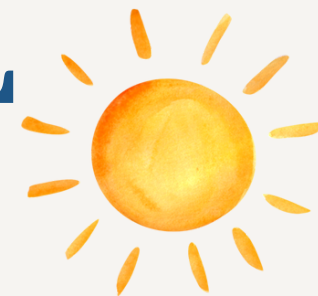




MON JOURNAL EMOTIONNEL



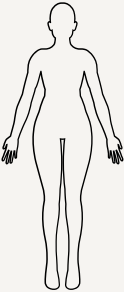
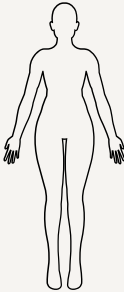
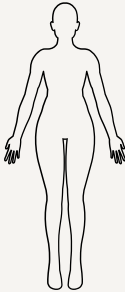
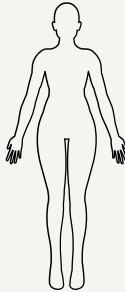
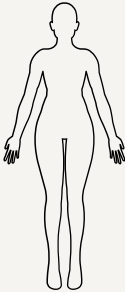
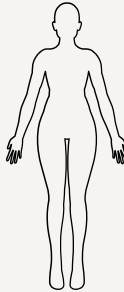
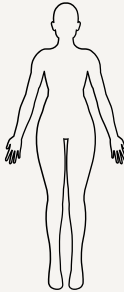
Voici les 6 émotions primaires : colère, tristesse, peur, joie, surprise, dégoût...

Sensations corporelles : je colorie les parties du corps où je ressens l'émotion.

Que me dit cette émotion ? J'ai besoin de...

Emotion JOUR 1	Emotion JOUR 2	Emotion JOUR 3	Emotion JOUR 4	Emotion JOUR 5	Emotion JOUR 6	Emotion JOUR 7

SENSATIONS CORPORELLES

						
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QUE ME DIT L'EMOTION? J'AI BESOIN DE....

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