

PETIT KIT D'ACCUEIL DES ÉMOTIONS (POUR
TOUTE LA FAMILLE)





Peur



Joie



Dégoût



Tristesse

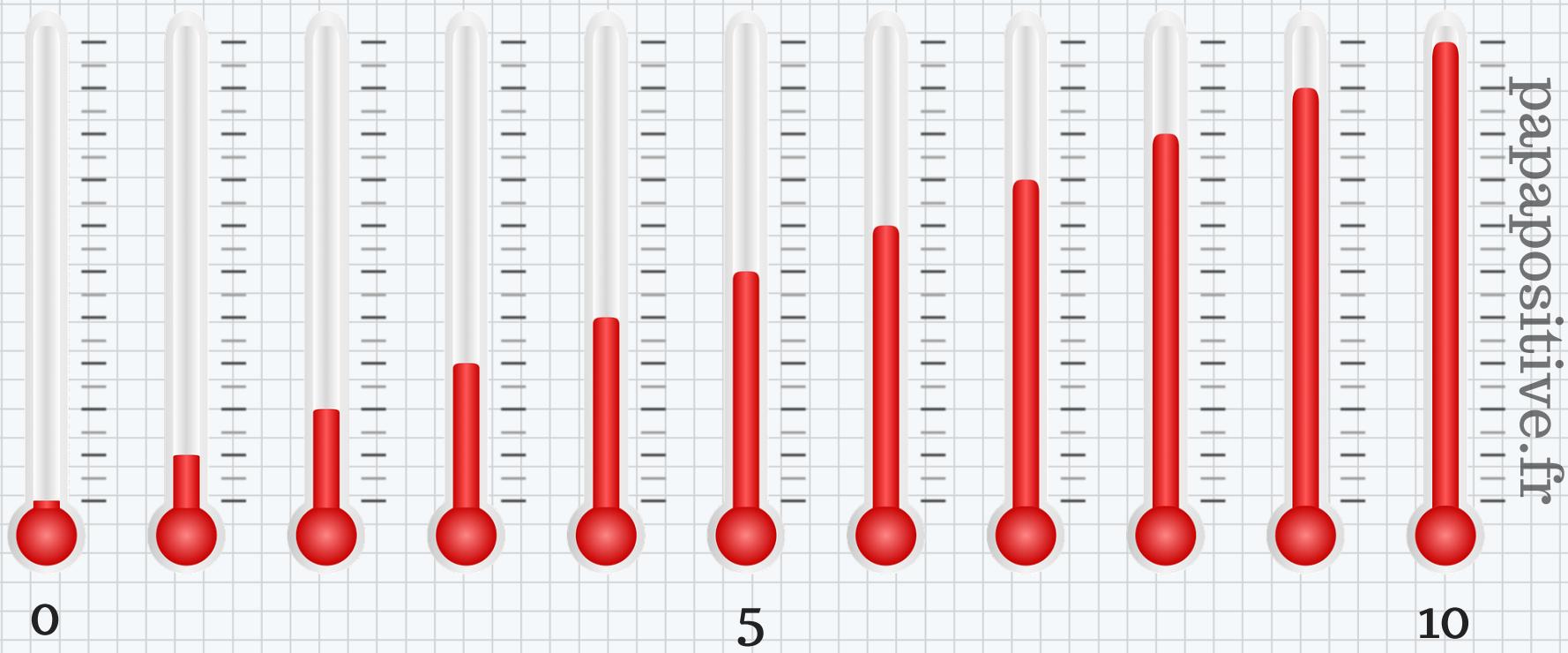


Colère

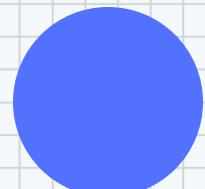


Honte

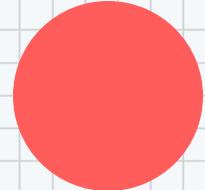
Intensité de l'émotion



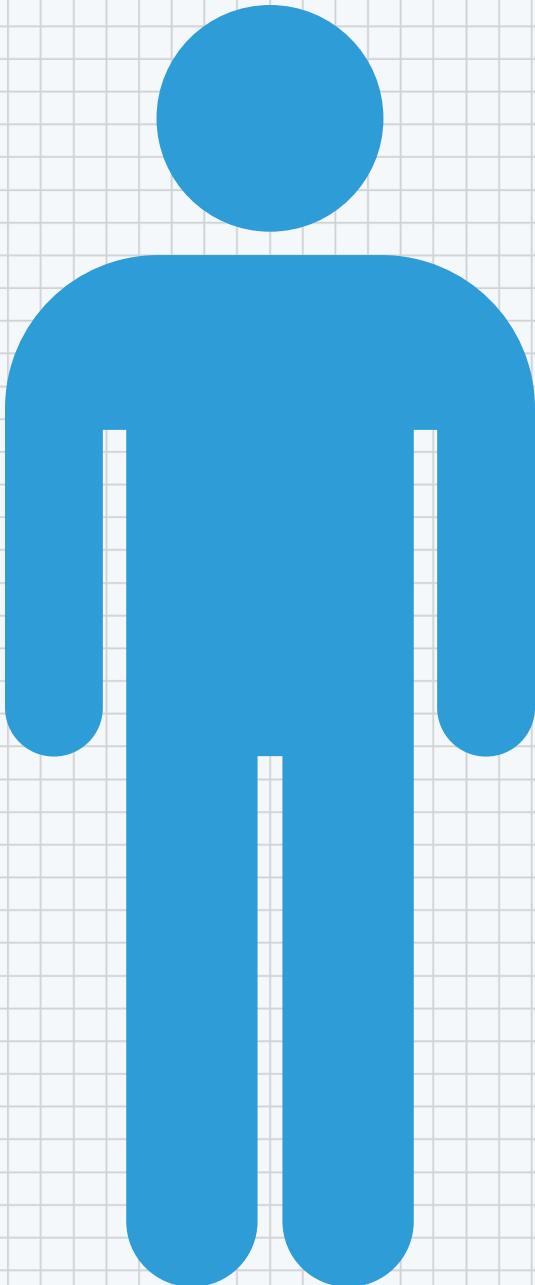
Où ressens-tu
cette émotion ?



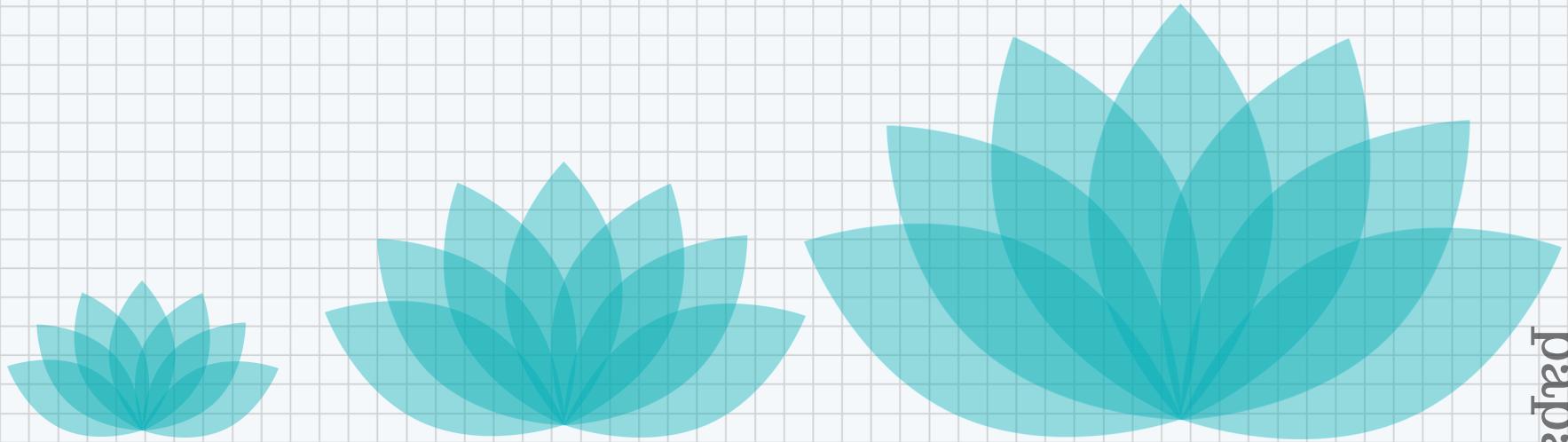
Froid



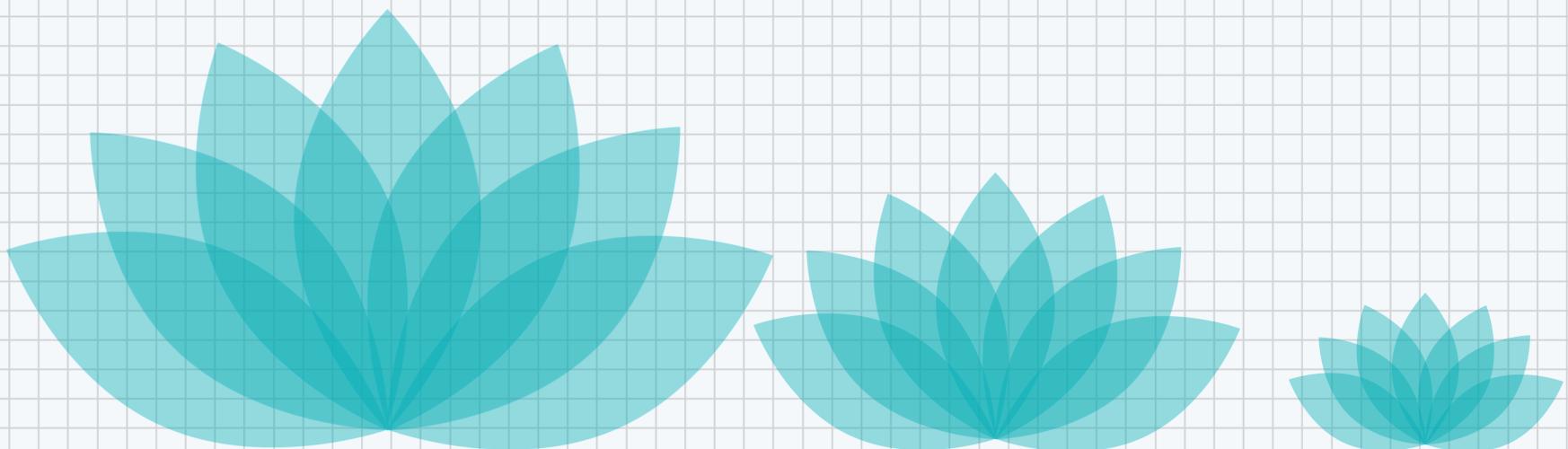
Chaud



Inspire lentement et profondément



Expire lentement et profondément



**Comment te sens-tu
maintenant ?**