Érzés kártyák

Kivágott készlet | Nagybetűs kiadás | FairCare önreflexió

Nyomtasd ki az összes oldalt. Vágd ki a lapokat a szaggatott vonal mentén. Helyezd a kártyákat az asztalra képpel felfelé. Válaszd ki azt a kártyát, amelyik azt mutatja, hogyan érzed magad most.



Boldog

Jól érzem magam.

Azért mert...

✂ *cut here*



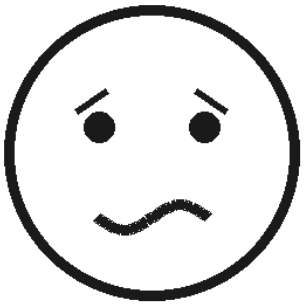
Szomorú

Lehangolt vagyok.

Azért mert...

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Aggódó

Valami foglalkoztat

Azért mert...

✂ *cut here*



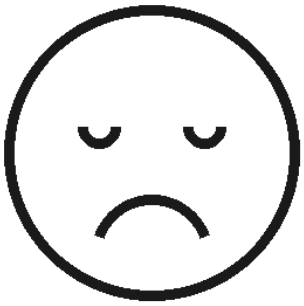
Mérges

Frusztrált vagyok

Azért mert...

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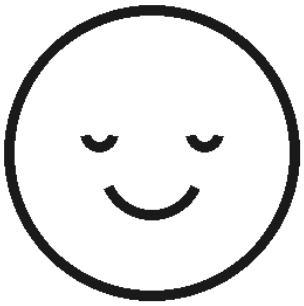


Fáradt

Nincs energiám.

Azért mert...

✂ *cut here*



Nyugodt

Kiegyensúlyozott vagyok.

Azért mert...

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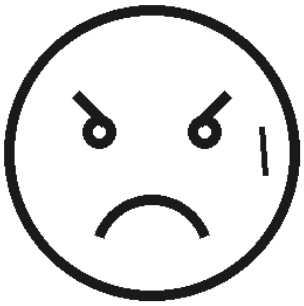


Reménykedő

A dolgok jobbra fordulhatnak.

Azért mert...

✂ *cut here*



Túlterhelt

Túl sok minden történik egyszerre.

Azért mert...

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