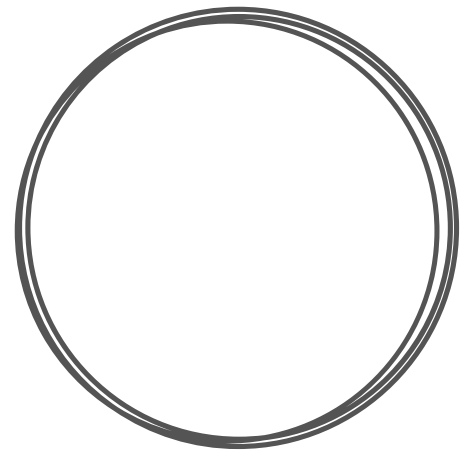
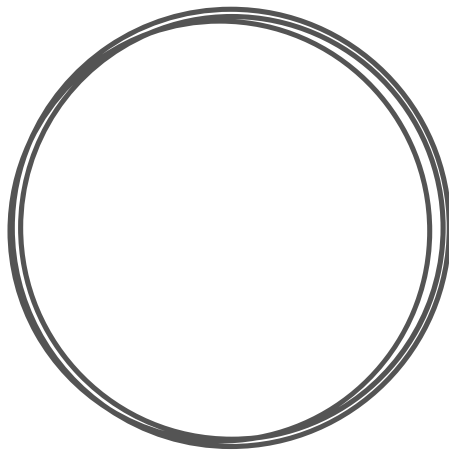
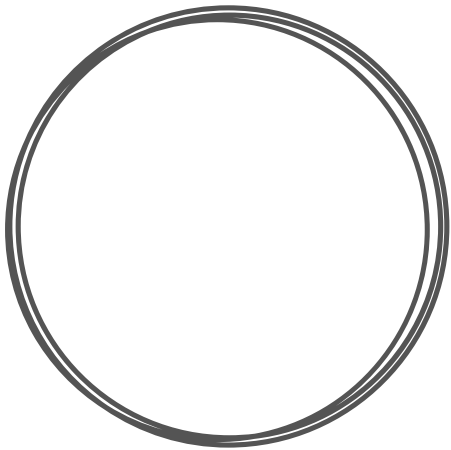
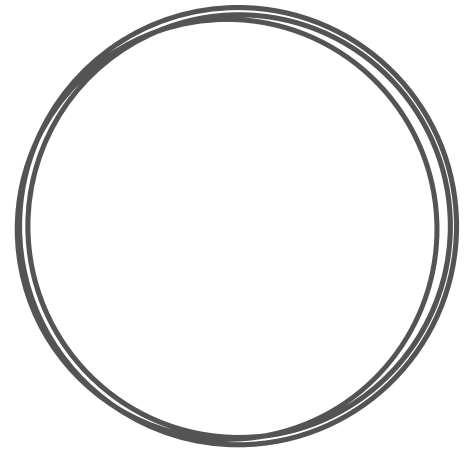
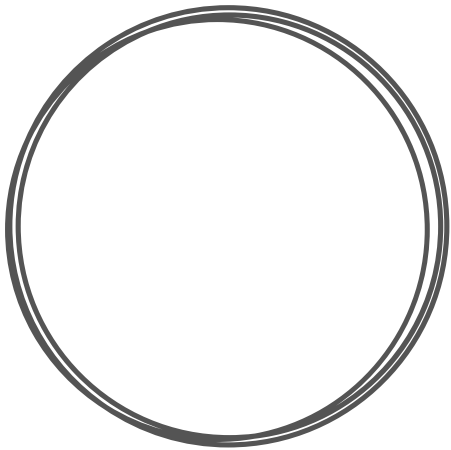
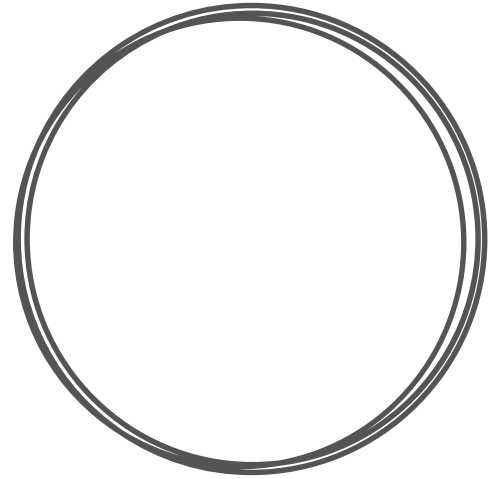
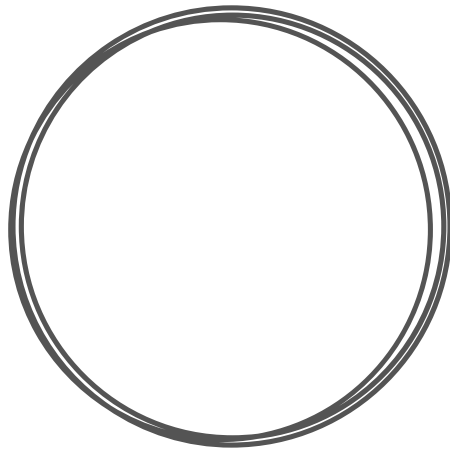
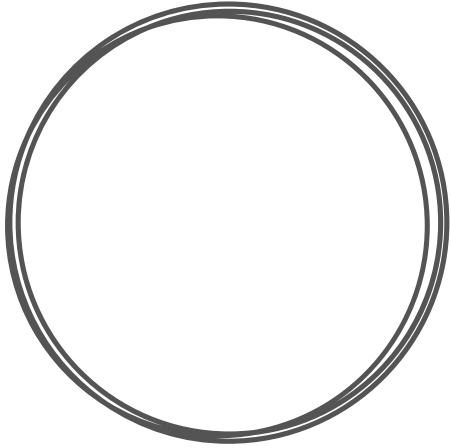


# ANKSIOZNO DIJETE

## IDENTIFIKACIJA OSJEĆAJA

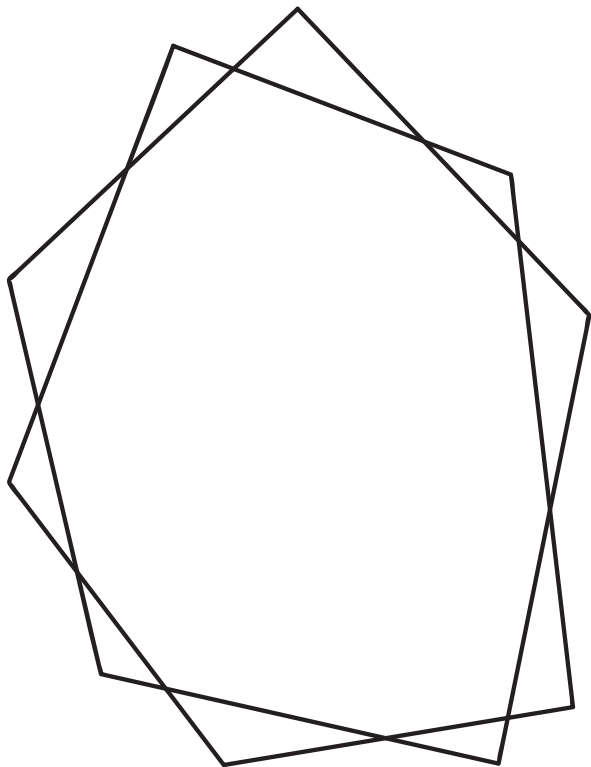


# Što uzrokuje moje strahove?

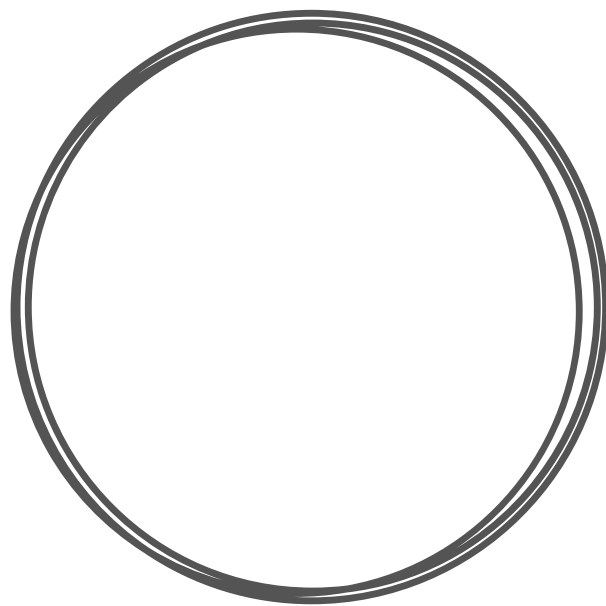


# Moji strahovi dolaze od...

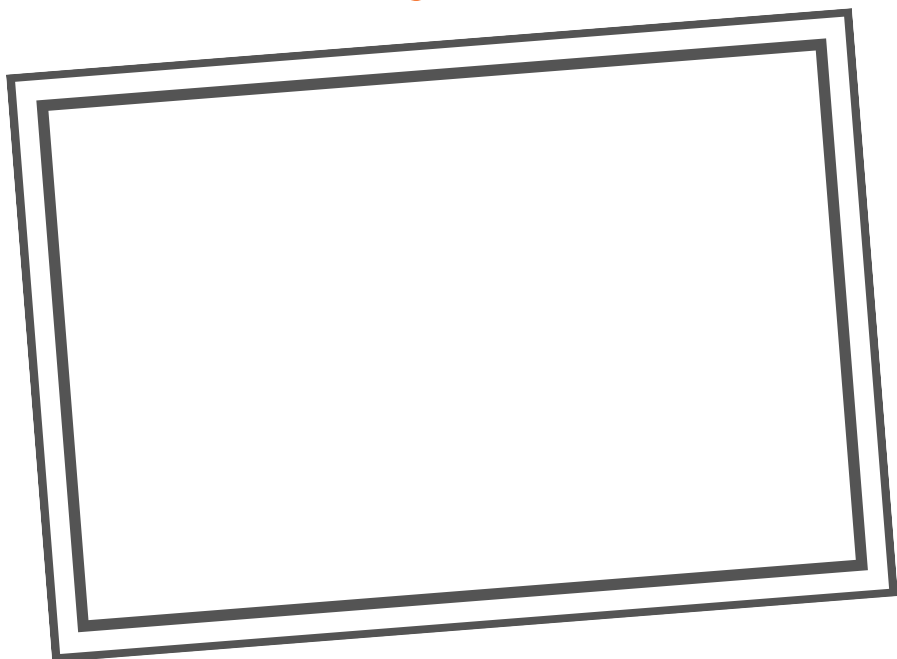
**Škola**



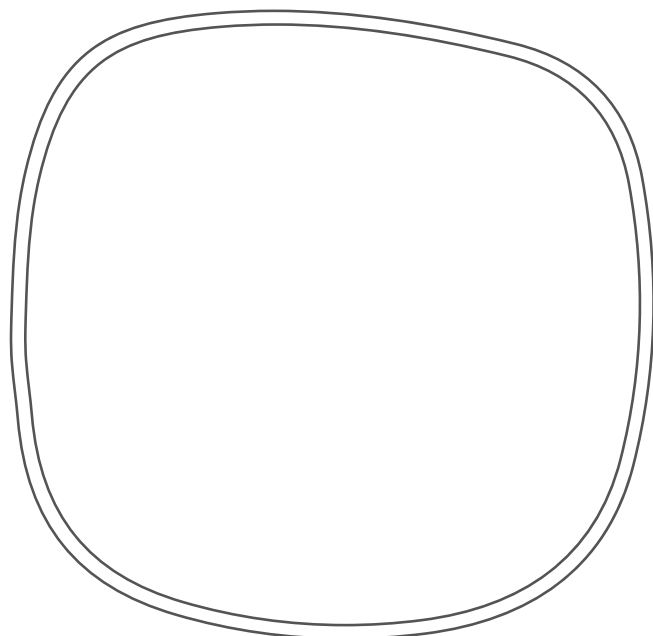
**Obitelj**



**Vršnjaci**



**Ostalo**



# Moj strah...

**Misli o bjegu**

**Omaglica**

**Teškoće koncentracije**

**Glavobolja**

**Nedostatak zraka**

**Drhtanje  
glasa**

**Brzo disanje**

**Knedla u grlu**

**Lupanje srca**

**Bolovi u  
trbuhu**

**Pritisak u  
prsima**

**Mučnina**

**Drhtanje**

**Znojenje**



Ime:

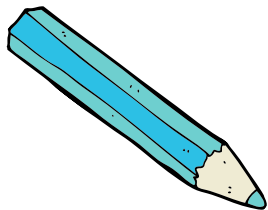
Dob:

Razred:

Datum:

# KAKO SE OSJEĆAŠ?

Nacrtaj strelice prema različitim dijelovima tijela ili oboji dijelove tijela bojom osjećaja gdje imaš neki osjećaj.



umorno

uplašeno

ponosno

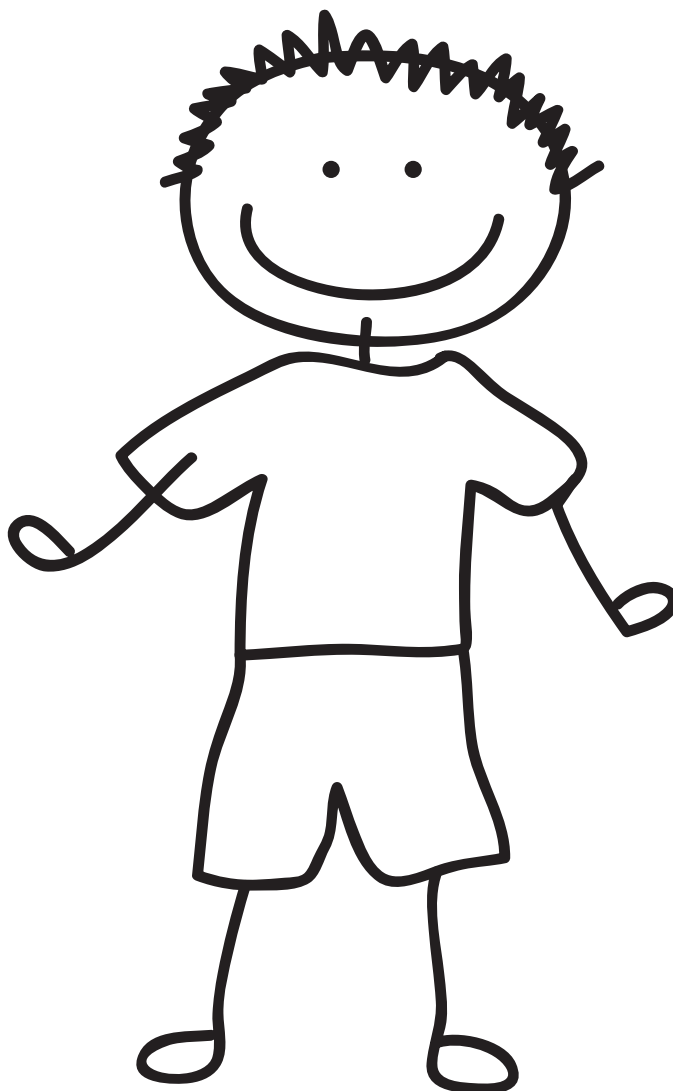
uzbuđeno

sretno

ljuto

mrzovoljno

uznemireno



Ime:

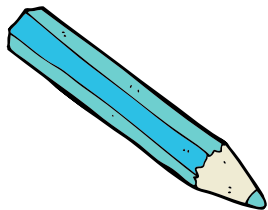
Dob:

Razred:

Datum:

# KAKO SE OSJEĆAŠ?

Nacrtaj strelice prema različitim dijelovima tijela ili oboji dijelove tijela bojom osjećaja gdje imaš neki osjećaj.



umorno

uplašeno

ponosno

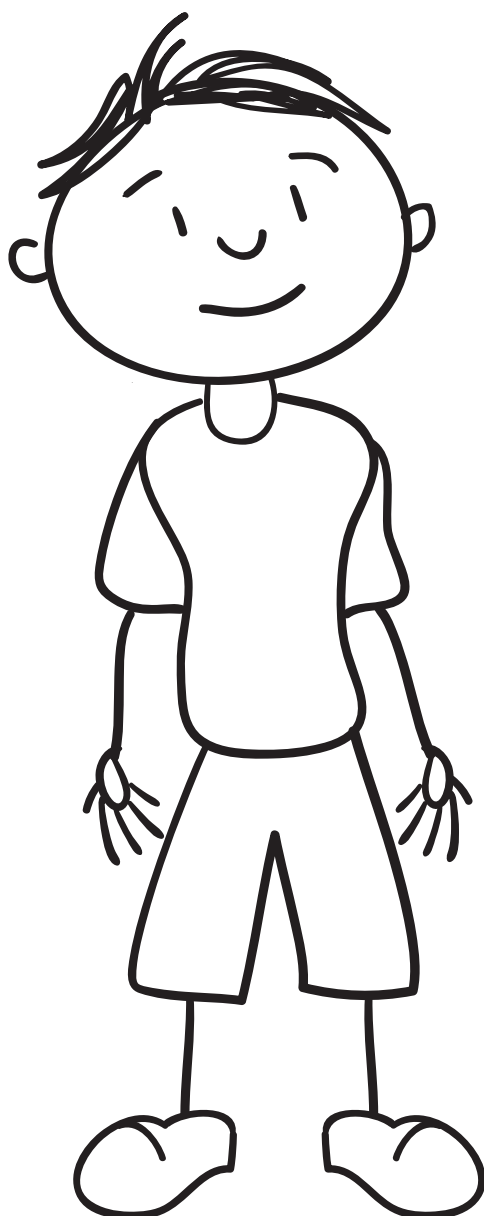
uzbuđeno

sretno

ljuto

mrzovoljno

uznemireno



Ime:

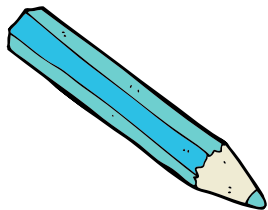
Dob:

Razred:

Datum:

# KAKO SE OSJEĆAŠ?

Nacrtaj strelice prema različitim dijelovima tijela ili oboji dijelove tijela bojom osjećaja gdje imaš neki osjećaj.



umorno

uplašeno

ponosno

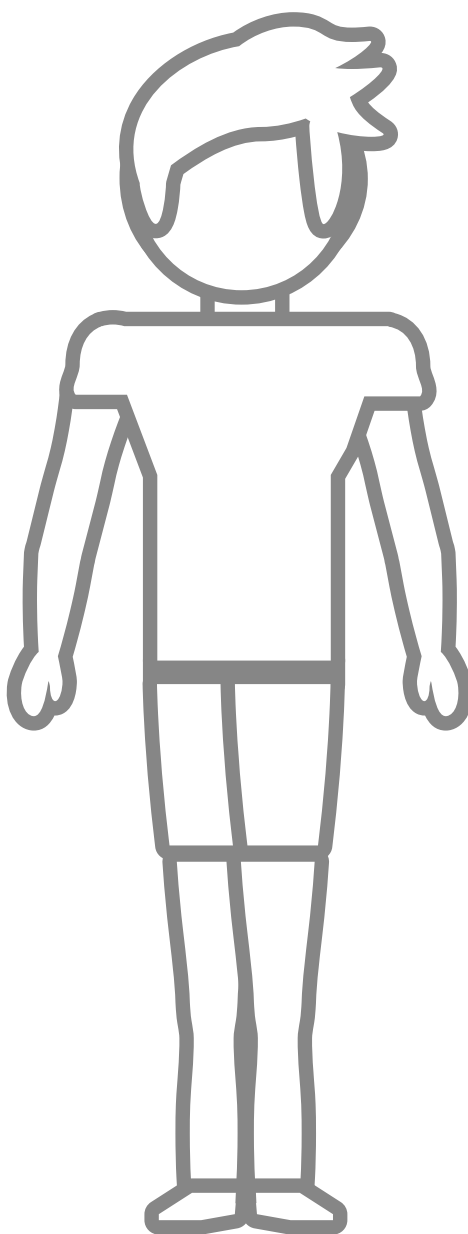
uzbuđeno

sretno

ljuto

mrzovoljno

uznemireno



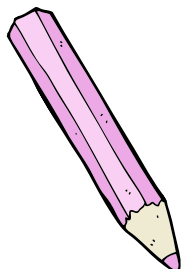
Ime:

Dob:

Razred:

Datum:

# KAKO SE OSJEĆAŠ?



Nacrtaj strelice prema različitim dijelovima tijela ili oboji dijelove tijela bojom osjećaja gdje imaš neki osjećaj.

umorno

uplašeno

ponosno

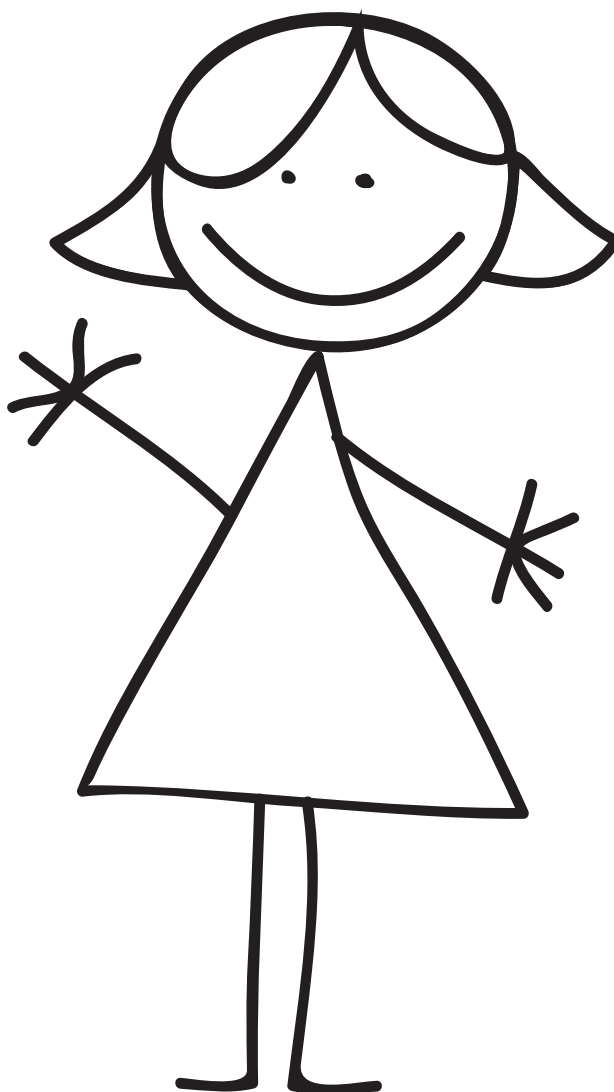
uzbuđeno

sretno

ljuto

mrzovoljno

uznemireno



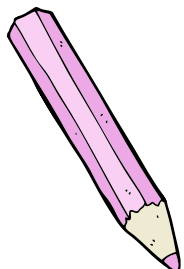
Ime:

Dob:

Razred:

Datum:

# KAKO SE OSJEĆAŠ?



Nacrtaj strelice prema različitim dijelovima tijela ili oboji dijelove tijela bojom osjećaja gdje imaš neki osjećaj.

umorno

uplašeno

ponosno

uzbuđeno

sretno

ljuto

mrzovoljno

uznemireno



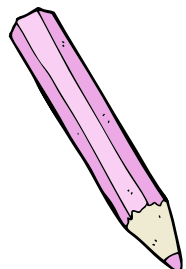
Ime:

Dob:

Razred:

Datum:

# KAKO SE OSJEĆAŠ?



Nacrtaj strelice prema različitim dijelovima tijela ili oboji dijelove tijela bojom osjećaja gdje imaš neki osjećaj.

umorno

uplašeno

ponosno

uzbuđeno

sretno

ljuto

mrzovoljno

uznemireno

