



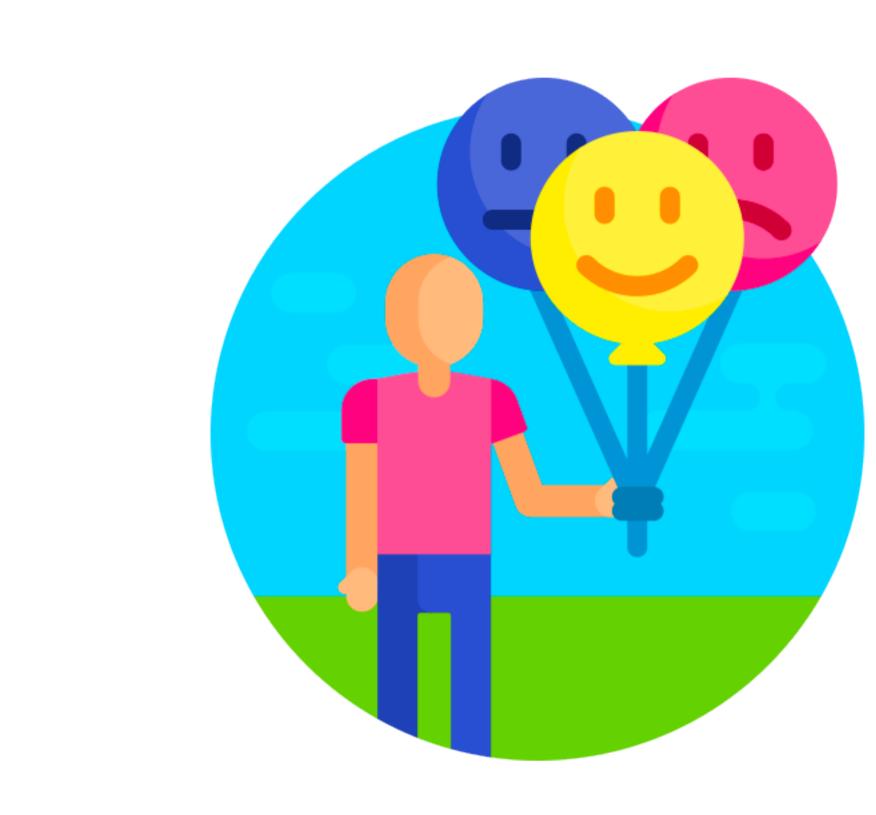




décrire ce que l'on ressent



dessin, écriture, musique



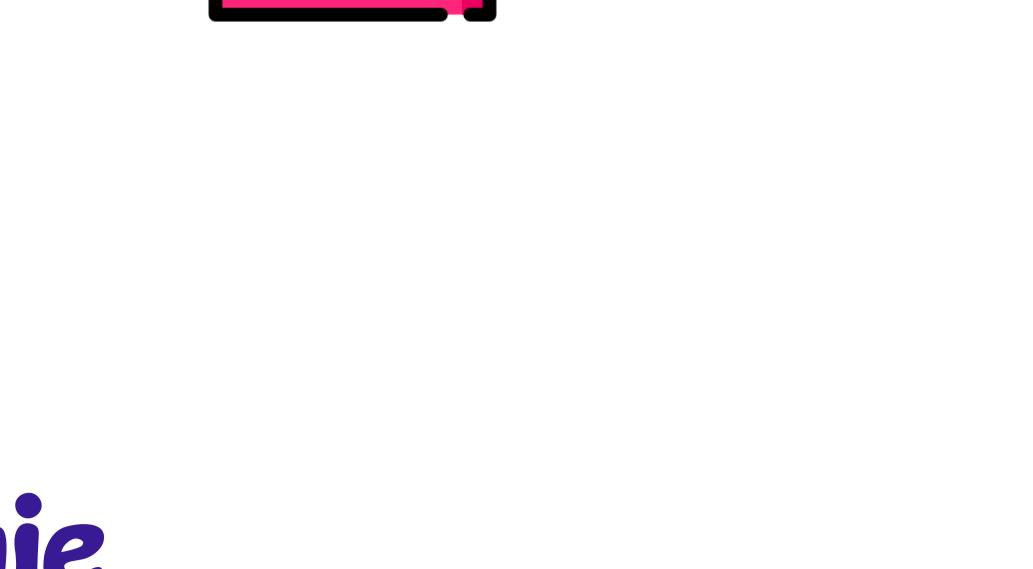






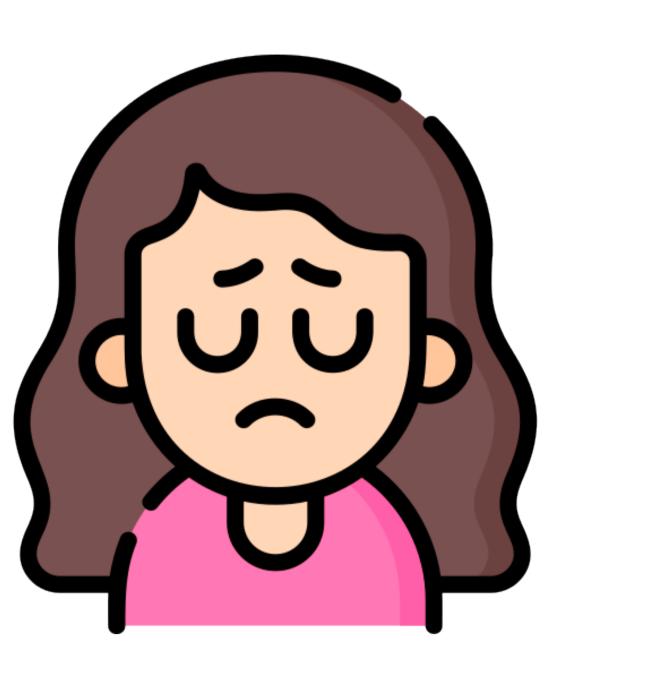






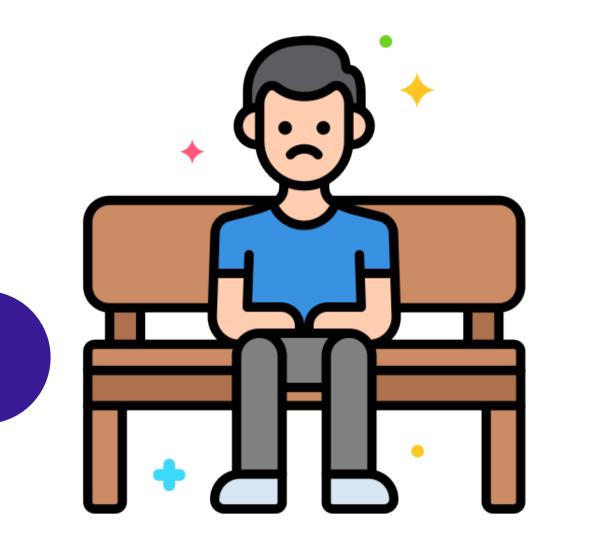
énergie





Tristesse

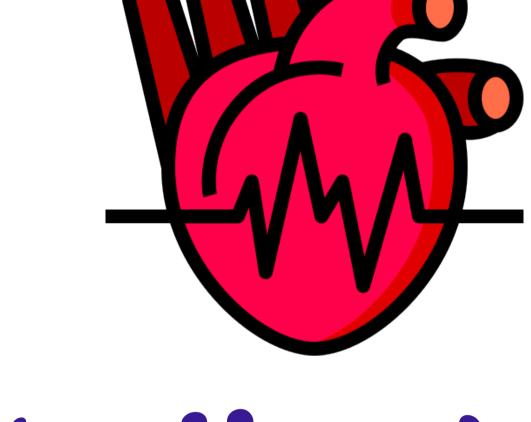




pleurs





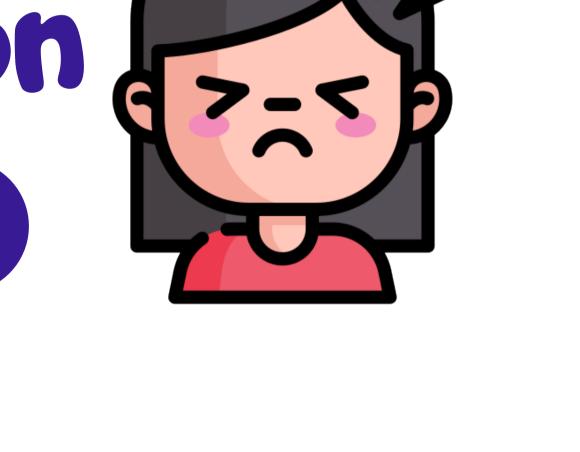


accélération du coeur



Colère



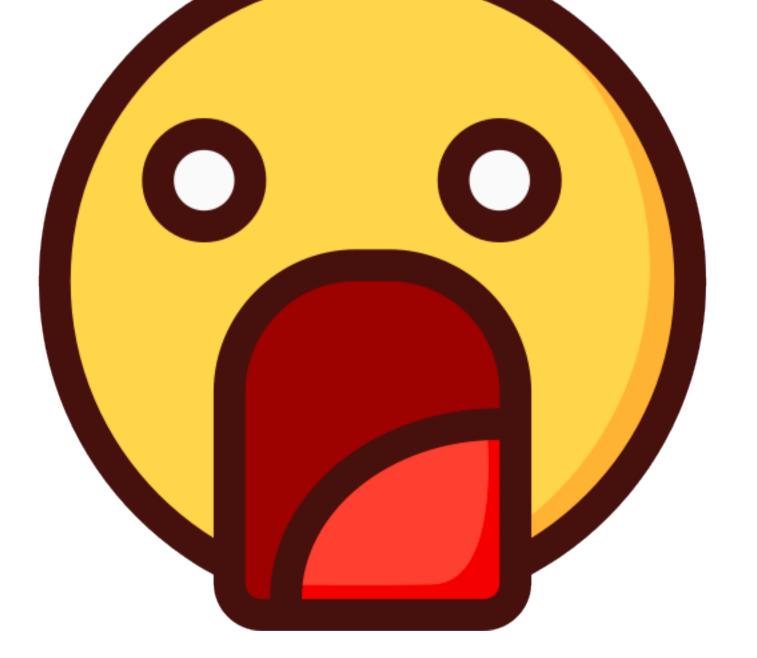


visage rouge







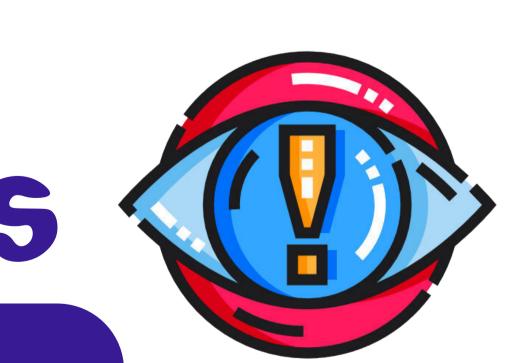


Surprise

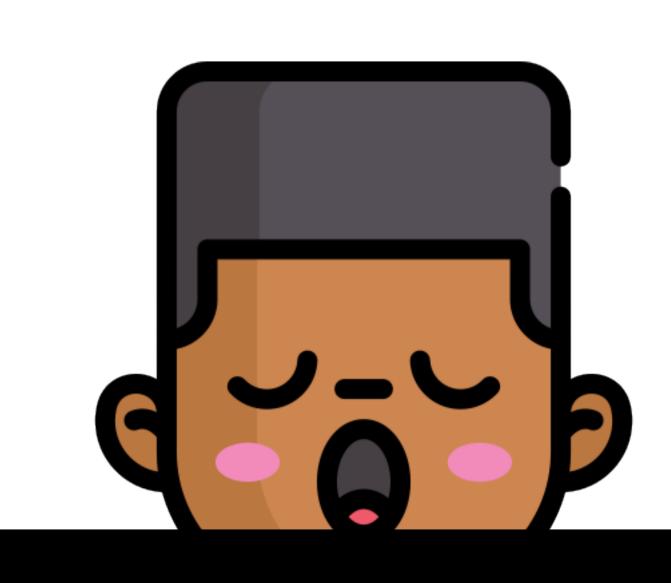












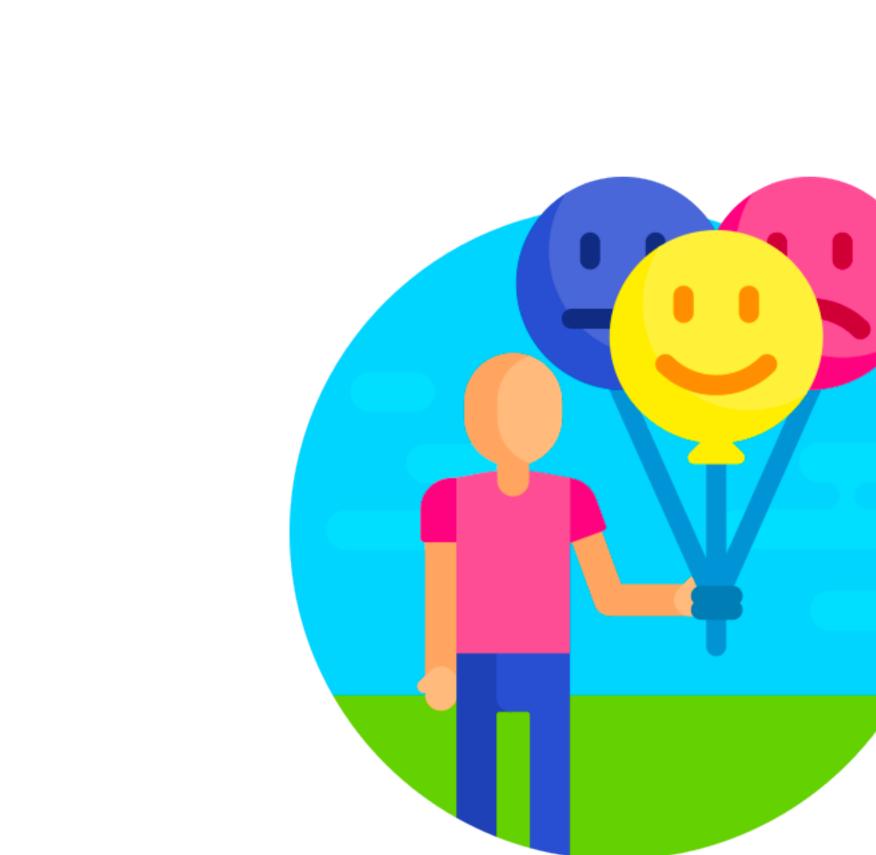


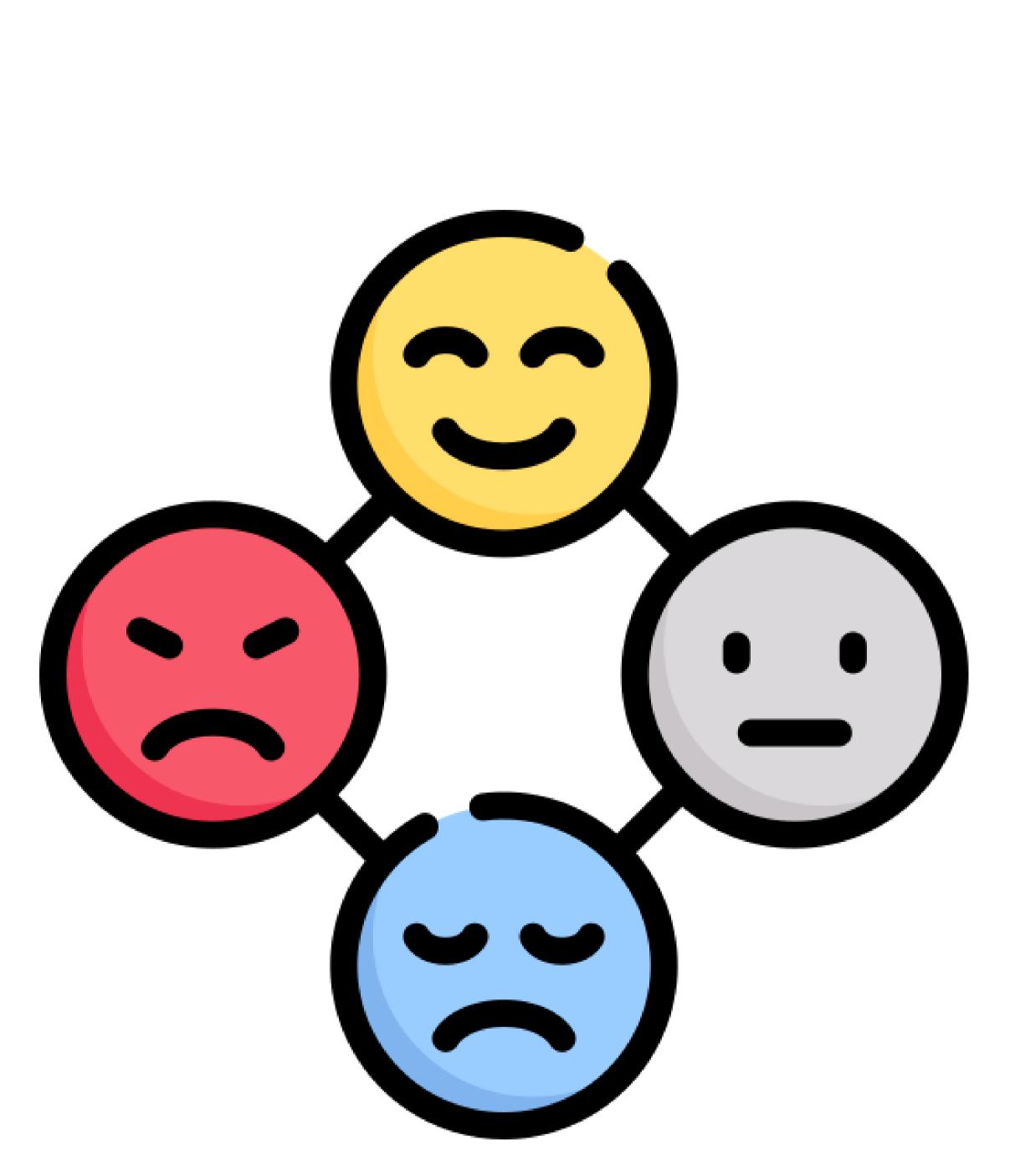






chercher de l'aide Si nécessaire



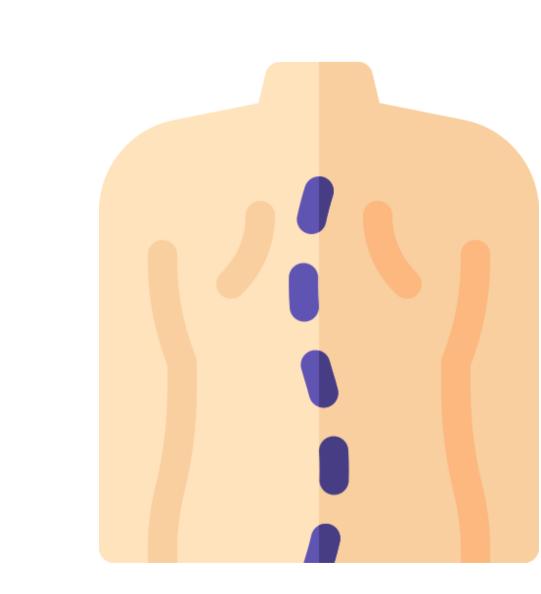


Reconnaitre les émotions



observer les expressions du visage

être attentif à SeS propres réactions



observer la posture