Carte dei sentimenti

Da stampare | FairCare Autoriflessione

Istruzioni: Stampa tutte le pagine. Taglia lungo la linea tratteggiata su ogni pagina. Metti le carte sul tavolo a faccia in su. Scegli la carta che mostra come ti senti in questo momento.



Felice

Mi sento bene.

perchè...

✂ *cut here*



Triste

Mi sento giù.

perchè...

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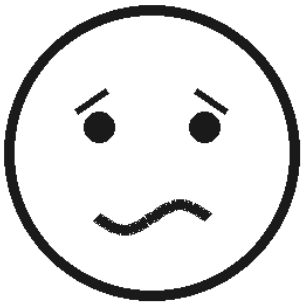

Preoccupato

Ho qualche pensiero per la testa.

Perchè...

✂ *cut here*



Arrabbiato

Mi sento frustrato.

Perchè...

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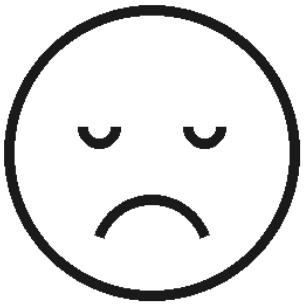
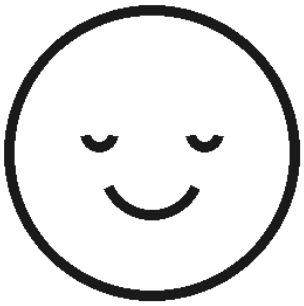


Stanco

Non ho energie.

Perchè...

✂ *cut here*



Calmo

Sono sereno.

Perchè...

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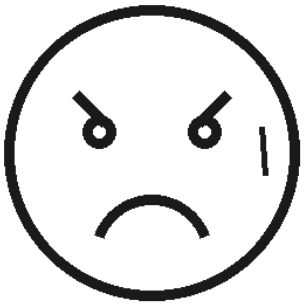
Speranzoso

Le cose andranno meglio.

Perchè...

✂ *cut here*



Affaticato

Troppo in una volta.

Perchè...

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