

Le thermomètre du calme

Ce qui me stress

*Ce que je peux faire pour
baisser mon niveau de stress*

The thermometer consists of a vertical tube with six faces. From top to bottom, the faces show: 1. Screaming with wide eyes and an open mouth. 2. Eyes closed, mouth in a wavy line, with small squiggles around the head. 3. Wide eyes, furrowed brows, and a small frown. 4. Wide eyes, furrowed brows, and a slight frown. 5. Wide eyes, furrowed brows, and a slight frown. 6. Closed eyes, a slight smile, and a relaxed expression. To the right of each face is a horizontal line for writing. On the far right, there are five downward-pointing arrows, one next to each of the five lines above the bottom-most face.

