

مشاعر الطفل الجياشة: 5 أساليب يمكن للوالدين من خلالها مساعدة أطفالهم على السيطرة على انفعالاتهم وتنظيمها



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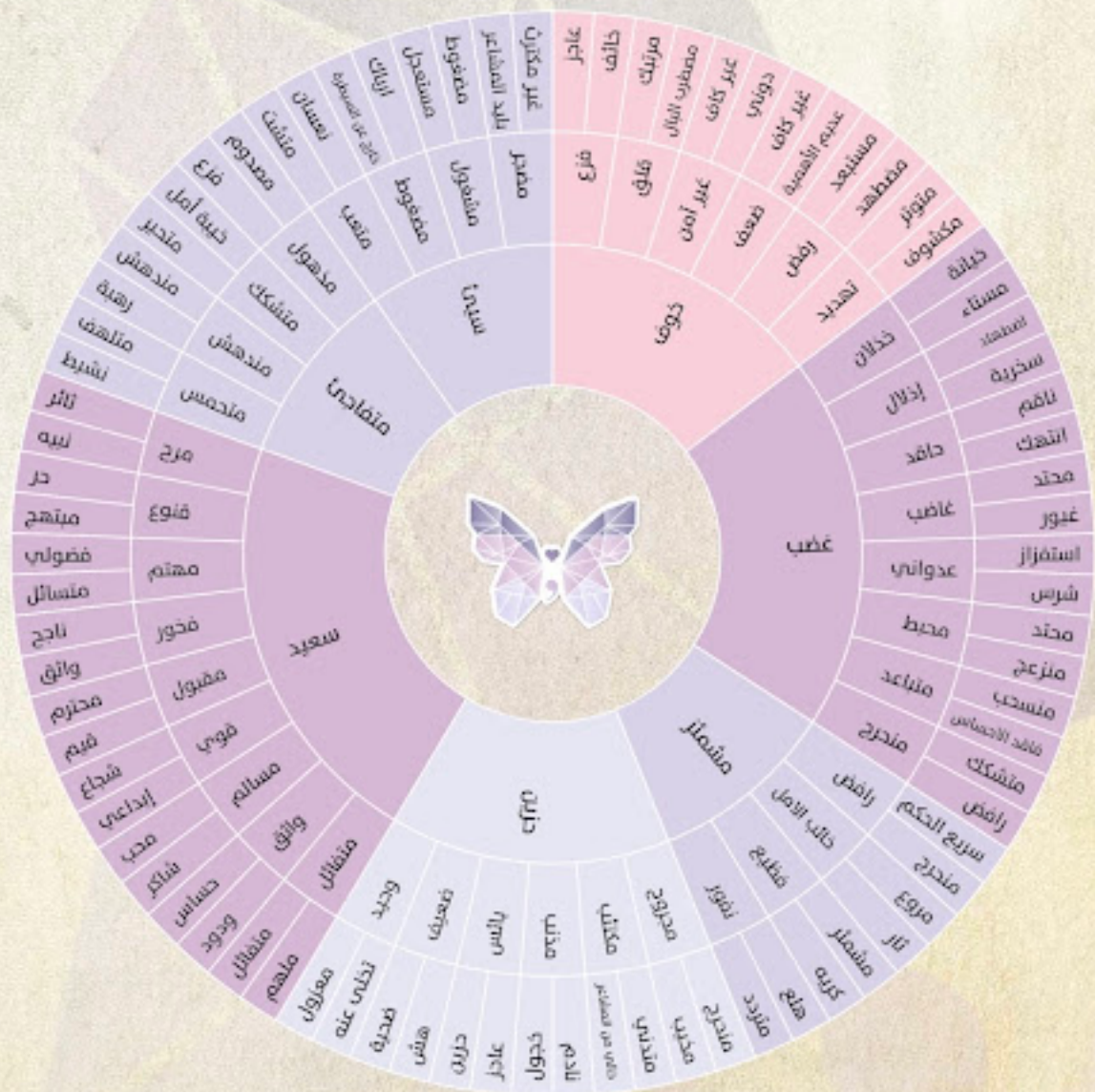
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تم تصميم عجلة المشاعر لمساعدتنا على وضع الكلمات المناسبة للمشاعر التي نواجهها.

انظر إلى العجلة ، واصل طريقك من الداخل إلى الخارج. ابحث عن أفضل ما يطابق ما تشعر به.



This is a recreation of Geoffrey Roberts's Emotion Wheel. Robert's 2015 work appears to be based on a vocabulary wheel by Kaitlin Robbe from 2014, which in turn appears to be based on *The Feeling Wheel* published by Gloris Wilcox in 1982.



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Mental Health A.E.
www.mentalhealthae
@mentalhealthae

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