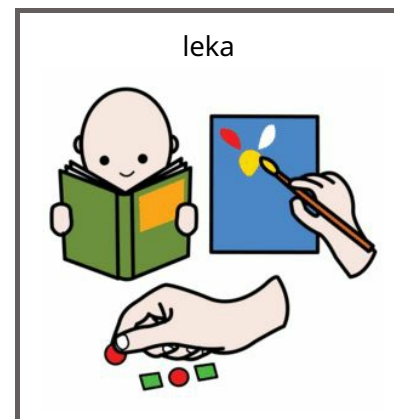
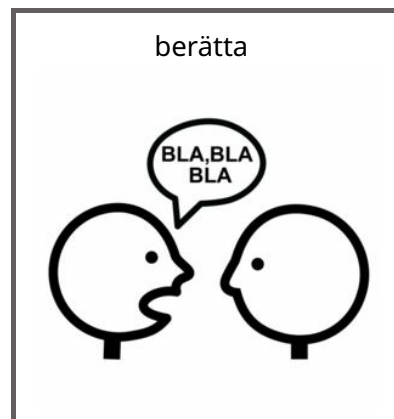
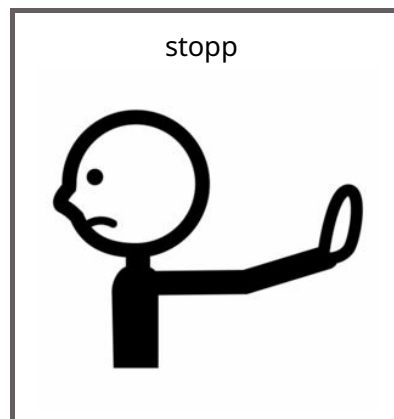
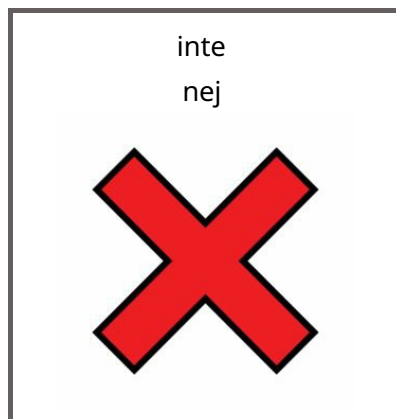
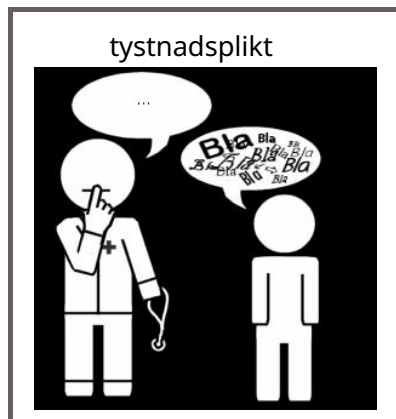
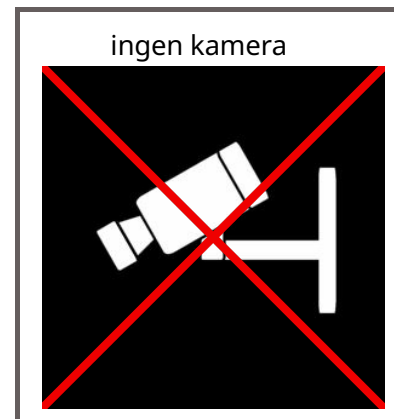
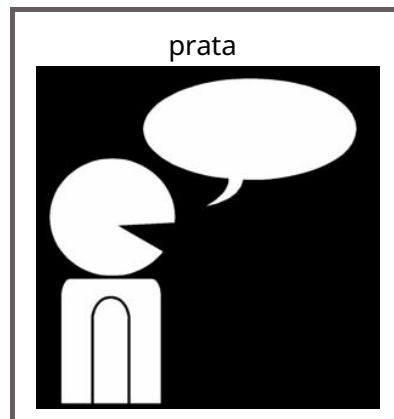
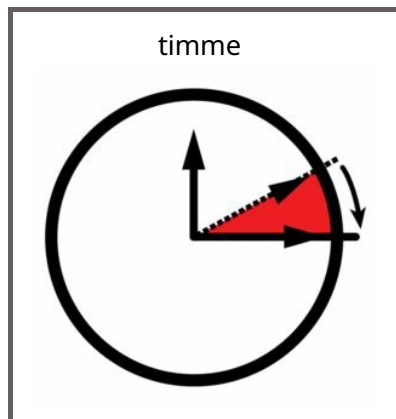
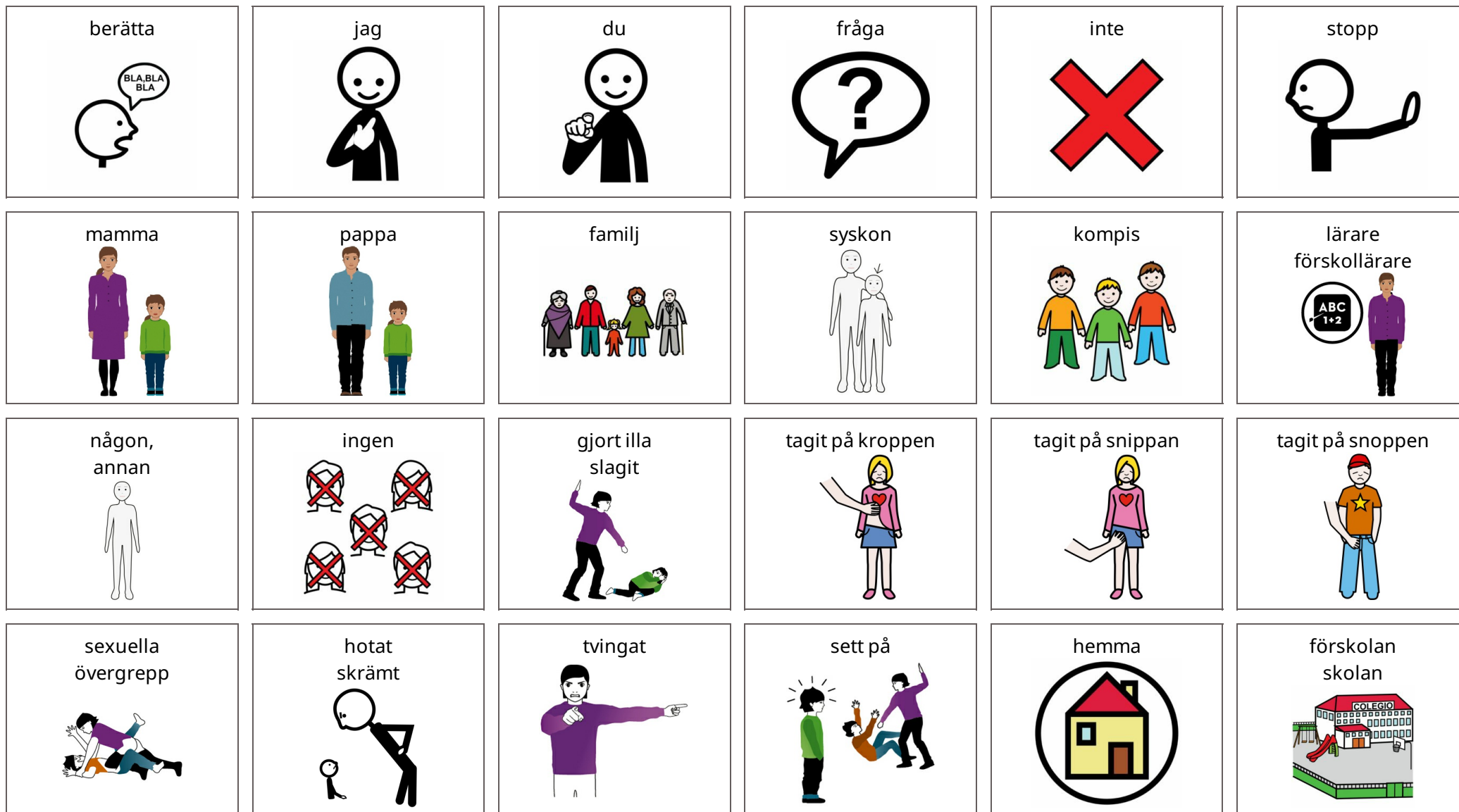





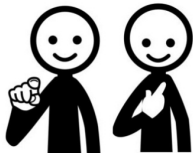












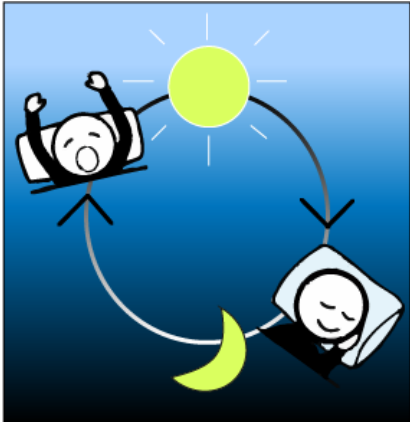
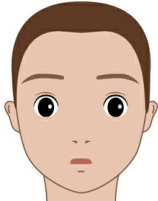
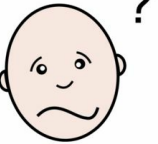



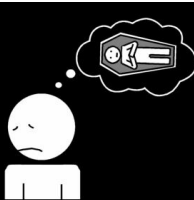


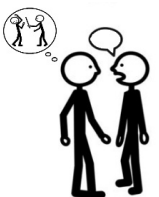
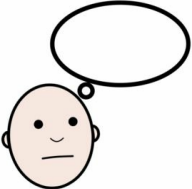

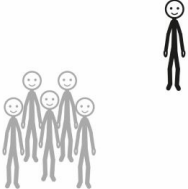
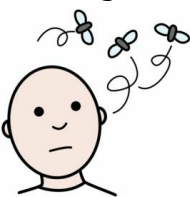

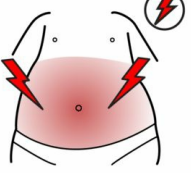

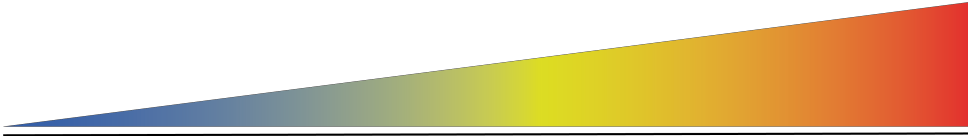
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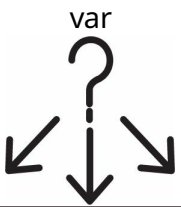









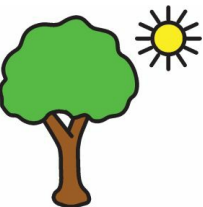


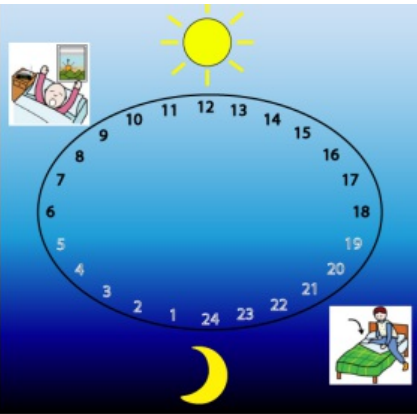

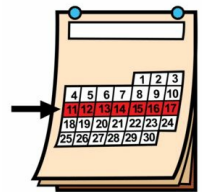

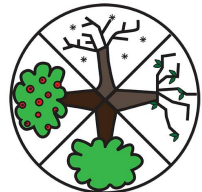
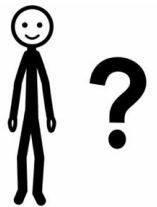

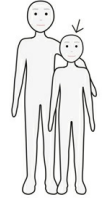

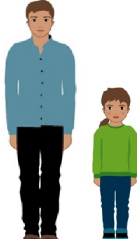


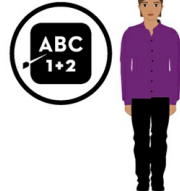
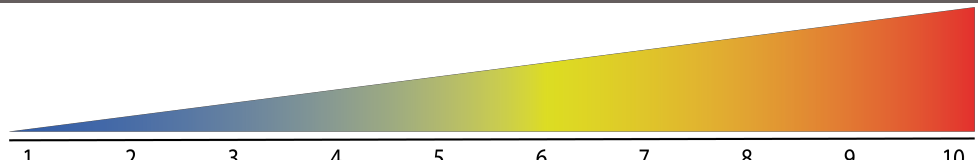
# Varför vi ses



# Hur mår du?

vill 		jag 	du 	vi 	må, känna sig 	glad 	rädd, inte våga 					
inte 		arg 	ledsen 	orolig 	äcklad 	skäms 	skyldig, mitt fel 					
		tom 	snurrig, förvirrad 	svårt att slappna av 	svårt att sova 	ingen aptit 	vill inte leva 					
mardrömmar 	jobbiga minnen 	jobbiga tankar 	gå ut 	ensam 	koncentrera sig 	ont i huvudet 	ont i magen 					
												
		1	2	3	4	5	6	7	8	9	10	

# Platser, tid, personer

		Platser, tid, personer						
var 		hemma 	i skolan 	i förskolan 	ute 	i stan 	på aktivitet 	10 9 8 7 6 5 4 3 2 1
		vinter 	vår 	sommar 	höst 	skollov 		
		dag 	vecka 	månad 	år 			Måndag Tisdag Onsdag Torsdag Fredag Lördag Söndag
vem 	barn 	syskon 	mamma 	pappa 	tränare 	tolk 	lärare 	
								

# Strategier för att må bra

<p>må bra</p> 	<p>gå och lägga sig</p> 	<p>gå till skolan</p> 	<p>vara med kompisar</p> 	<p>söka närhet</p> 	<p>prata med en vuxen</p> 
<p>äta</p> 	<p>sova</p> 	<p>duscha bada</p> 	<p>spela spel</p> 	<p>måla rita</p> 	<p>pyssla</p> 
<p>ringa, chatta</p> 	<p>massage</p> 	<p>slappna av</p> 	<p>andas</p> 	<p>lyssna på musik</p> 	<p>dansa</p> 
<p>spela TV-spel, dataspel</p> 	<p>vara med djur</p> 	<p>träna</p> 	<p>schema veta vad som väntar</p> 	<p>titta på film</p> 	<p>eget förslag</p> 

# Avslutning

