

大象出版社小学生心理健康五年级

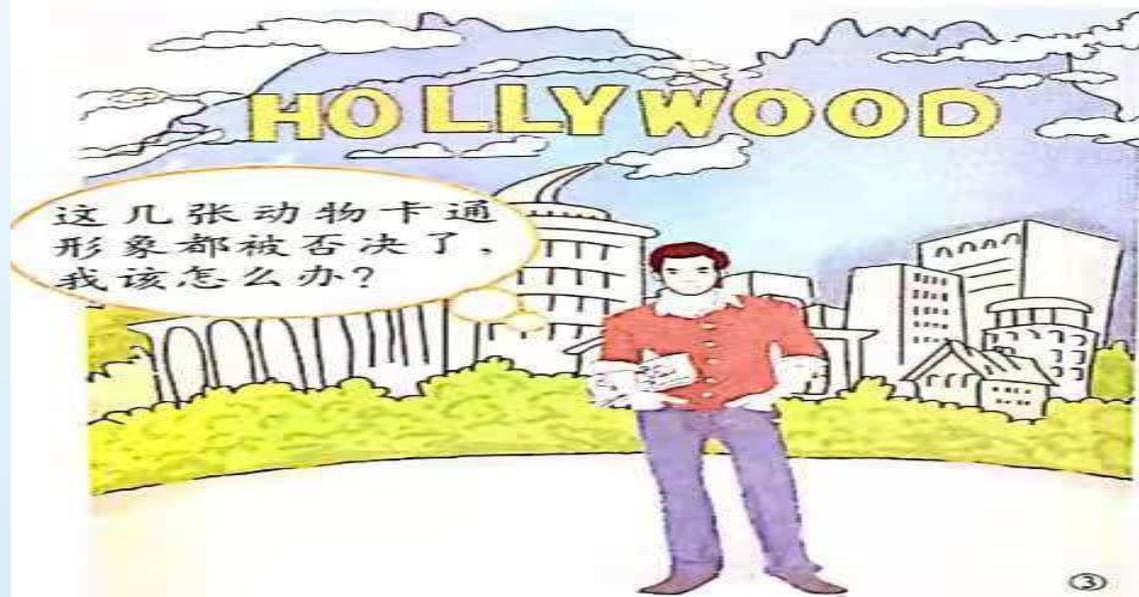
# 跟烦恼说再见

襄城县文昌小学

栗兴华



# 故事乐园



# 活动一 心理直播



# 活动一

# 心理直播



## 活动二 集思广益

- 1 写出自己近期的烦恼，并将写好的纸条放在盒子里，老师随机抽取几个，逐一宣读。
- 2 其他同学献计献策，说出解除烦恼的办法。

The image shows a stage set within a window frame. The stage floor is made of light-colored wood and features four circular spotlights. The stage is framed by heavy blue curtains with tassels. The background behind the curtains is a bright, clear blue sky with soft white clouds. The overall scene is clean and professional, typical of a presentation or educational video.

活动三

**心理剧场**



