

Photos de
mon projet

Causerie amorcée sur les émotions

Les émotions



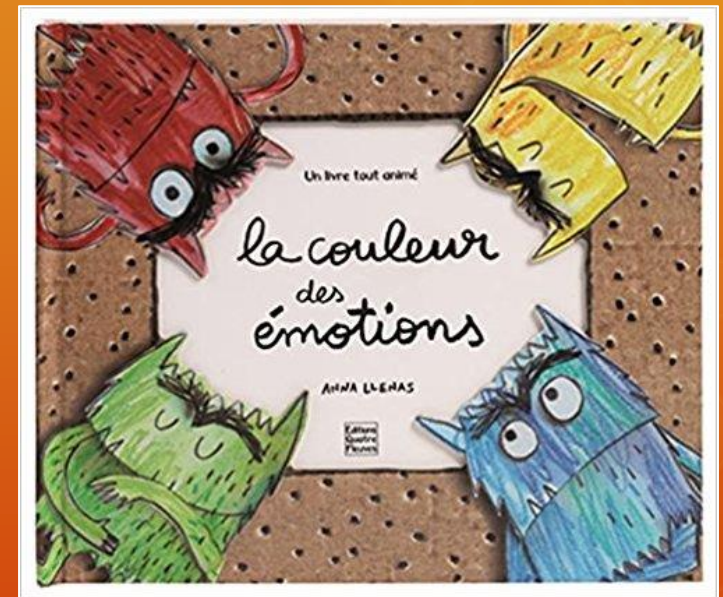
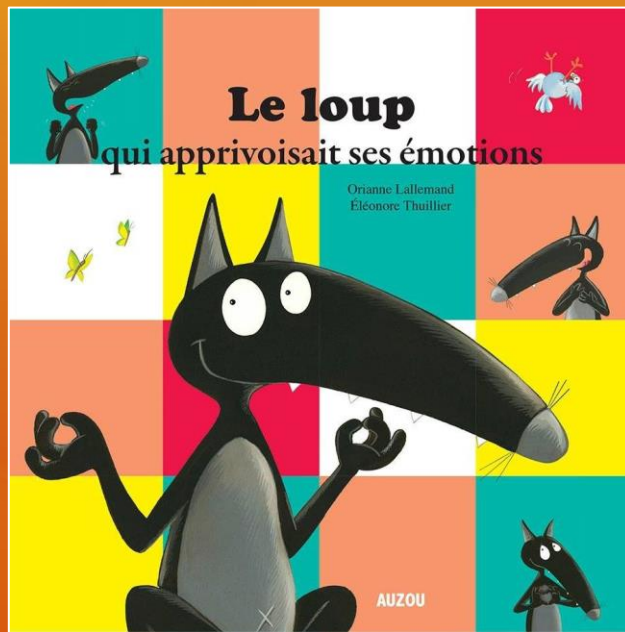
Comment te sens-tu aujourd'hui?

Content ☺
triste ☹
heureux
boudeuse

Techniques du Loup:

- Respiration
- Yoga
- Sport

Livres pour amorcer le projet



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La colère: causeries

SITUATIONS

- chicane (Flo)
 - triche (D.)
 - frappe (N)
(Y)
 - Va dans ma chambre (R.)
Lo.
 - prend jouets sans permission (T.)
- brise mes choses détruit (Flo.) + Me.
- niaiseries (A.)



Bons moyens

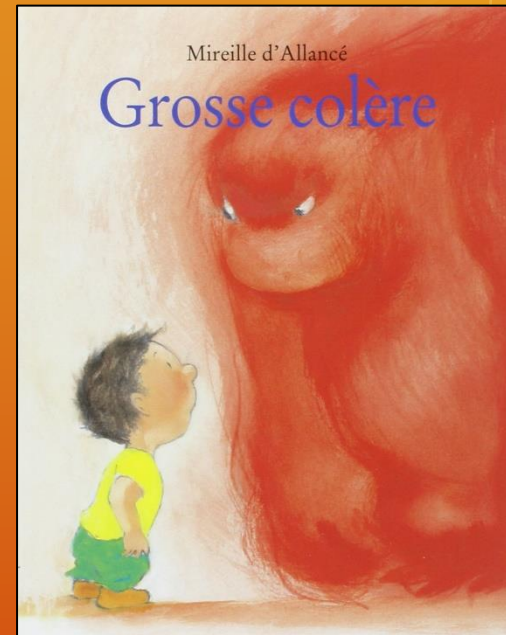
- souffler (Flo)
- Coller (Lé)
- (D) - Dire $\left\{ \begin{array}{l} \text{prof. (Flo)} \\ \text{parents (T)} \end{array} \right.$
- Relaxation (R.)
- M'excuser (Flo.)
- Dire gentilement (N.)

Mauvais moyens



- Taper (N)
- Crier (R)
- Coups (Me).
- Pousser (T.)
- Tirer (T.)
- Briser (Ma.).

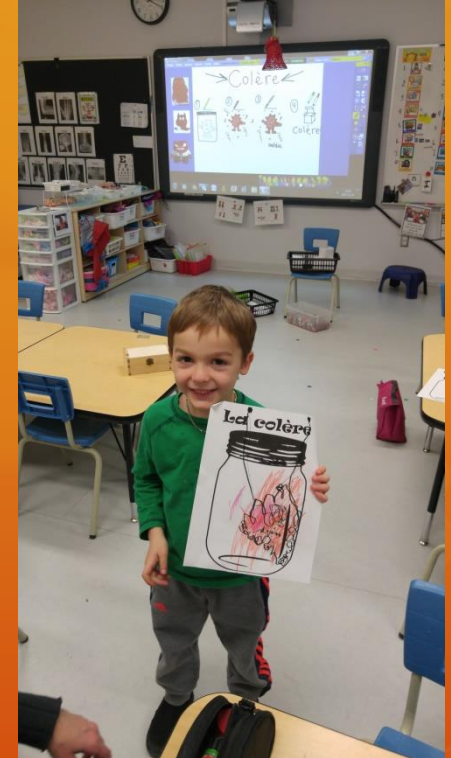
La colère: livres



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La colère: Arts

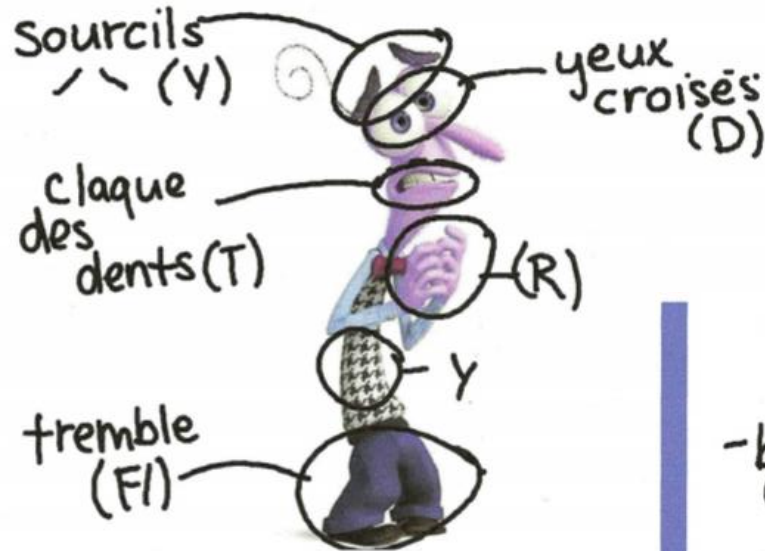


Page du livre et boîte pour
enfermer la colère



La peur: causeries

Que se passe-t-il quand tu as peur?



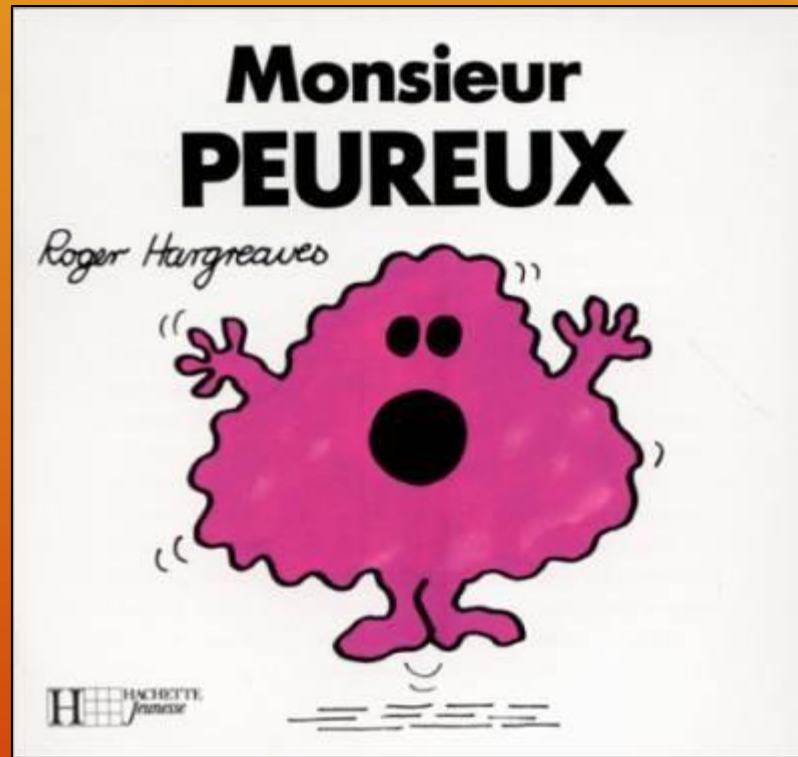
De quoi as-tu peur?

- bruits (T.) (seul)
- sous le lit (N) (tomber)
- chat (A.) (Lé)
- fantôme (D.)
- poupée (Mè)
- Noir (R.)
- lutins (F)
- saut (Y.)
- garde-robe (Fè)



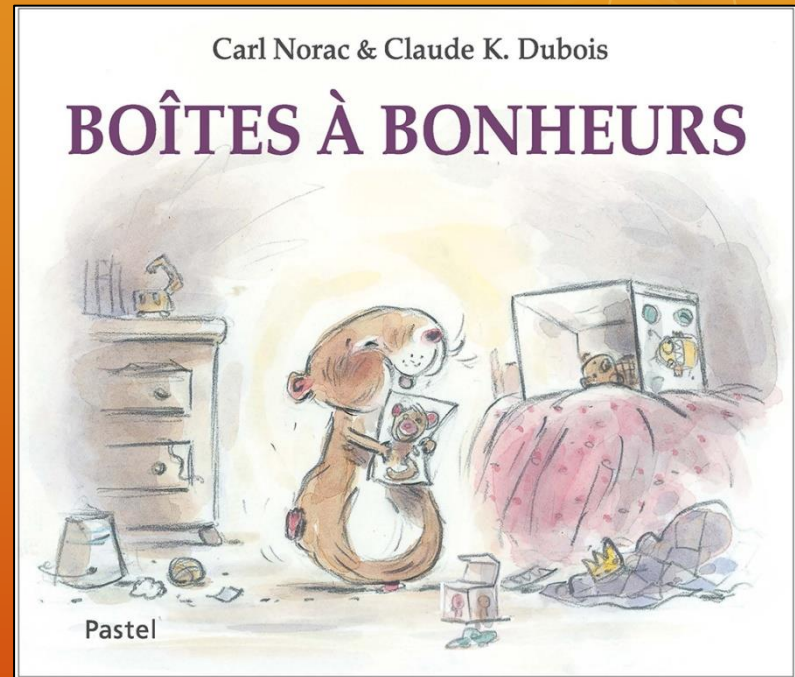
Et une causerie sur les moyens pouvant être utilisés

La peur: livre



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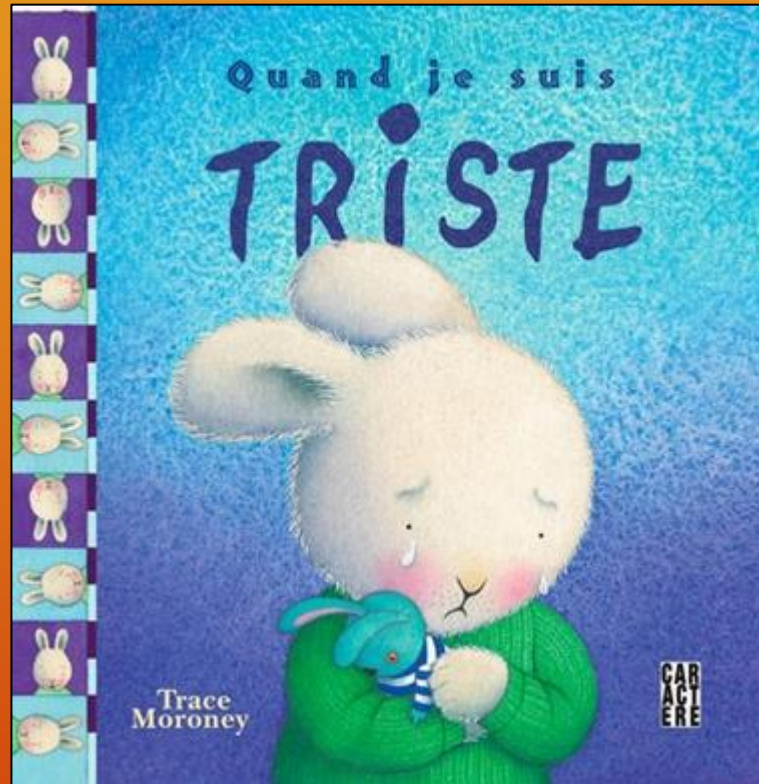
La joie: livres



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La tristesse: livre



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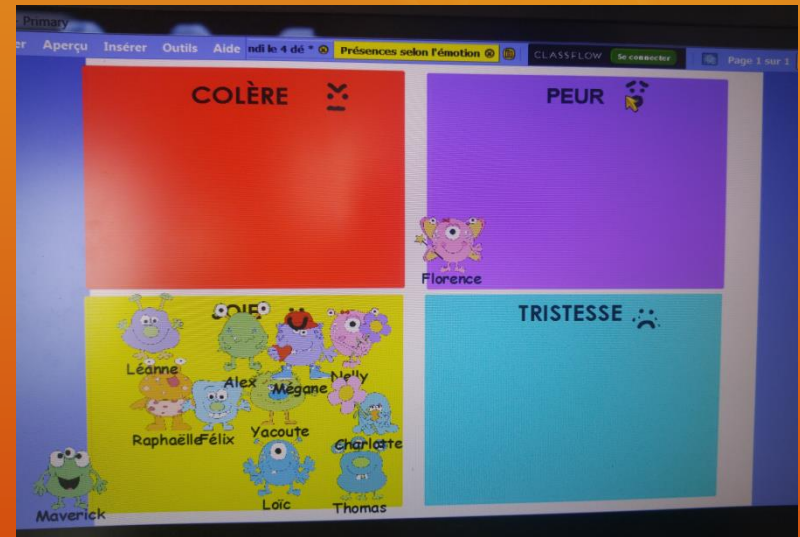
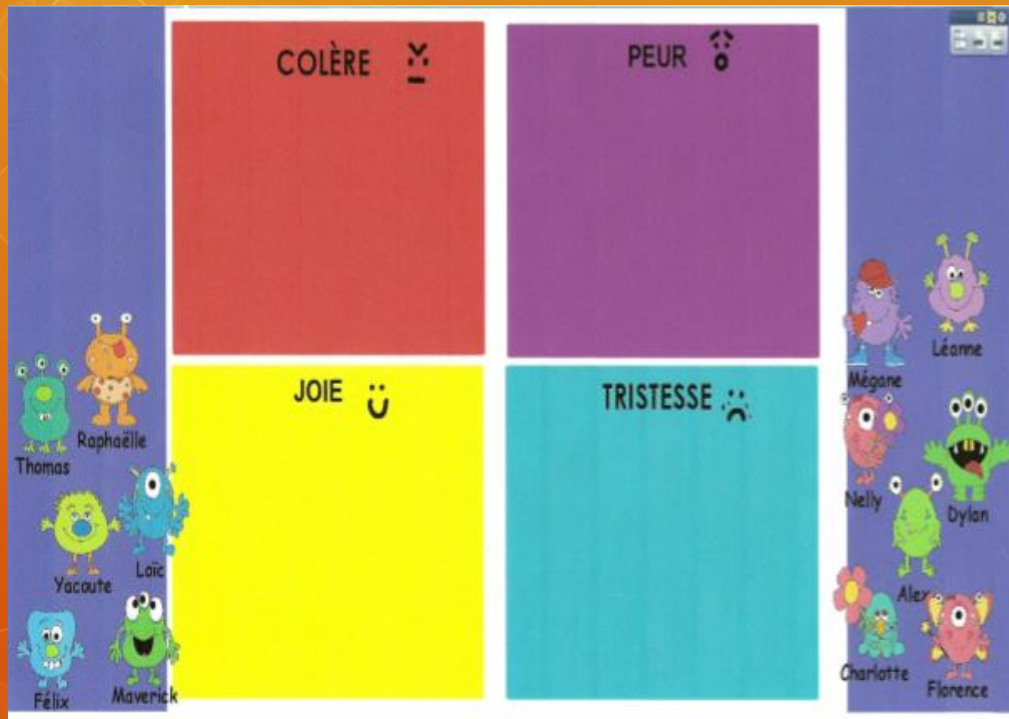
La tristesse: Arts



Présentation du projet à d'autres élèves



Présences du matin



Résultat du livre

