

Energie basse : je vais
m'effondrer
(me cacher, perdre espoir)

COMMENT JE ME SENS

Emotions débordantes : je vais
exploser
(casser, taper, crier)

Zone bleue

Comment je me sens

Triste



Seul



Fatigué



Malade



Ce que je peux faire

**Me reposer,
demander du
soutien**

Je dors, je fais la sieste.

Je m'étire.

Je parle à
quelqu'un.

Je peux aussi

Zone verte

Comment je me sens

Content



Confiant



Calmé



Concentré



Ce que je peux faire

**Continuer mes
projets, apprendre,
apporter de l'aide**

Je fais une activité créative.

Je finis un travail

Je m'entraîne.

J'écoute un ami qui ne
va pas bien.

Je peux aussi

Zone orange

Comment je me sens

Indécis



Contrarié



Impuissant



Soucieux



Ce que je peux faire

**Ralentir, me
recentrer, me
faire du bien**

Je masse mes tempes,
mes yeux, mes pieds.

Je vais marcher.

Je prends l'air.

Je peux aussi

Zone rouge

Comment je me sens

Frustré



Paniqué



Furieux



Submergé



Ce que je peux faire

**Faire une pause,
respirer, me faire
aider**

J'expire lentement par la
bouche.

Je malaxe une balle.

Je bois de l'eau fraîche.

Je peux aussi

Je Me Sens En Deacuteecalage Et Je Reacuteeussis Ma Vie

RJ Alexander



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