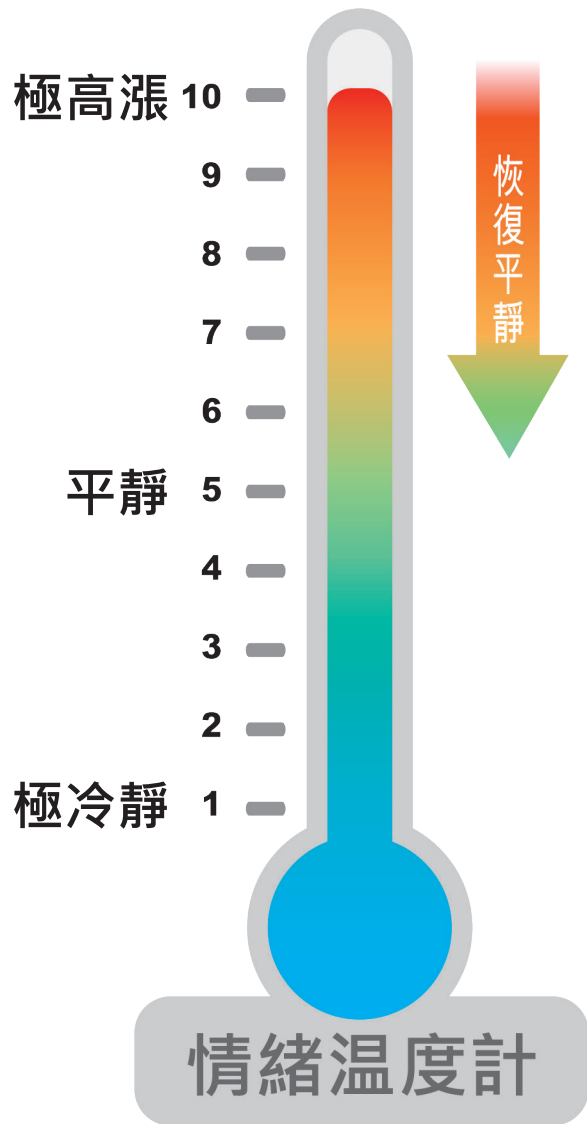


附件 3.3

情緒溫度計

當我留意到自己的 情緒變得高漲時，我可以……



深呼吸，將悶氣呼出

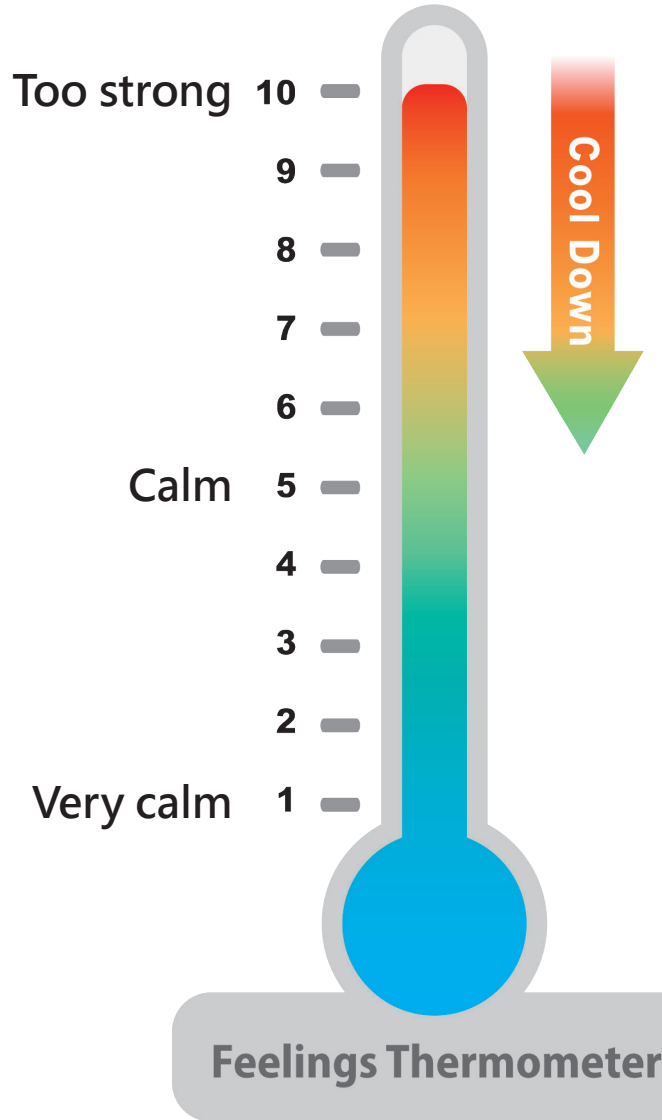


由20倒數至1



洗個臉，喝點水

When I find my feelings getting too strong, I can



Take deep breath



Count down from 20 to 1



Wash my face
Drink some water