

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 inside, each representing a different level of stress. From top to bottom, the faces show: 1. Extreme stress (wide-open mouth, wide eyes, sweat drops). 2. High stress (squinted eyes, wavy mouth, sweat drops). 3. Medium stress (frowny mouth, wide eyes, sweat drops). 4. Low stress (frowny mouth, normal eyes). 5. Slightly stressed (frowny mouth, normal eyes). 6. Calm (smiling mouth, closed eyes). To the right of each face is a horizontal line for writing. On the far right, five downward-pointing arrows are aligned with the lines for levels 2 through 6, indicating the direction of stress reduction.

