









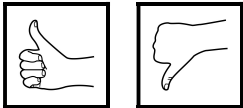
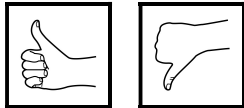
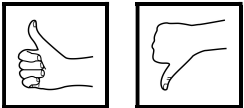
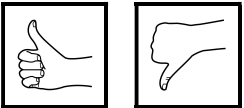
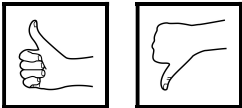
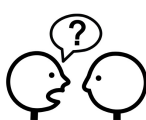


COME CONTROLLARE LE MIE EMOZIONI E COMPORTAMENTI

<p>STO VALUTANDO COME MI SENTO</p> 	 <p>MI SENTO BENE. SONO FELICE!</p>	 <p>MI SENTO BENE. SONO TRANQUILLO!</p>	 <p>MI SENTO DIVERSO. QUALCOSA STA CAMBIANDO INTORNO A ME!</p>	 <p>MI SENTO MALE. I MIEI MUSCOLI SONO TESI</p>	 <p>MI SENTO MOLTO MALE IL MIO CUORE BATTE FORTE E I MUSCOLI SONO MOLTO TESI.</p>
<p>DEVO FARE QUALCOSA PER SENTIRMI BENE?</p>					
<p>COME MI SENTO ADESSO?</p>					



SCRIVO I MIEI PENSIERI



CHIEDO QUALCOSA



CHIEDO AIUTO



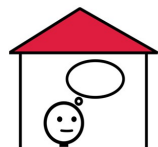
ASPETTO UN PO'



PARLA A BASSA VOCE



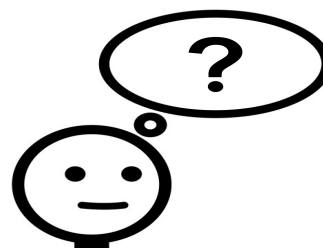
SIEDO E RIPOSO



PENSA IN UN
LUOGO SICURO



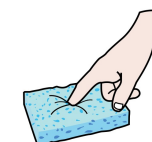
PENSO A COSA MI FA STARE BENE



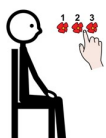
COSA MI FA SENTIRE BENE O AL SICURO?



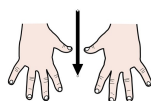
CHIEDO AIUTO AD UN AMICO



TOCCO
QUALCOSA DI
MORBIDO



CONTA FINO A 20



TENGO GIU'
LE MANI



DISEGNO



STRINGO LA MANO



RESPIRO LENTO



MI ALLUNGO