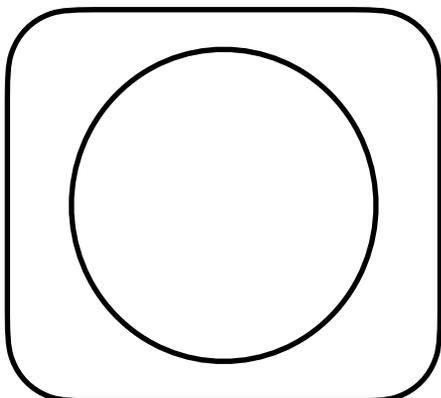


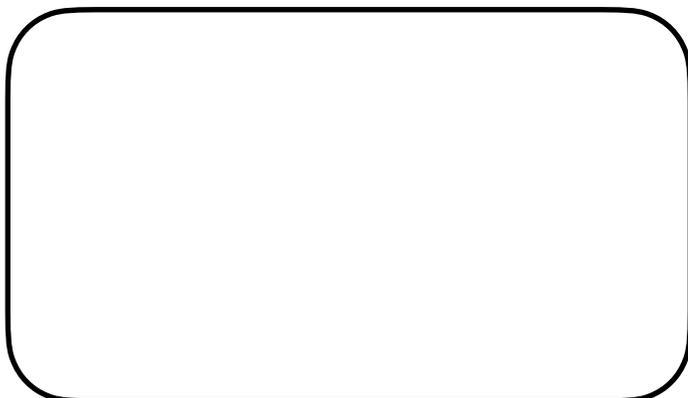
LA CARTA D'IDENTITÀ DELLE EMOZIONI

LA FELICITÀ

COM'È IL MIO VISO
QUANDO SONO FELICE ?



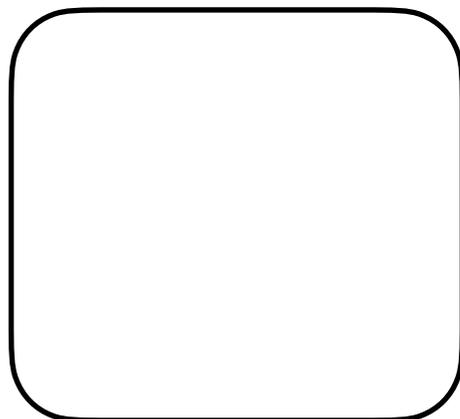
QUALI SITUAZIONI
MI RENDONO FELICE?



COME REAGISCE IL MIO CORPO ?



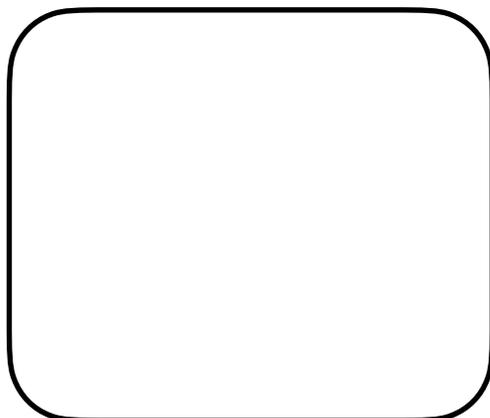
COSA PENSO?



COME MI COMPORTO ?



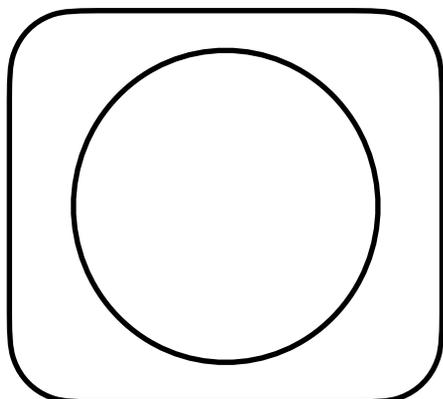
COSA DICO ?



LA CARTA D'IDENTITÀ DELLE EMOZIONI

LA RABBIA

COM'È IL MIO VISO
QUANDO SONO ARRABBIATO?



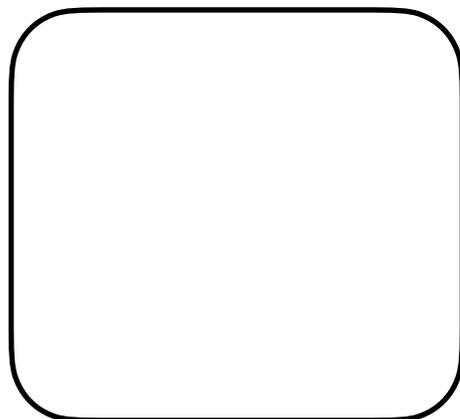
QUALI SITUAZIONI
MI FANNO ARRABBIARE?



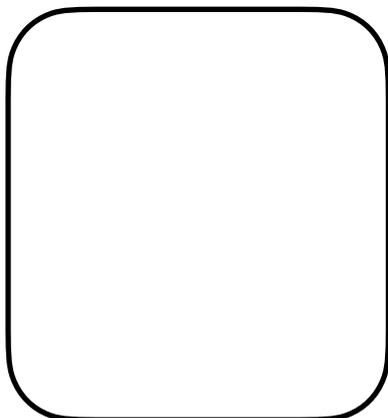
COME REAGISCE IL MIO CORPO?



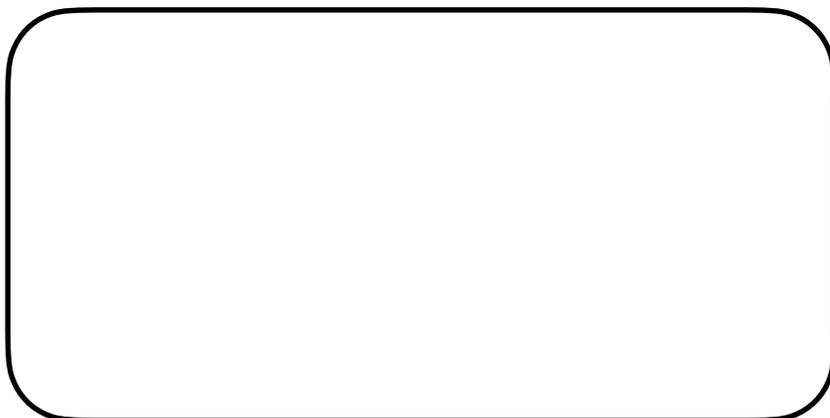
COSA PENSO?



COME MI COMPORTO?



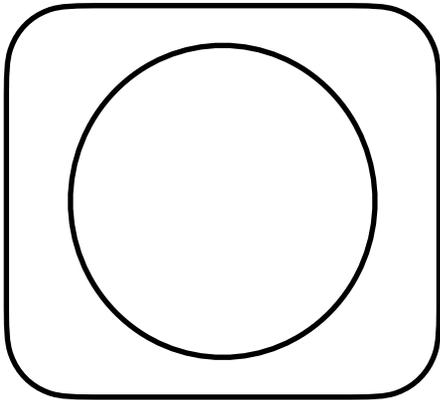
COME RIESCO A CALMARMMI?



LA CARTA D'IDENTITÀ DELLE EMOZIONI

LA TRISTEZZA

COM'È IL MIO VISO
QUANDO SONO TRISTE ?



QUALI SITUAZIONI
MI RENDONO TRISTE?

A large rounded rectangular box for writing about situations that cause sadness.

COME REAGISCE IL MIO CORPO ?

A large rounded rectangular box for writing about physical reactions to sadness.

COSA PENSO?

A rounded rectangular box for writing about thoughts during sadness.

COME MI COMPORTO ?

A rounded rectangular box for writing about behavior during sadness.

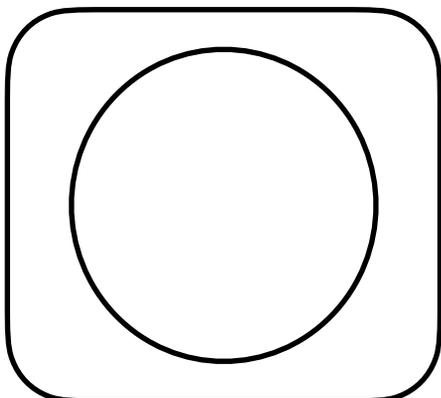
COME RIESCO A SUPERARE LA TRISTEZZA?

A large rounded rectangular box for writing about ways to overcome sadness.

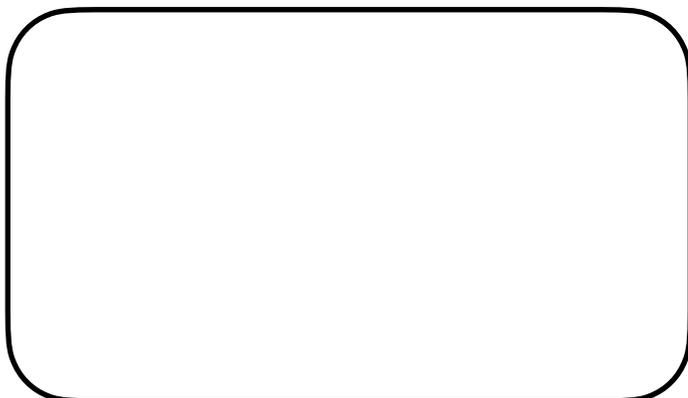
LA CARTA D'IDENTITÀ DELLE EMOZIONI

LA PAURA

COM'È IL MIO VISO
QUANDO HO PAURA ?



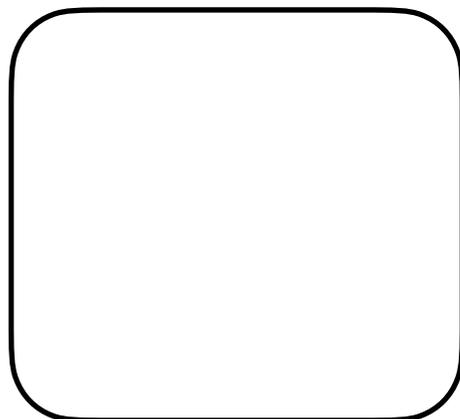
QUALI SITUAZIONI
MI SPAVENTANO?



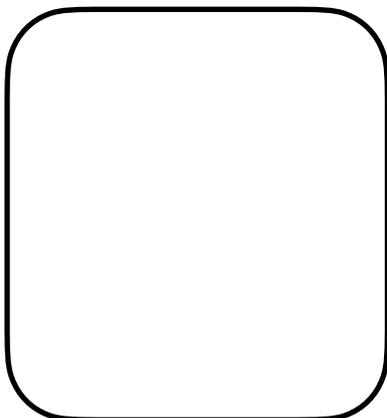
COME REAGISCE IL MIO CORPO ?



COSA PENSO?



COME MI COMPORTO ?



COME RIESCO A GESTIRE LA PAURA?

