

Nasıl hissediyorsun?



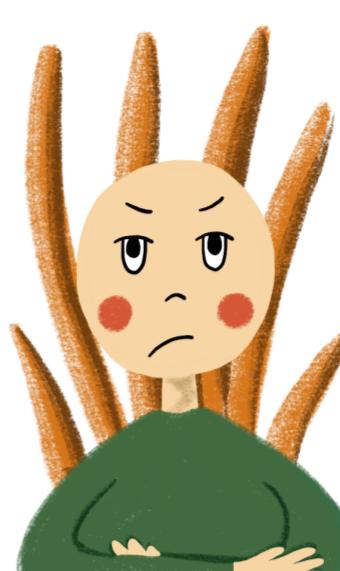
CARESIZ



HAYAL KIRIKLIĞI



HEVESLİ



İSTEKSİZ



KARIŞIK



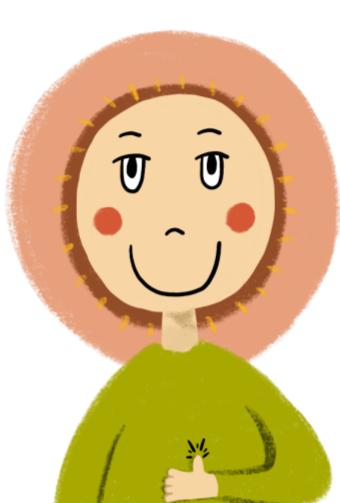
KENDİNE GÜVENEN



KIZGIN



KORKMUŞ



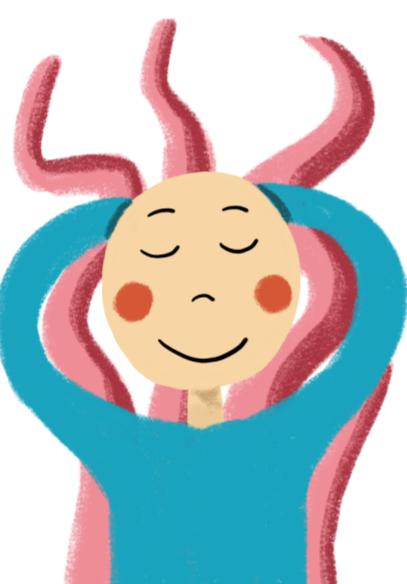
MEMNUN



MERAKLI



MUTLU



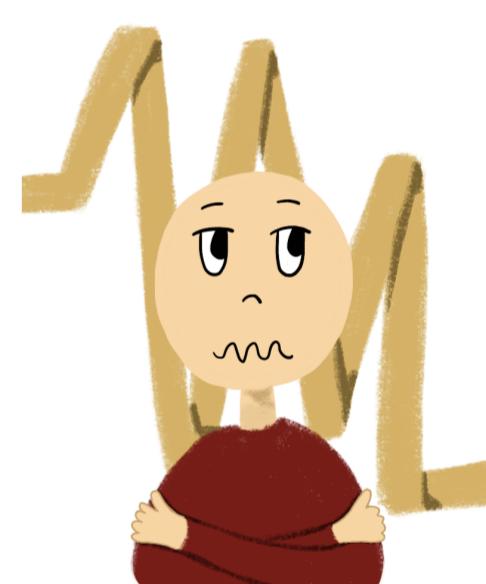
RAHAT



SABIRSIZ



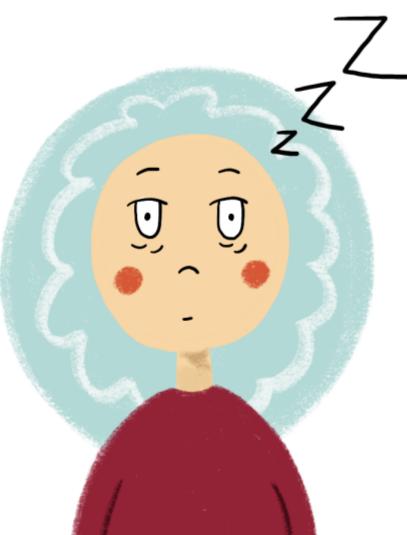
ŞEFKATLİ



TEDİRGIN



UTANÇ İÇİNDE



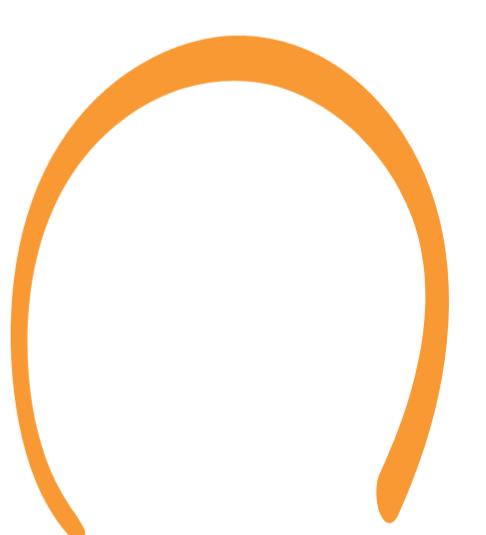
UYKULU



ÜZGÜN



YORGUN



.....

1. YAVAŞLA



Derin nefes al.
İçinden say.

2. FARK ET



Bedenini dinle.
Kendine sor, duygunu bul.

3. İFADE ET



Öğretmeninle ya da
arkadaşınla paylaş.
Yaz / Çiz / Anlat

