DASHOMETRICS JR

EMPOWERING PSYCHOLOGICAL TOOLS

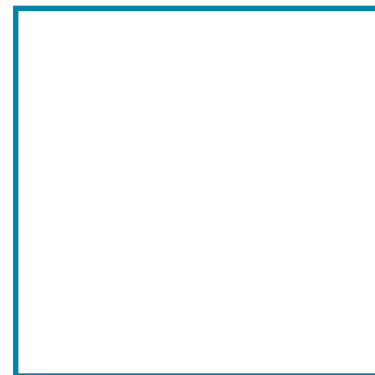## COMMUNICATING NEEDS - 1

My Name _____   Date _____

When I feel _____

Draw a face with an emotion

I need _____

Draw what you need

I will communicate my needs by:

_____

_____

_____

_____

_____

Draw how you feel after communicating your needs