Schulung für Eltern IO2 - Aktivitätenblatt.

Modul 3.2 Selbstfürsorge und Aufrechterhaltung des emotionalen und geistigen Wohlbefindens.

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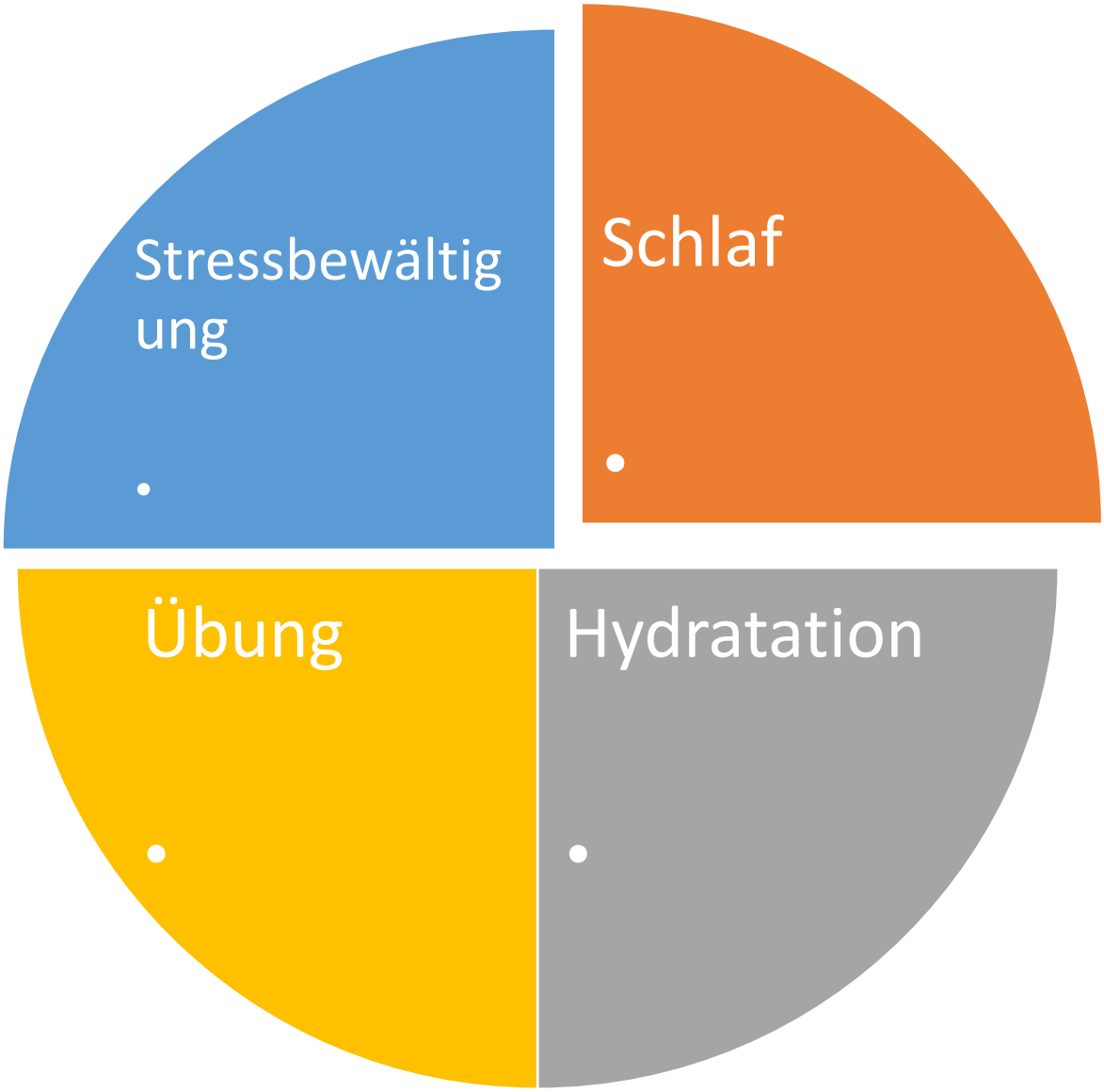
Wellness-Rad

Ermitteln Sie mithilfe des unten stehenden Wellness-Rads die gesunden und ungesunden Entscheidungen, die Sie in Ihrem Leben treffen.



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Project Number: 2020-1-UK01-KA204-079159