

**Probeer in en
uit te ademen
alsof je op
de golven surft**

**Een knuffel
pakken**

**Een positief
of vrolijk
gesprek voeren**

**Even met
een klasgenoot
praten**

**Een puzzel
maken**

**Even een
rondje rennen**

**Denk aan
een fijne
herinnering
of plek**

**Vraag toestemming
om naar een
stille plek te gaan**

**Gebruik een
hulpmiddel
uit 'de kalme doos'**

**Teken
of kleur**

Een boek lezen

**Rekken en
strekken van
jouw spieren**

**Water
drinken**

Ademen

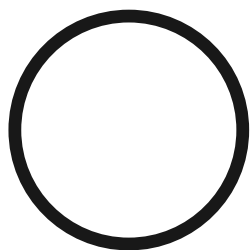
**Met mijn gezicht
voor een muur gaan
staan en mezelf heen
en weer duwen**

**Iemand gaan
helpen in de klas**

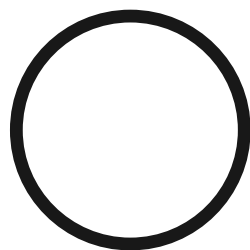
Een brief schrijven

Om hulp vragen

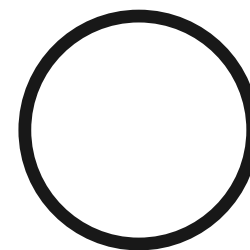
Blij



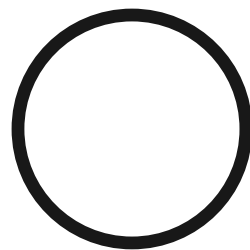
Dankbaar



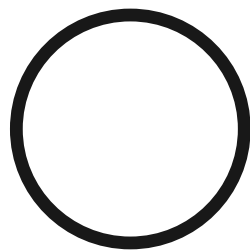
Enthousiast



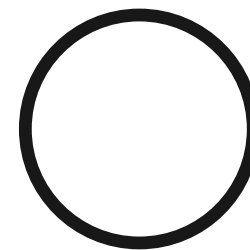
Hoopvol



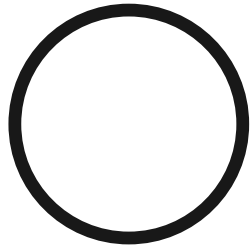
Zelfverzekerd



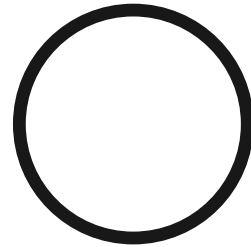
Speelzaam



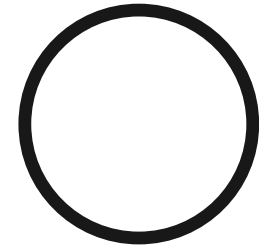
Beschaamd



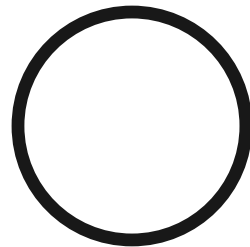
Onder druk



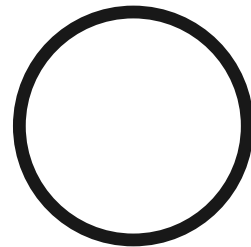
Gespannen



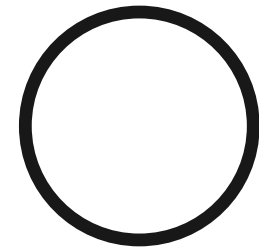
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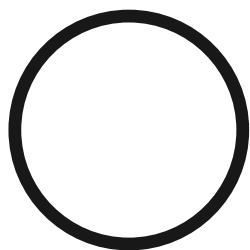
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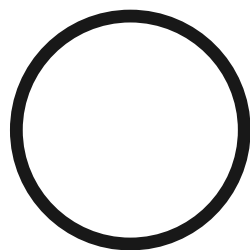
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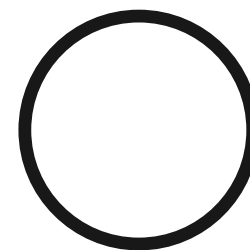
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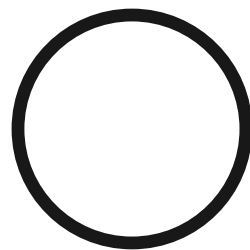
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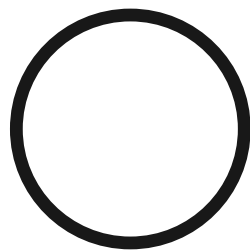
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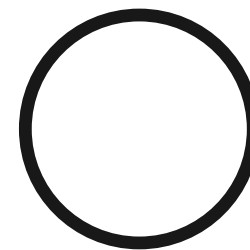
Schuldig



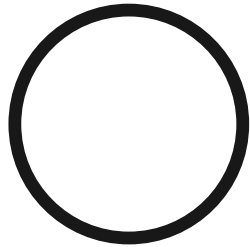
Teleurgesteld



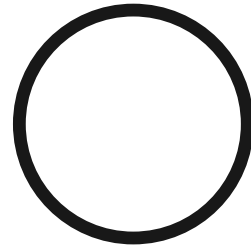
In rouw



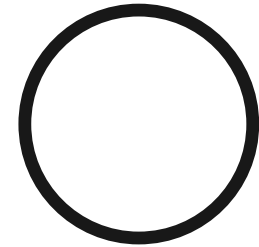
Boos



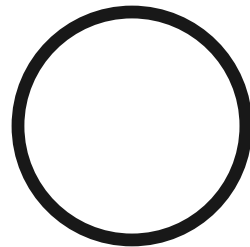
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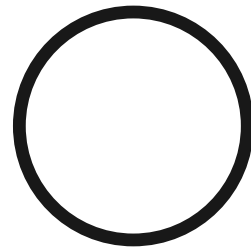
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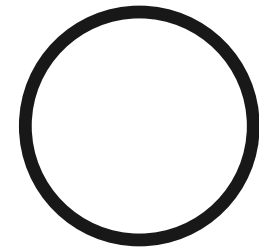
Jalours



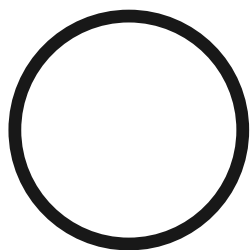
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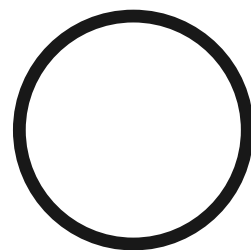
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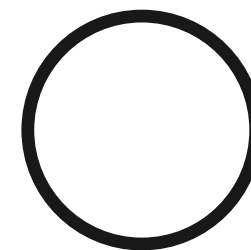
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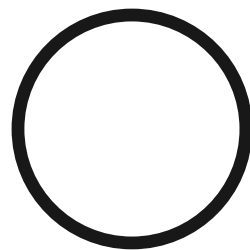
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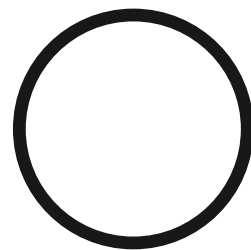
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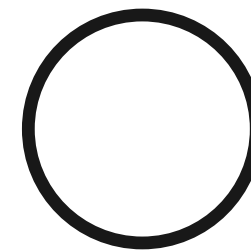
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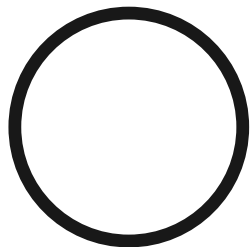
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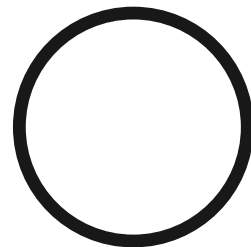
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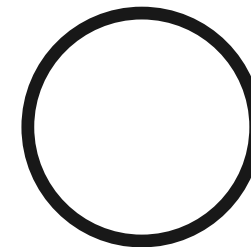
Bang



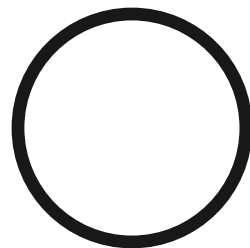
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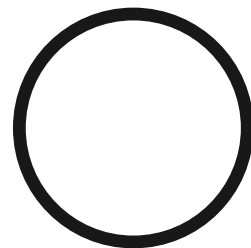
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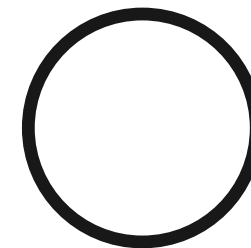
Onzeker



Afgewezen



Hulpeloos



**Op dit moment
voel ik me...**



**Om me beter
te voelen zal ik...**

