Carte dei sentimenti

FairCare autoriflessione

Guarda le faccine qui sotto. Indica o nomina quella che più si avvicina a come ti senti in questo momento. Non ci sono risposte giuste o sbagliate.



Felice

Mi sento bene.



Triste

Sono giù.



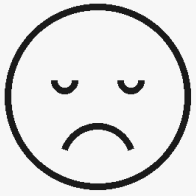
Preoccupato

Ho qualche pensiero per la testa.



Arrabbiato

Mi sento frustrato.



Stanco

Non ho energie.



Calmo

Sono sereno.



Speranzoso

Le cose andranno meglio.



Affaticato

Troppo in una volta.

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