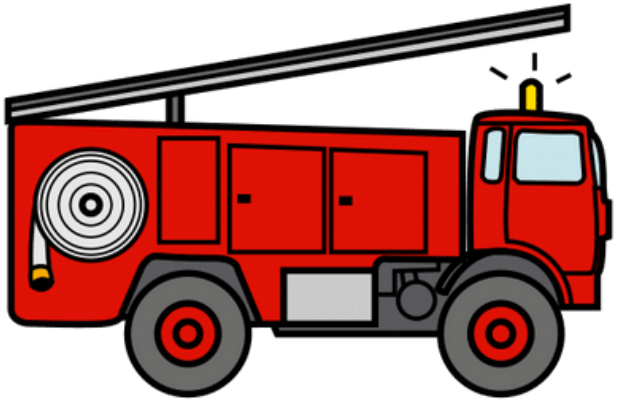


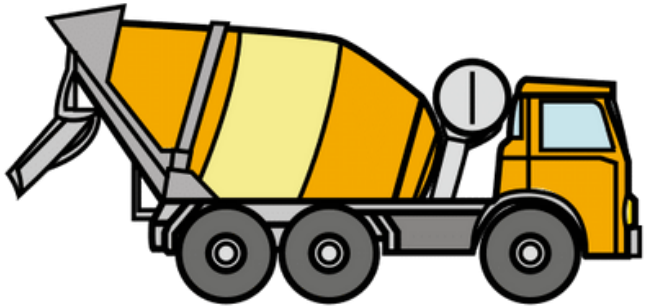


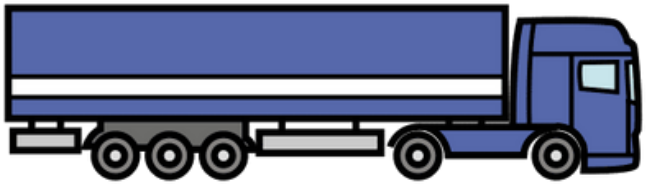


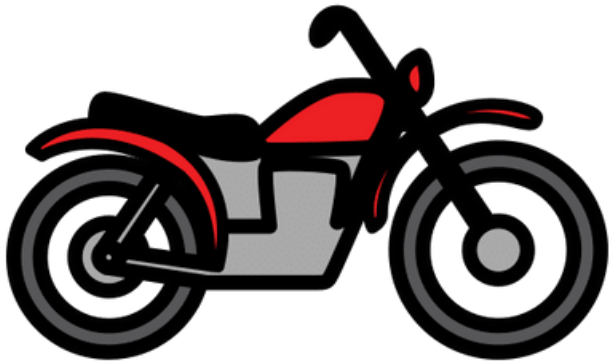


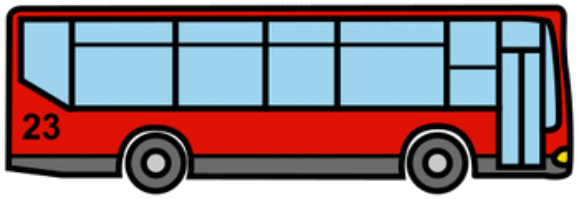








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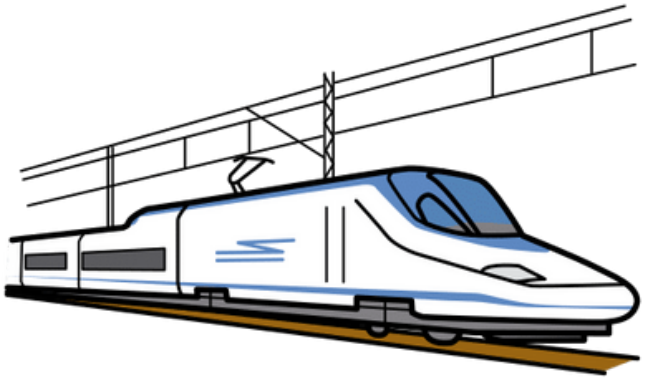

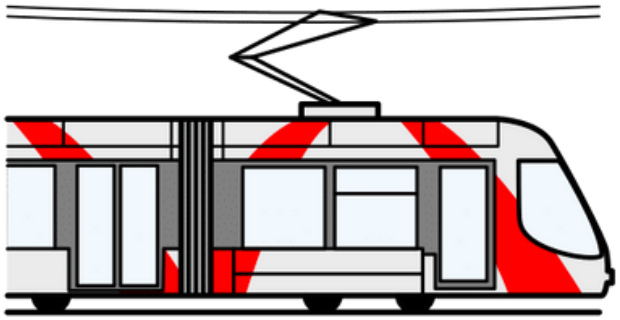

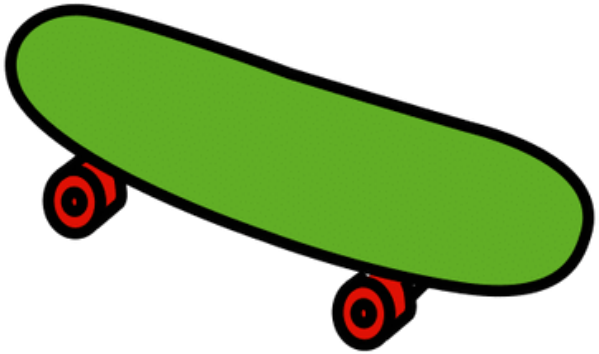

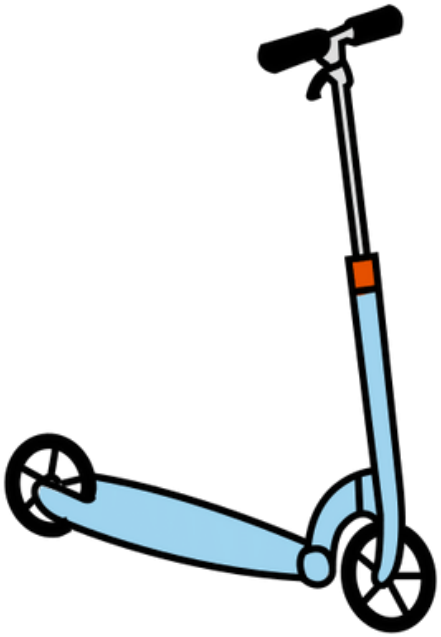

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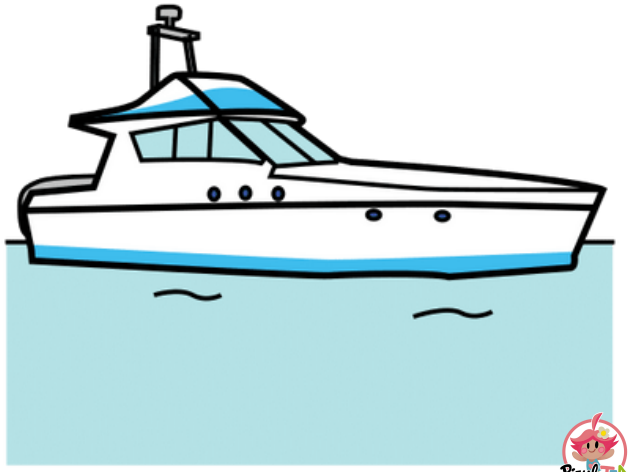

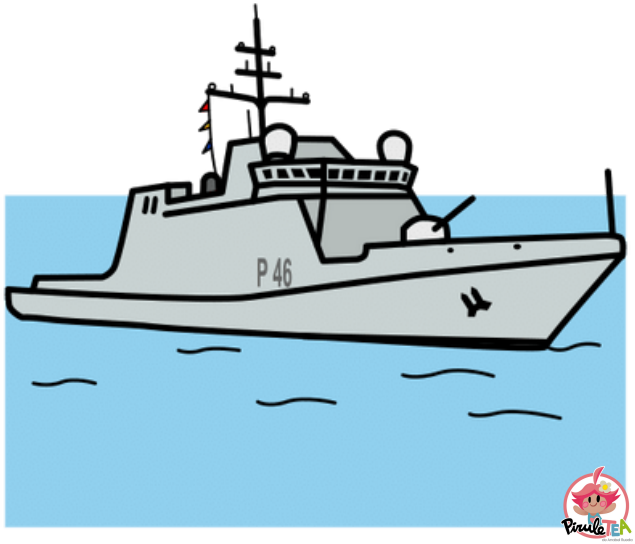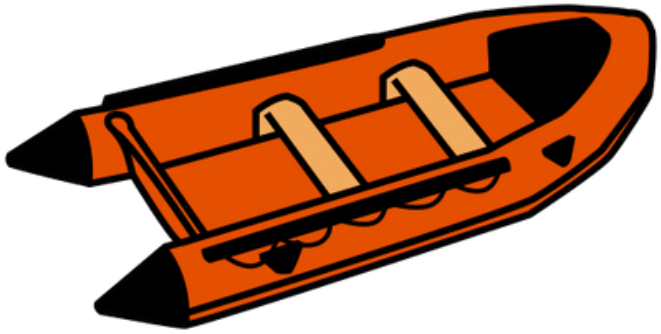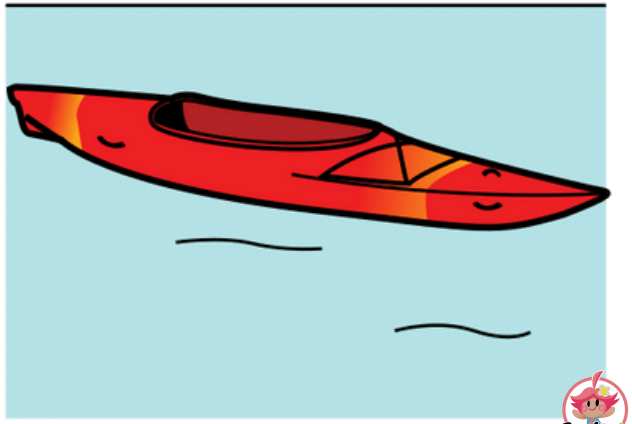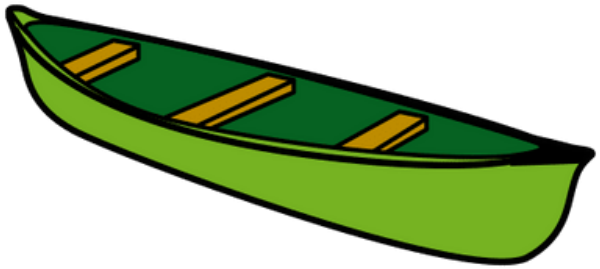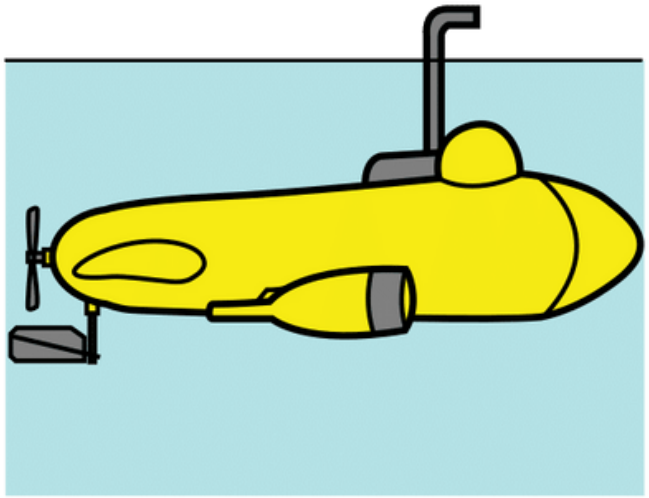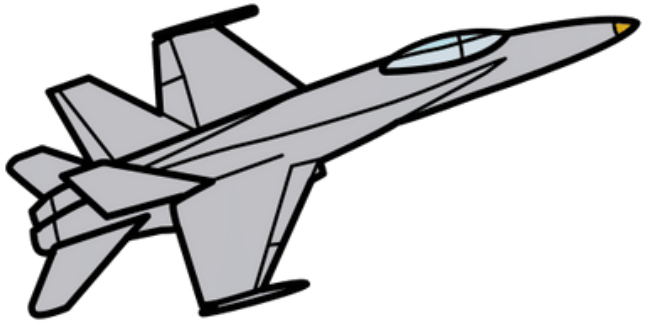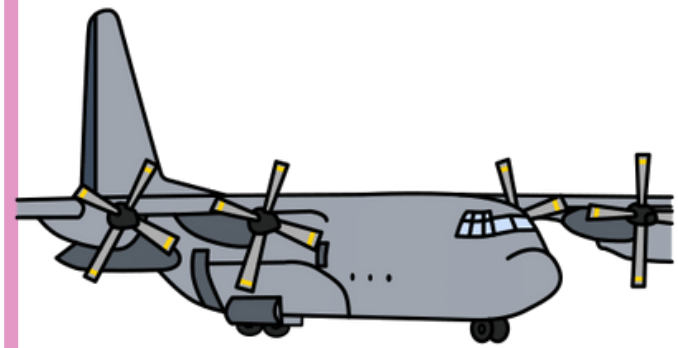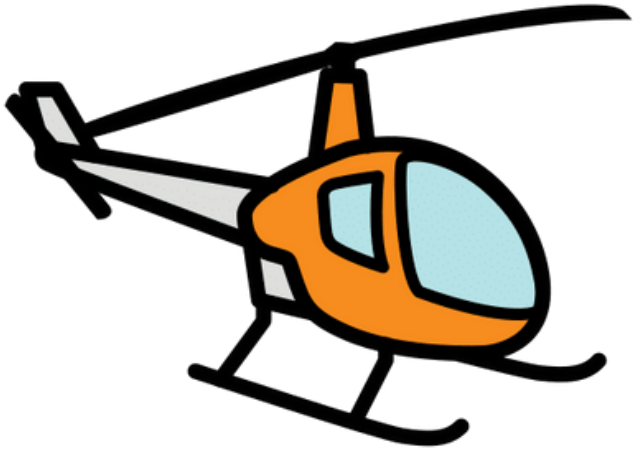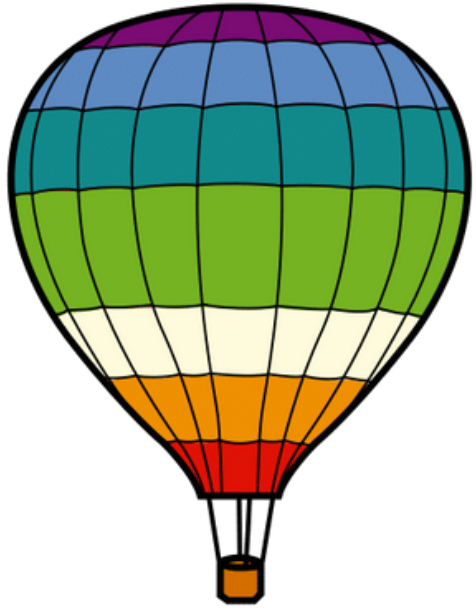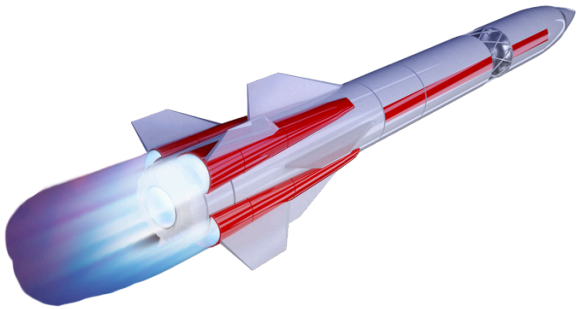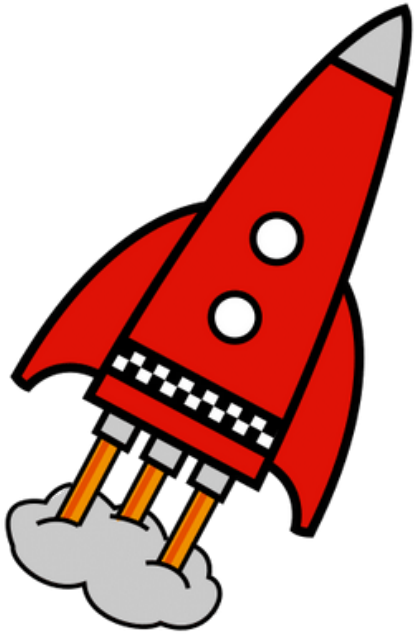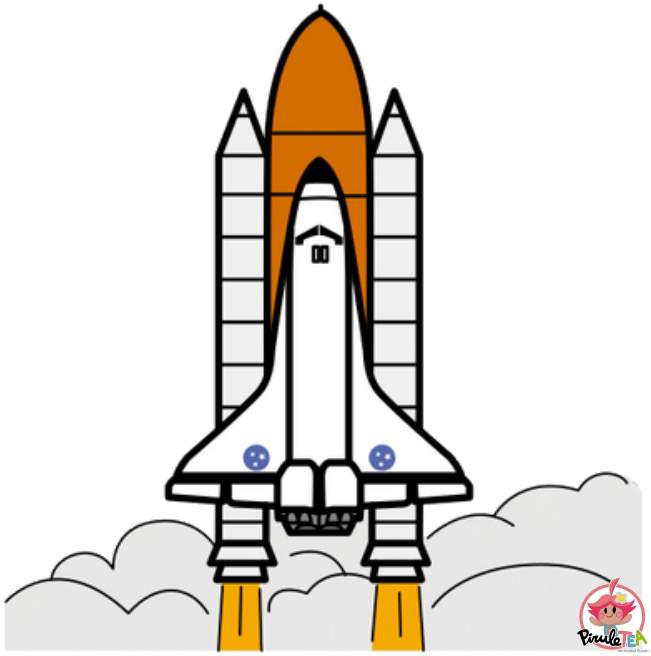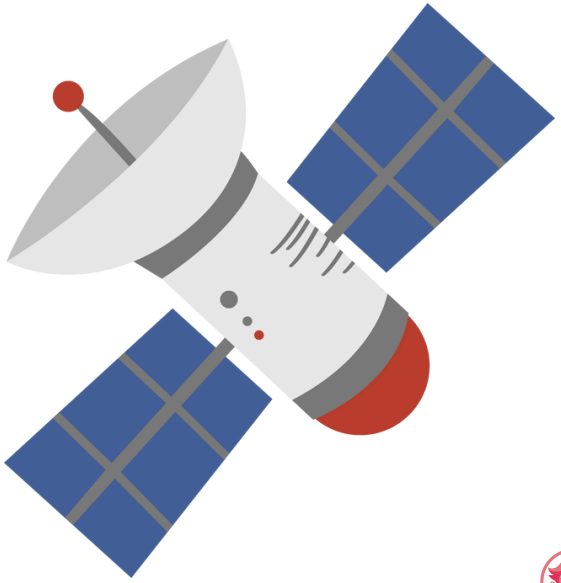
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