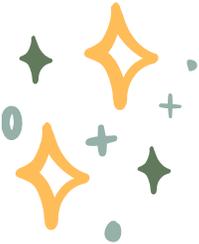


COIN

Calme



TU ES



unique



capable



brave

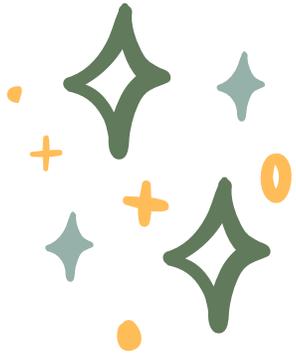


important(e)

formidable

irremplaçable

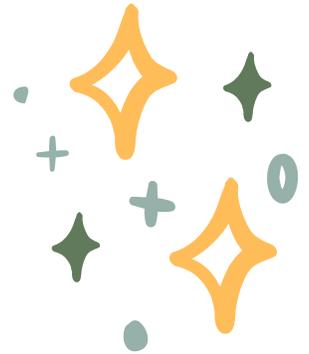




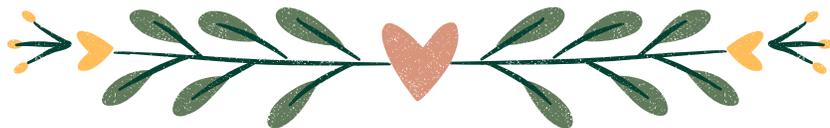
INSPIRE

et...

EXPIRE

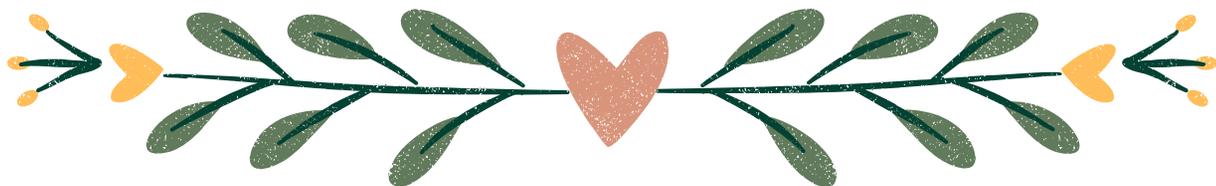


Tes émotions sont

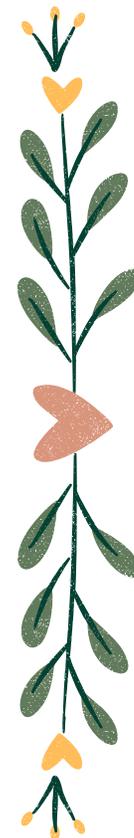


valides

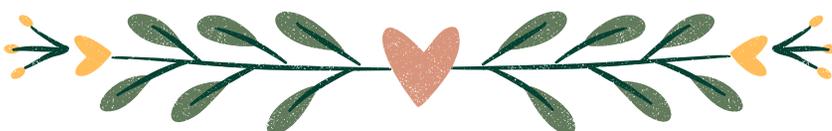
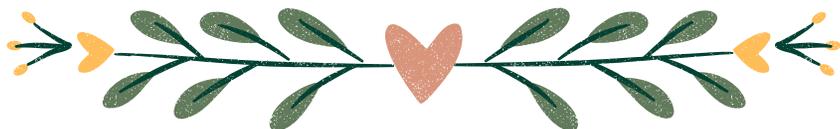
TU FAIS
DE TON MIEUX



FAIS-TOI
CONFIANCE



TU COMPTES
POUR MOI



PRENDS SOIN
DE TOI

Les
pensées positives
entraînent des
actions
positives !



LES CLÉS DE L'AMITIÉ

sincérité

respect

écoute

Pardon

Partage

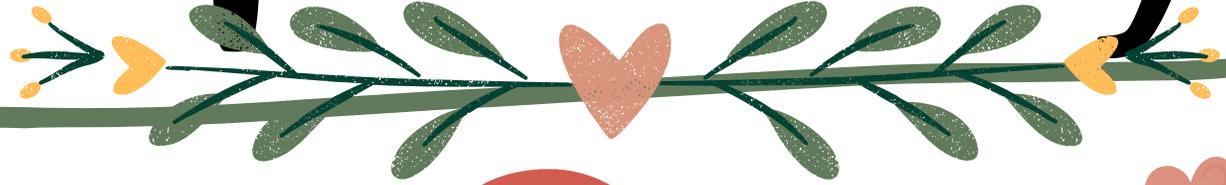
confiance

empathie

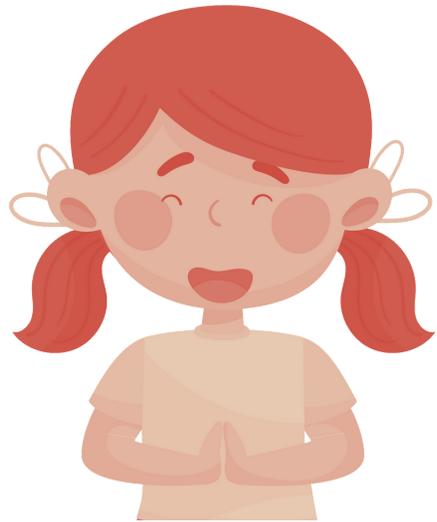




La pause Yoga



POUR ME CALMER...



respirer



dessiner



m'étirer



fermer mes yeux



écrire



lire

...JE PEUX :

POUR ME CALMER...

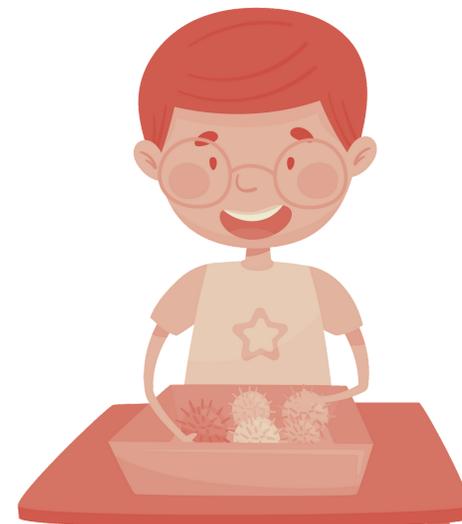


danser



faire un casse-tête

...JE PEUX :



manipuler un objet



boire de l'eau

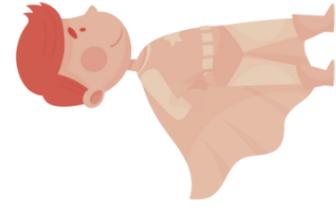


construire



câliner une peluche

J'ai le pouvoir de contrôler...



mes pensées

mes paroles

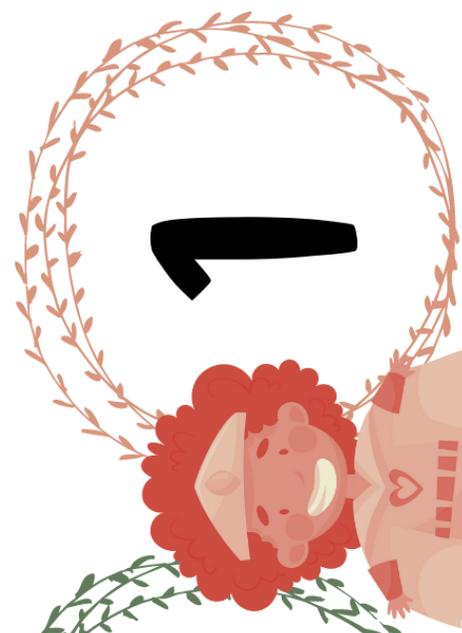
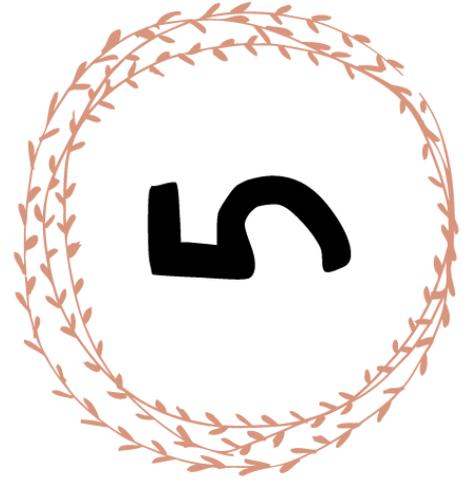
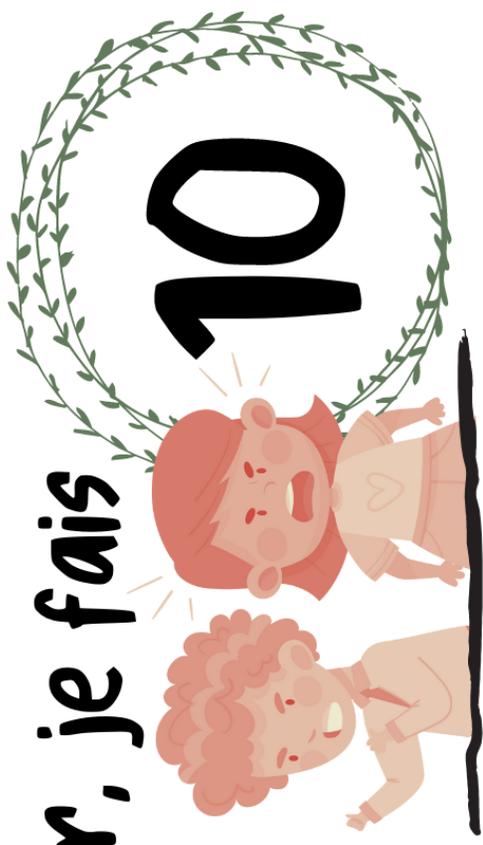
mes choix



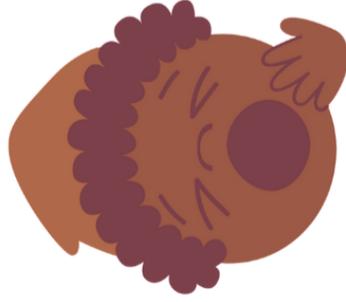
comment je traite les autres

Avant de réagir, je fais

ce décompte :



Je me sens...



endormi(e)

