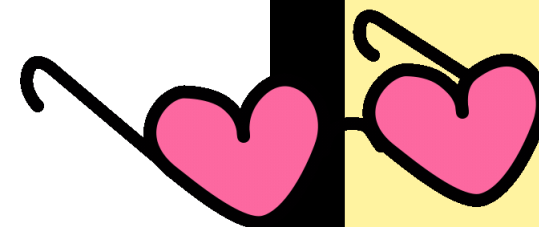
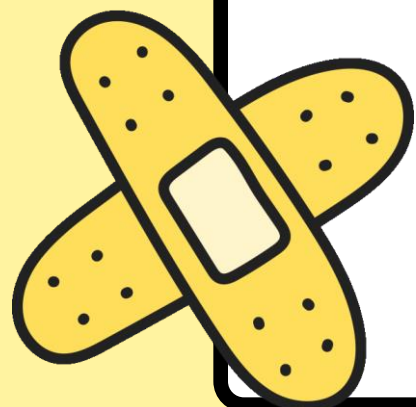
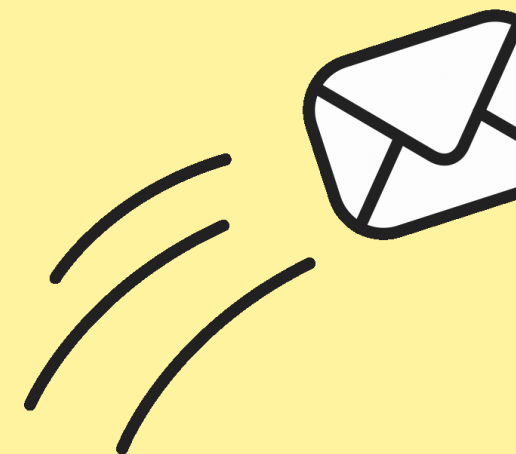
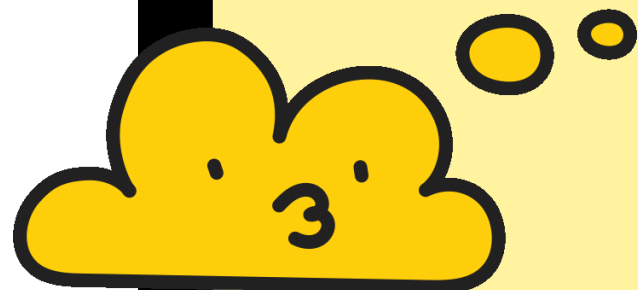
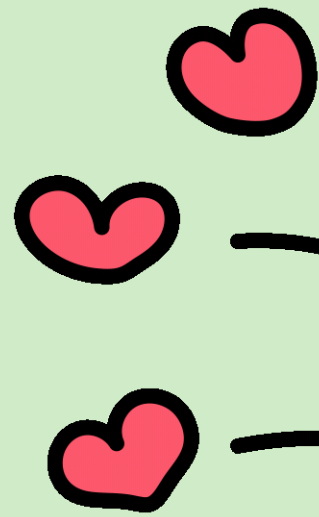
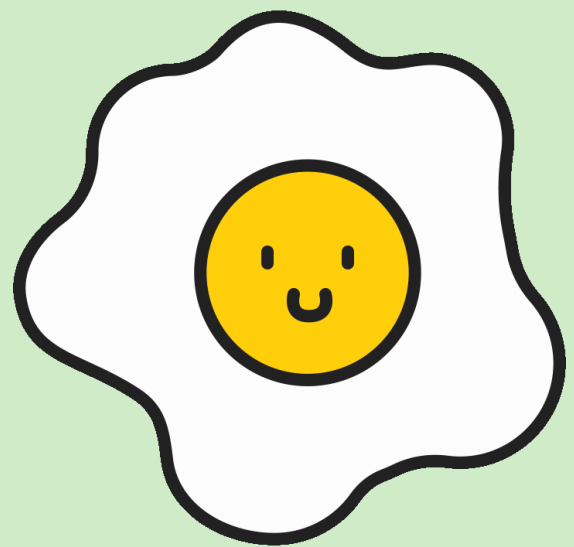
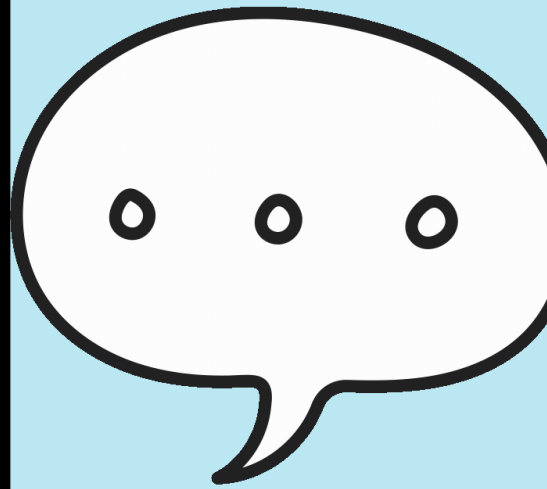
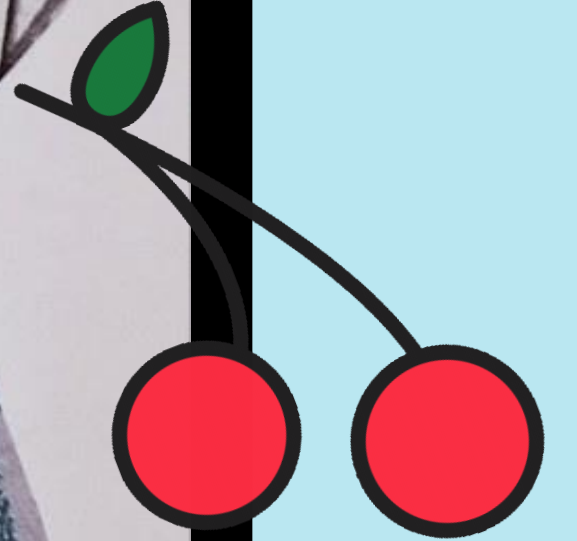
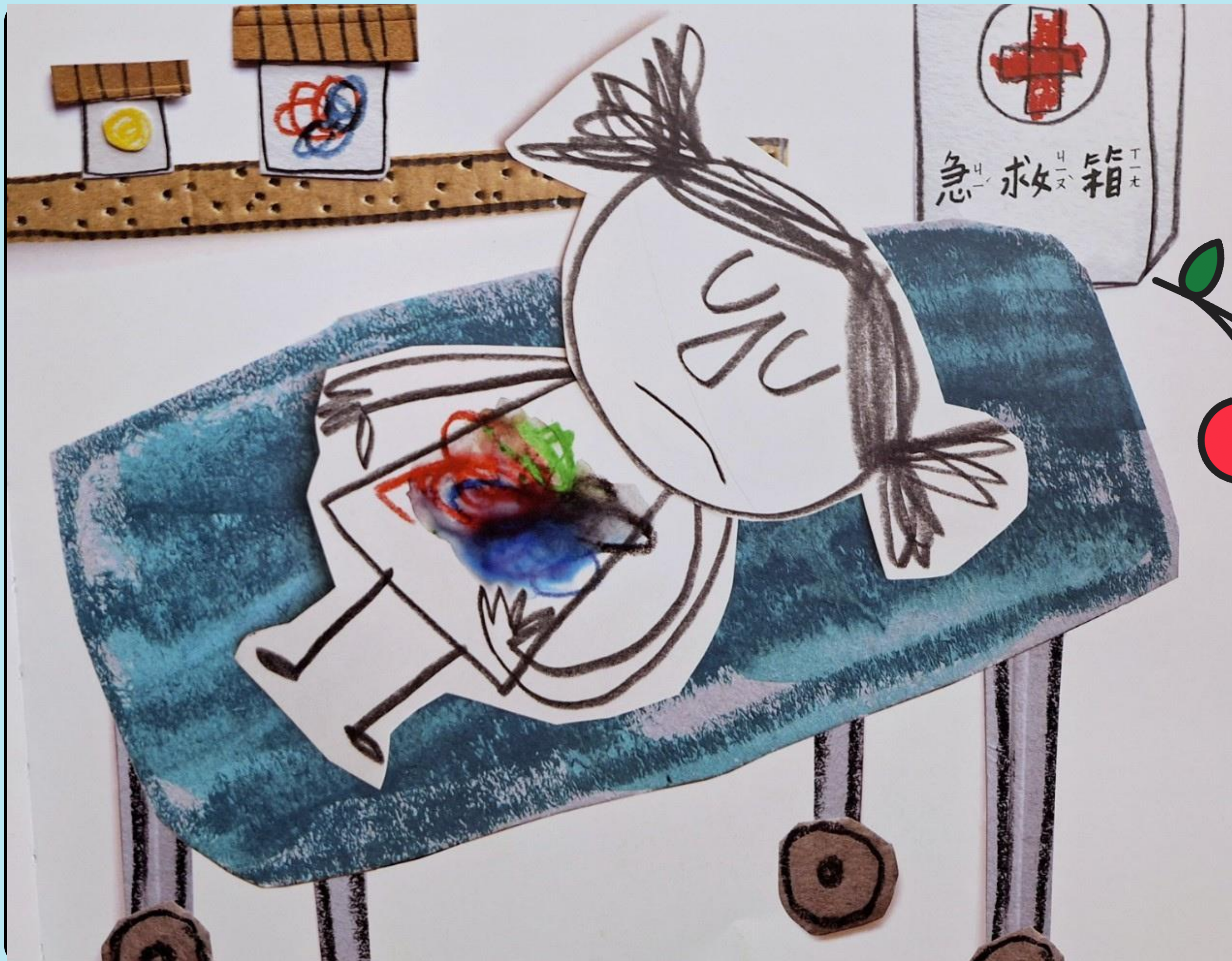
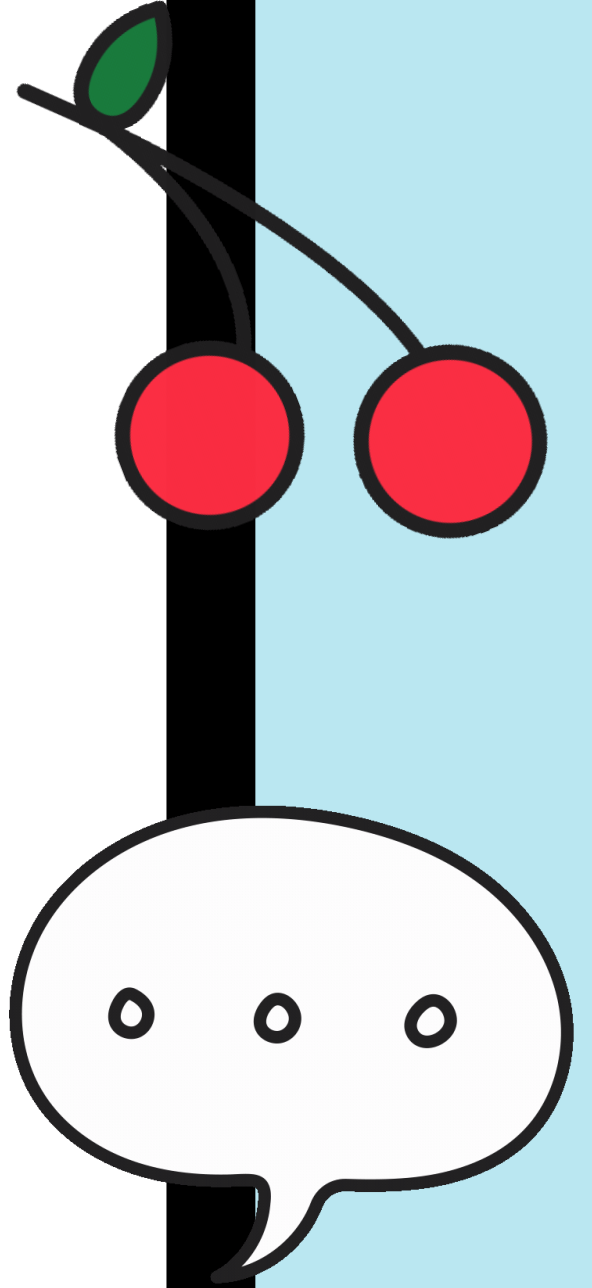


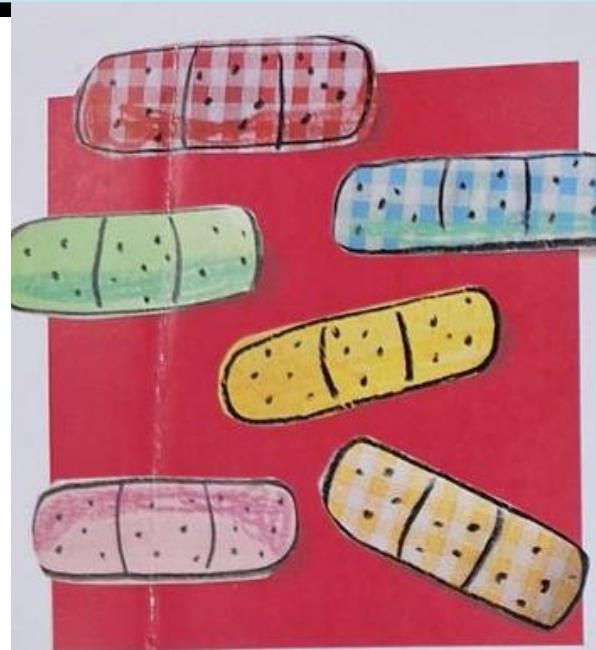
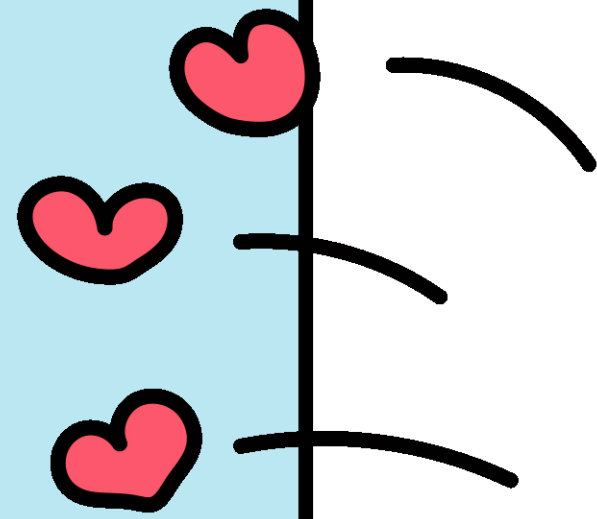
情緒醫生











修補傷心的OK繃



光著腳丫在沙灘上散步



非常柔軟的動物玩偶



吹泡泡



活動四肢或做運動



聽聽大海的聲音



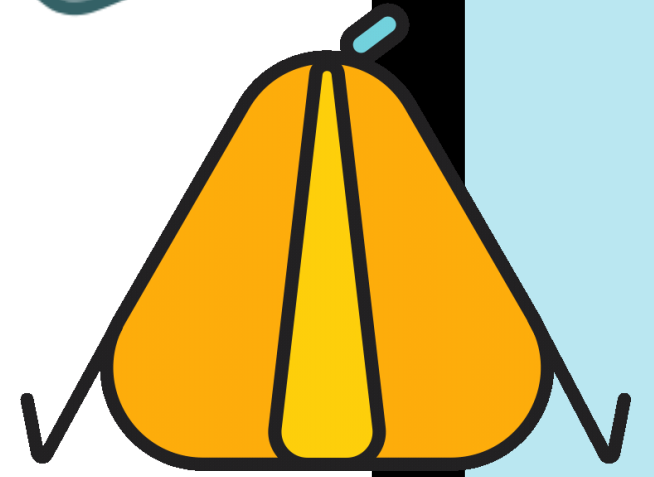
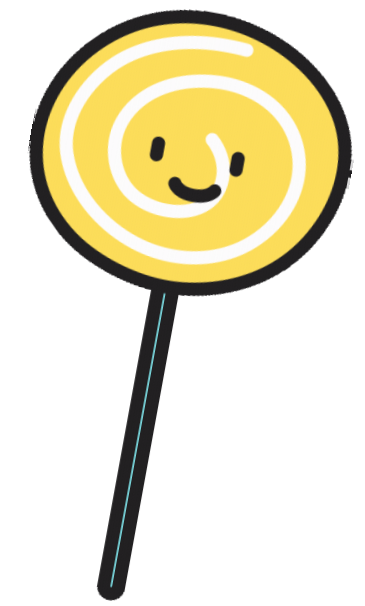
一條輕柔的毯子

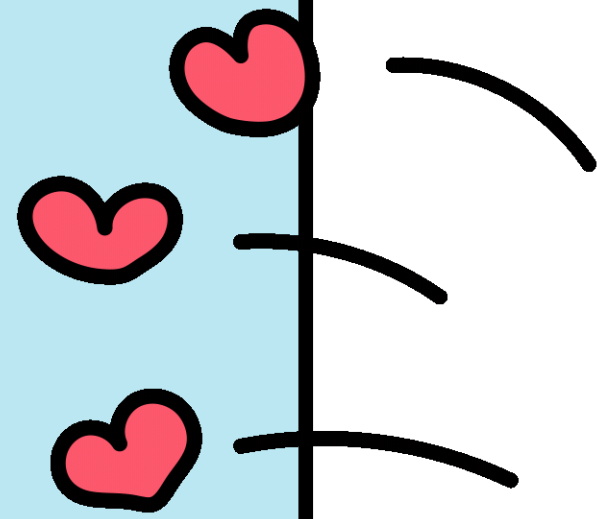


吃糖果 (注意! 只能吃一個喲!)



把情緒寫在日記裡





讓：人：全：身：放：鬆：的：泡：泡：浴



好：多：好：多：親：吻



隔：絕：批：評：的：耳：罩



捏：一：捏：紓：壓：玩：具



聞：聞：你：最：喜：歡：的：香：味



幫：人：形：人：偶：畫：上：表：情



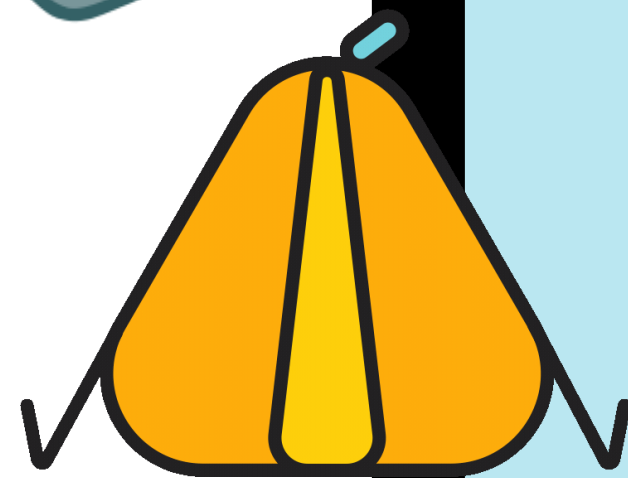
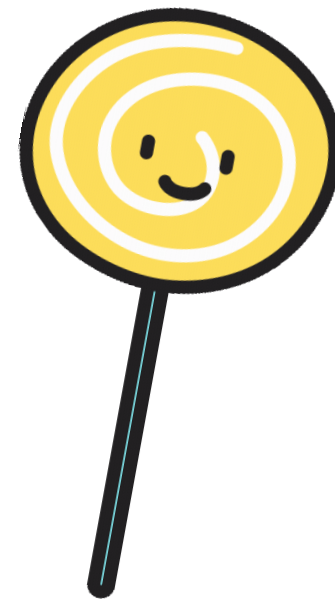
跳：舞、唱：歌、編：首：曲：子

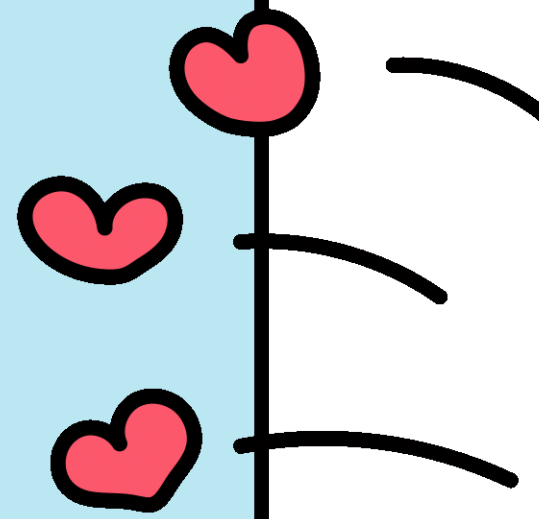
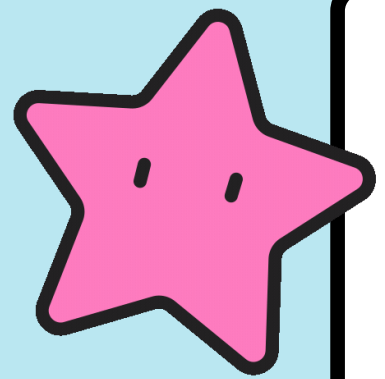


用：輕：柔：的：語：氣：說：話



來：一：場：日：光：浴





去戶外透透氣



把煩惱都裝進罐子裡



一個擁抱



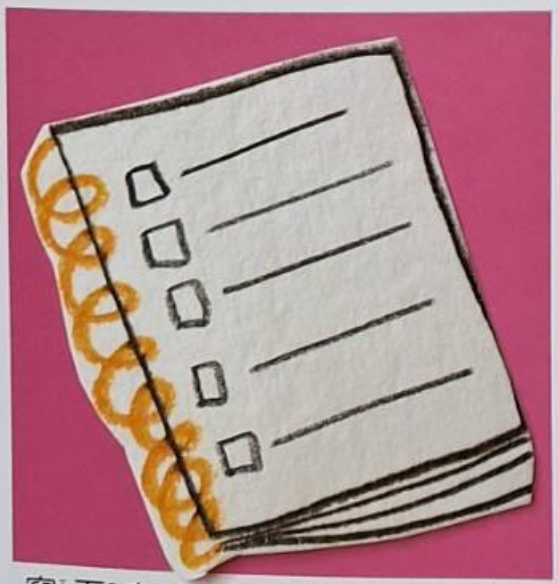
捏黏土或陶土



用水彩畫畫



做瑜伽



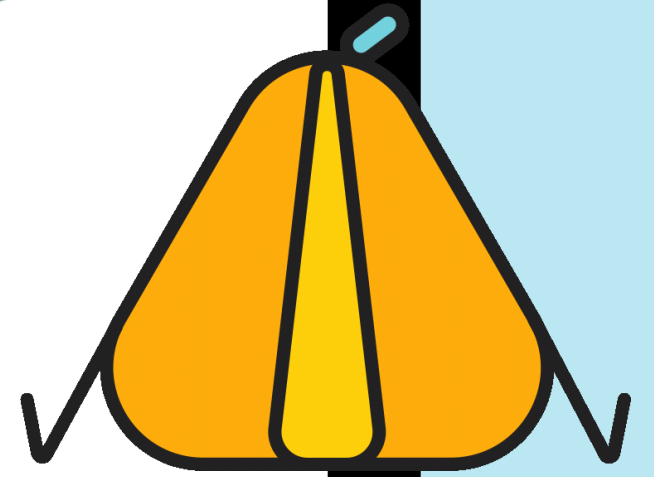
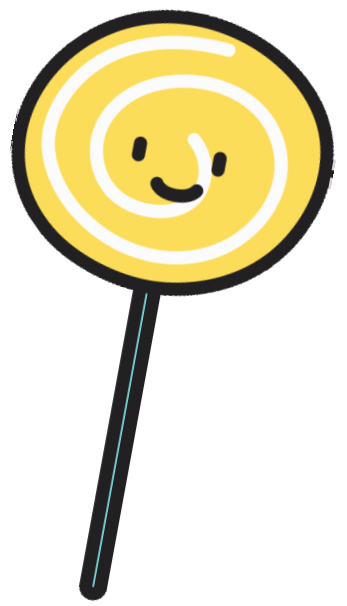
寫下自己的優點或價值

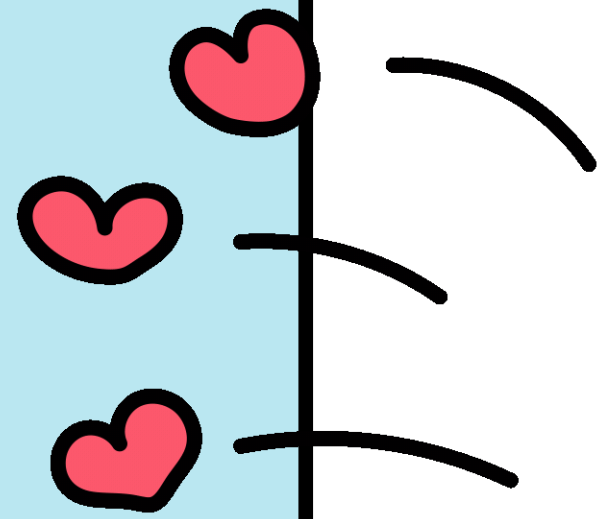


暖呼呼的熱水袋



和別人分享你的心情





*請記得，剛開始學習調節情緒時，最好要有人陪伴你唷！



聽音樂



親近大自然



放鬆的按摩



動手做美勞作品



靜心瓶



深呼吸



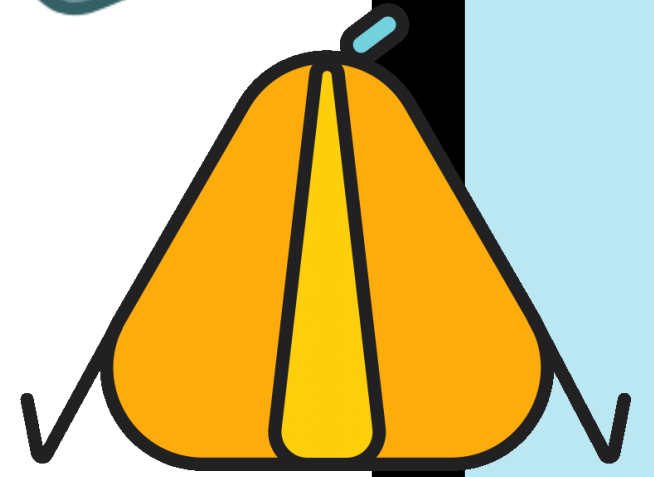
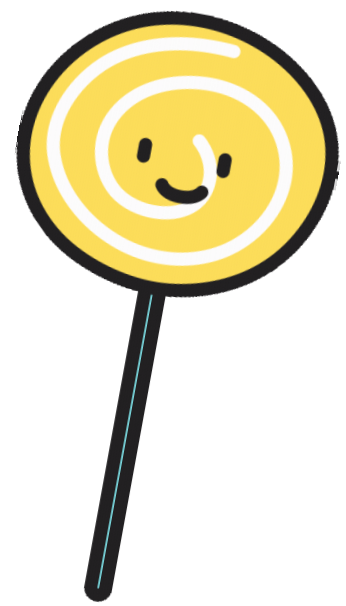
在曼陀羅著色本上色



家人或好友的照片



摸摸可愛的寵物



一個擁抱！

「我完全好了！」

不舒服的感覺通通不見了！

謝謝你，彩色怪獸！」

