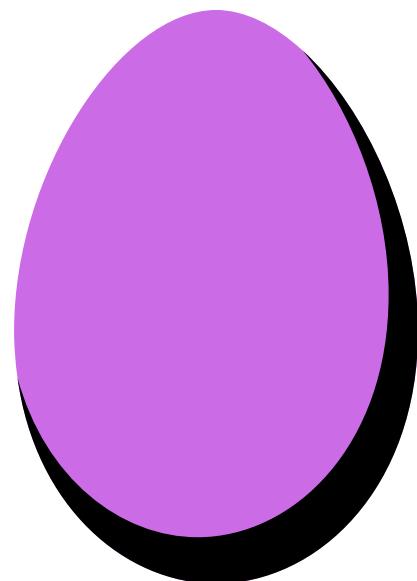


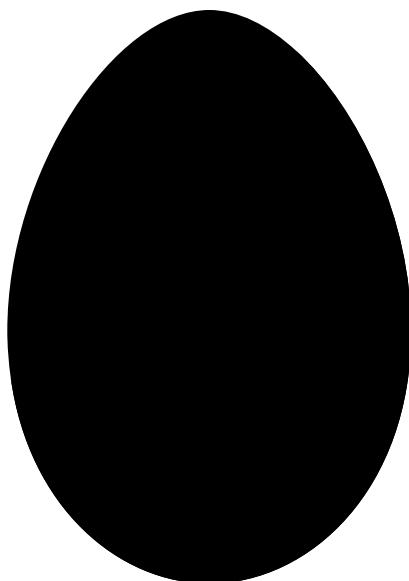
# Mon espace de calme

1

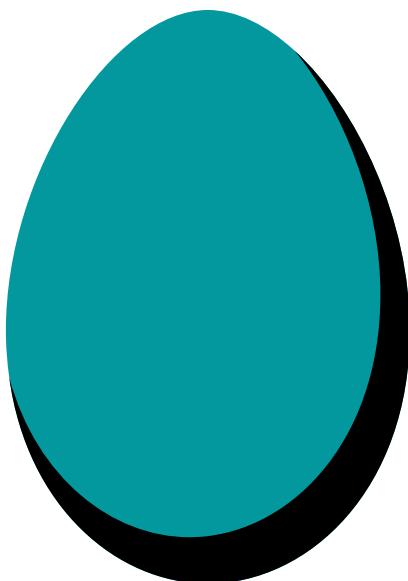
Saisis ton oeuf selon ton niveau de colère/énervement et serre-le fort jusqu'à ce que tu te sentes mieux



Petit.e



Moyenne



Gros.se

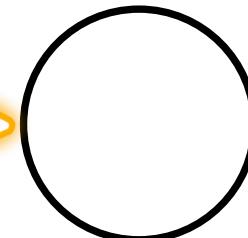
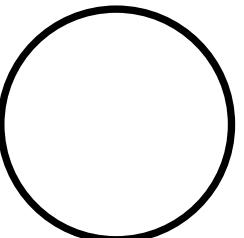
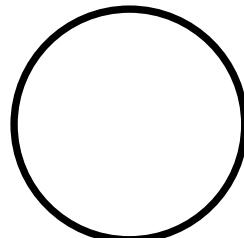
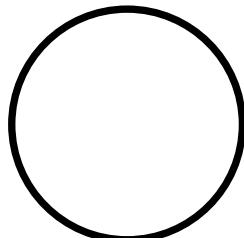
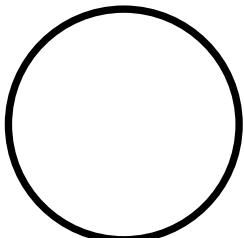


3 Concentre-toi sur Zenny, souris si tu en as envie



2

Choisis ton sablier correspondant à la durée de ta respiration



Pose ton index ici et suis le contour du cercle en inspirant puis expirant

