

IL RITUALE DI CALMA SENZA SCHERMI

I 30 Minuti di Calma & Disegno

Pedagogia senza schermi approvata dai pediatri che unisce disegno, labirinti e fiabe audio marocchine rilassanti.

★ **Incontra i Personaggi delle Fiabe**



La Volpe Astuta (Thaaloub)
Atlas Forest Explorer



Joha e il suo Asinello
Medina Humor & Wisdom



Gli Animali dell'Alto Atlante
Desert Camel & Mountain Kid



1. Scegli un Momento Fisso

Anchor this kit to a daily daytime rhythm: post-lunch quiet time, transition after kindergarten/school, or Saturday morning creative hour.



2. Stampa in 1 Clic

Print this 7-sheet packet once a week. Set out crayons, colored pencils, and a child-safe eraser. Zero screen setup required.



3. Scansiona e Ascolta

Scan the audio QR code on each activity sheet. Place your phone face down on a shelf across the room. Let the Moroccan Darija audio narrative guide their hands.



4. Timbra il Passaporto

When the 30-minute quiet session ends, celebrate! Color in today's golden star on Page 7 and display their completed artwork on the fridge.



Qisati Daytime Audio Companion

Scan to access all 40+ Moroccan audio stories on your dashboard: <https://qisati.ma/dashboard/>

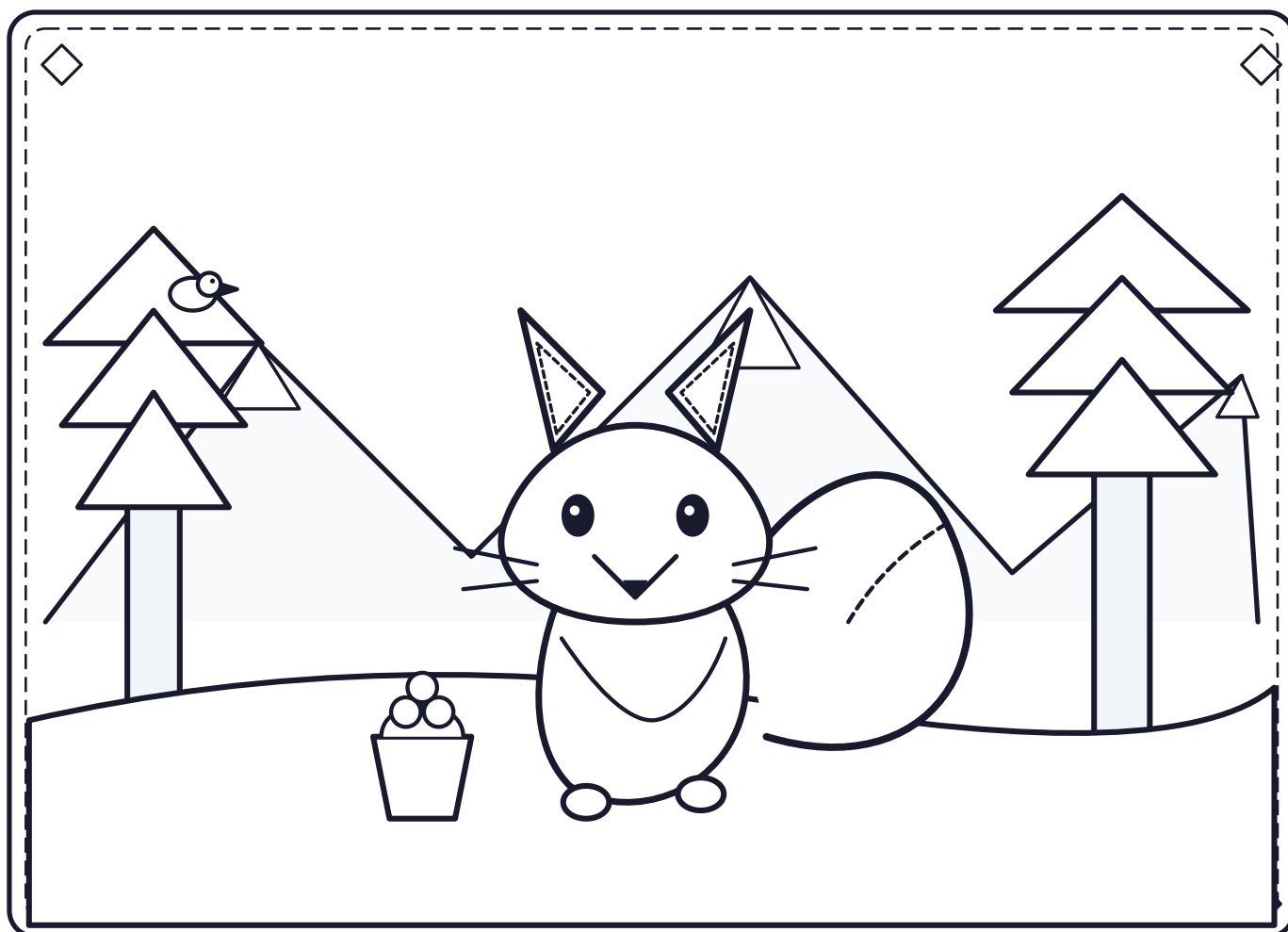


La Volpe nella Foresta di Cedri di Ifrane

Audio Listen-Along

🎨 **Missione Creativa:** Thaaloub the clever little fox picked sweet grapes under the cedar trees of Ifrane. Color his fluffy tail warm orange, the cedar branches forest green, and spot the secret hidden bird!

💡 **Indizio Audio:** As you listen to the story, pause your coloring when the Wolf speaks, and count how many grapes Thaaloub saved in his basket!



💡 **Listen While Coloring: "The Clever Fox & Greedy Wolf" (بالدارجة)**

Scan with any phone to hear the authentic story in Moroccan Darija: <https://qisati.ma/story/fox-wolf/>

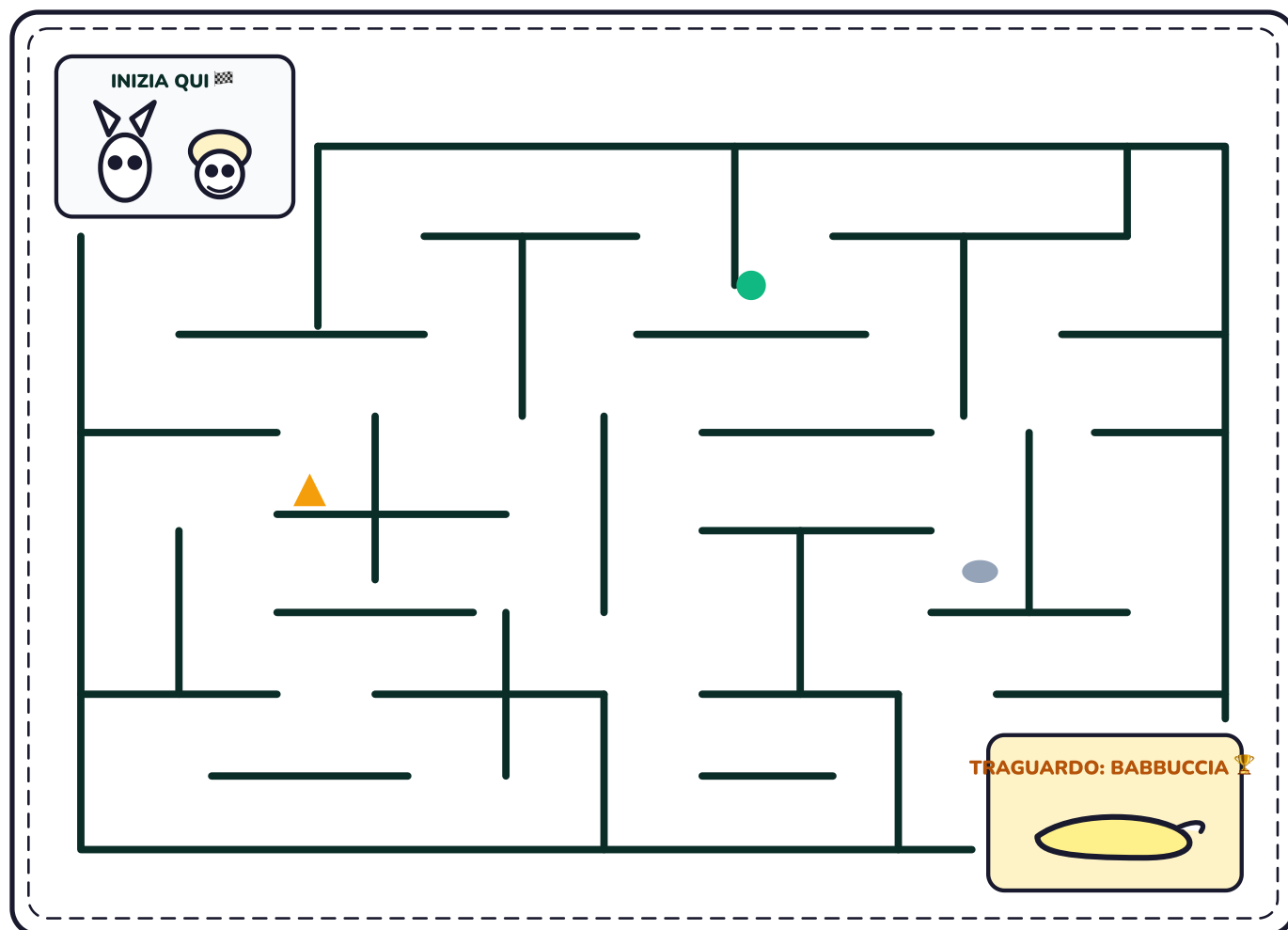


Joha e l'Asinello: Il Labirinto della Babbuccia

Kumon Pathfinding

Missione di Logica: Joha was riding his gentle donkey through the Fez souk when he lost his yellow babouche (Belgha)! Guide Joha through the alleys without bumping into the tea carts or spice pyramids.

Indizio Audio: Listen for Joha cheering in Darija: "*Zid a hmar, zid!*" Reach the golden babouche before the story reaches its funny moral!



Listen While Solving: "Joha and His Gentle Donkey" (حكاية جحا وحمارة)
Laugh along with Joha's wit in authentic Moroccan Darija: <https://qisati.ma/story/joha-donkey/>



Animali dell'Atlante: 5 Tesori Nascosti

Highlights Method

Sfida da Detective: Look closely at the High Atlas mountain meadow! Can you find all 5 hidden Moroccan cultural treasures tucked into the trees and rocks? Circle them as you spot them!



Berrad (براد)
Mint Teapot



Fnar (فنار)
Brass Lantern



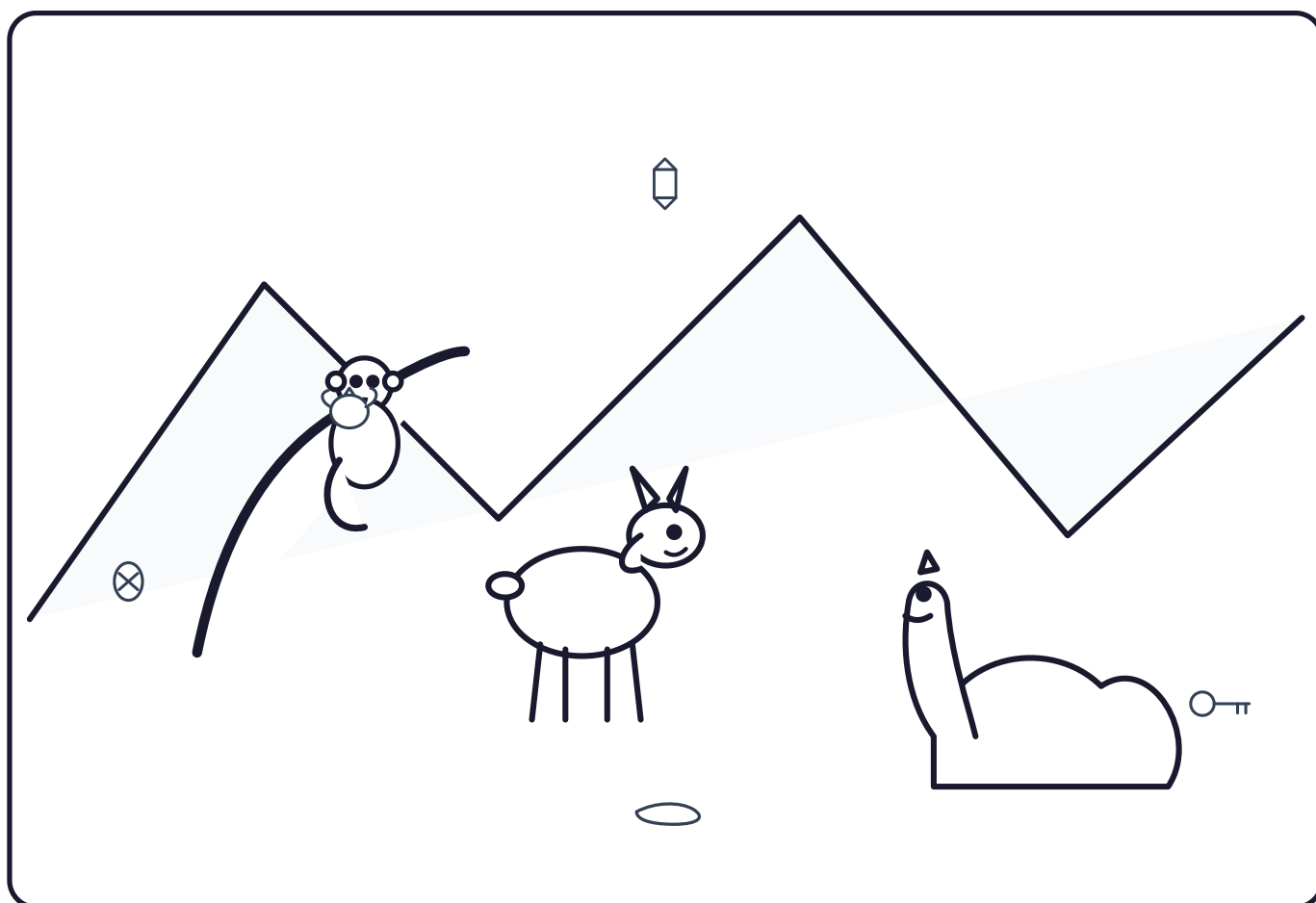
Belgha (بلغة)
Babouche Slipper



Snawbar (صنوبر)
Atlas Pinecone



Sarout (ساروت)
Magic Key



Listen While Hunting: "The Sleepy Atlas Mountain Kid" (عنزة جبال الأطلس)

Hear the soothing mountain wind and gentle Darija storytelling: <https://qisati.ma/story/mountain-goat/>

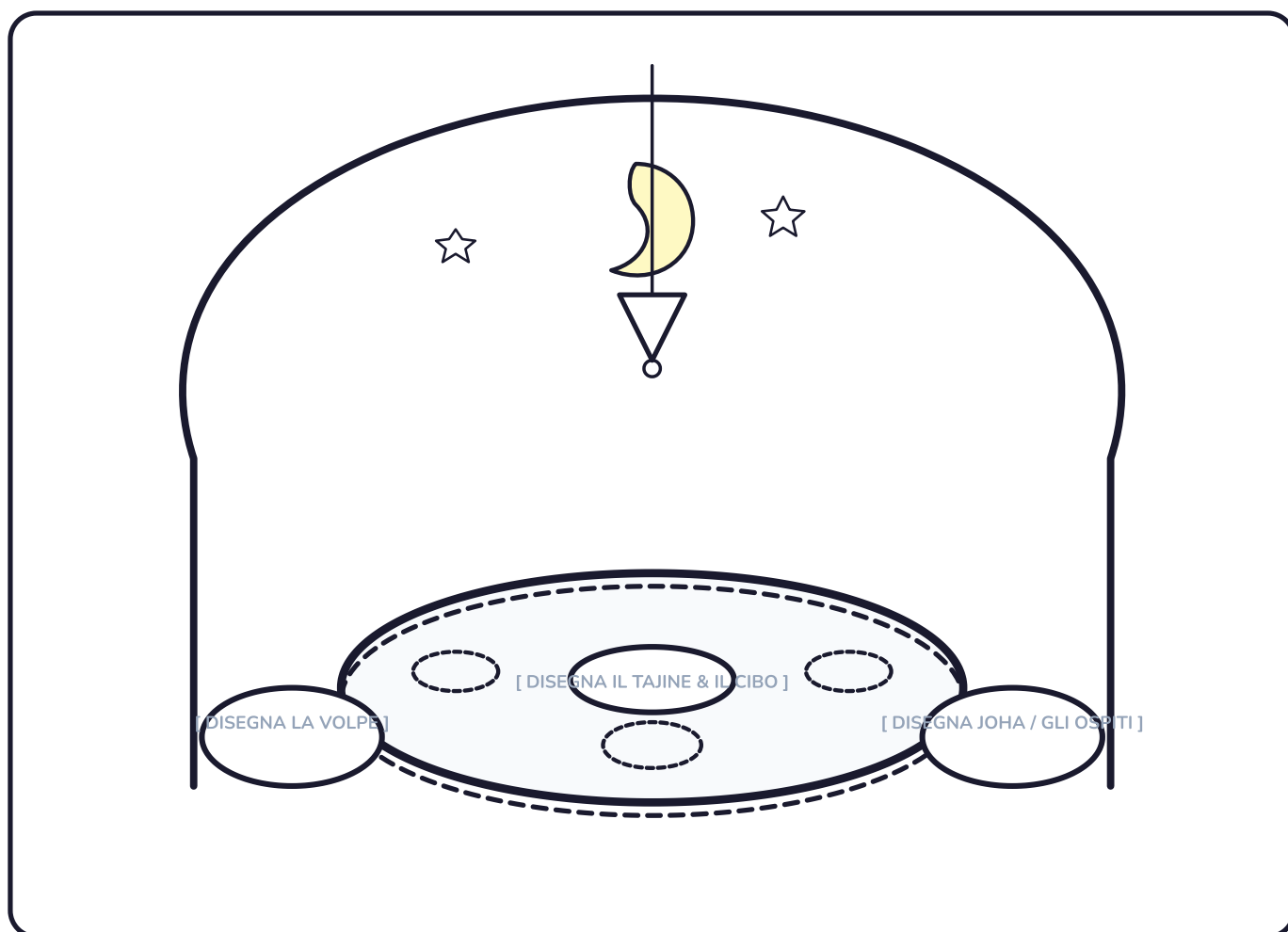


Completa la Scena: Il Grande Banchetto

Creative Agency

Libertà Creativa: Little Fox and Joha have set up a round Moroccan dining table (Mida) under the starry sky, but the party is just beginning! **Draw what is on the plates** (couscous, sweet dates, fresh bread?), and **draw who came to sit on the cushions!**

Indizio Audio: While listening to the tea pouring sounds in the audio, draw steam rising from the central teapot (Berrad) and draw yourself sitting on the cushions next to Joha!



Listen While Imagining: "The Hospitality of Mint Tea" (حكاية الضيافة وبراء أتاوي)

Immerse in the warm sounds of tea pouring and celebration: <https://qisati.ma/story/mint-tea-guest/>



Come Disegnare la Volpe e l'Asinello

Geometric Anatomy


Tecnica di Disegno: Break down complex animals into simple circles and triangles! Follow the 4 steps, then use the drawing box below to create your very own characters.

PARTE 1: DISEGNA LA VOLPE (4 PASSI)

1. Cerchio e musetto



2. Grandi orecchie



3. Corpo e coda

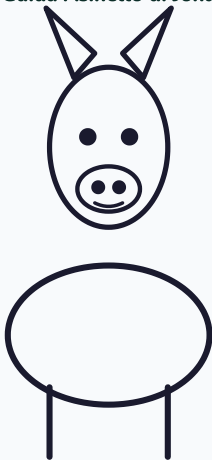


4. Dettagli & sorriso! ✨



PARTE 2: SPAZIO CREATIVO (DISEGNA QUI!)

Guida Asinello di Joha



IL TUO FOGLIO DA DISEGNO

Draw Little Fox, Joha's Donkey, or your own animal!



Listen While Sketching: Step-by-Step Drawing Audio (تعليم الرسم للأطفال)

Follow along with soothing voice guidance: <https://qisati.ma/dashboard/>



Il Mio Passaporto 7 Giorni Senza Schermi

Daily Habit Loop

🏆 **Il Rituale Settimanale:** Each day you complete your 30-minute screen-free quiet time with a Qisati story, color in that day's golden star! Complete all 7 days to graduate as a Certified Screen-Free Champion!

Day	Daytime Routine	Audio Story Companion	Star Stamp ★
M	Monday Quiet Time 30 min coloring	Little Fox in Cedar Forest	★
T	Tuesday Puzzle Medina Souk Maze	Joha & His Donkey	★
W	Wednesday Detective 5 Hidden Treasures	Atlas Mountain Animals	★
T	Thursday Imagination Finish The Scene	The Hospitality of Mint Tea	★
F	Friday Art Studio Step-by-Step Drawing	The Clever Fox Tale	★
S	Saturday Creative Hour Zellige & Free Drawing	The Desert Camel Journey	★
S	Sunday Family Showcase Hang art on fridge!	Grandparents' Favorite Tale	★



DIPLOMA UFFICIALE CAMPIONE SENZA SCHERMI

This certifies that our young explorer has successfully completed 7 days of imaginative, screen-free daytime quiet time with Qisati stories!

Nome del Bambino/a

Settimana Completata

Firma del Genitore

📱 Ready for Next Week's Bundle?

Get fresh weekly activity drops on Qisati: <https://qisati.ma/dashboard/>

