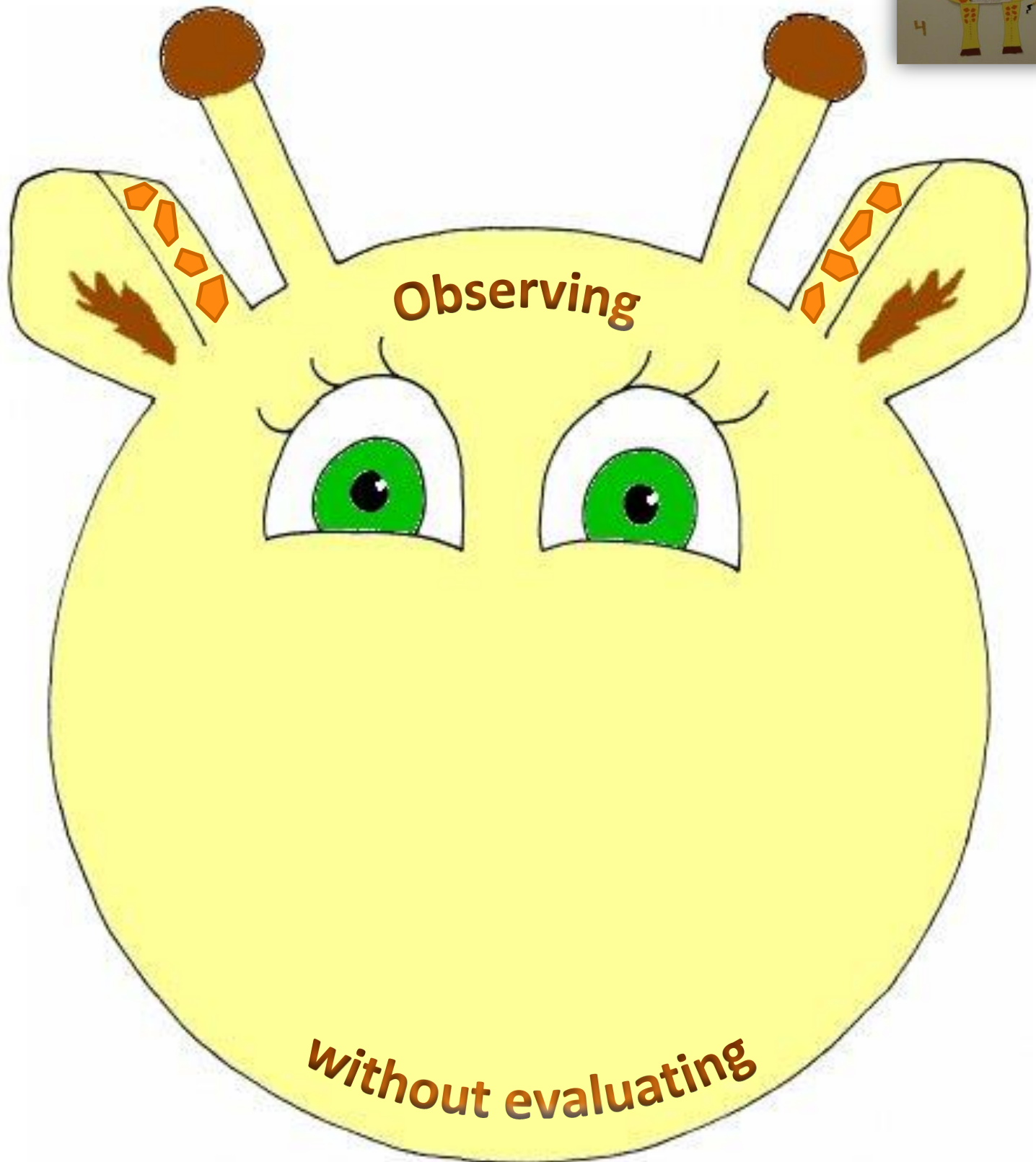
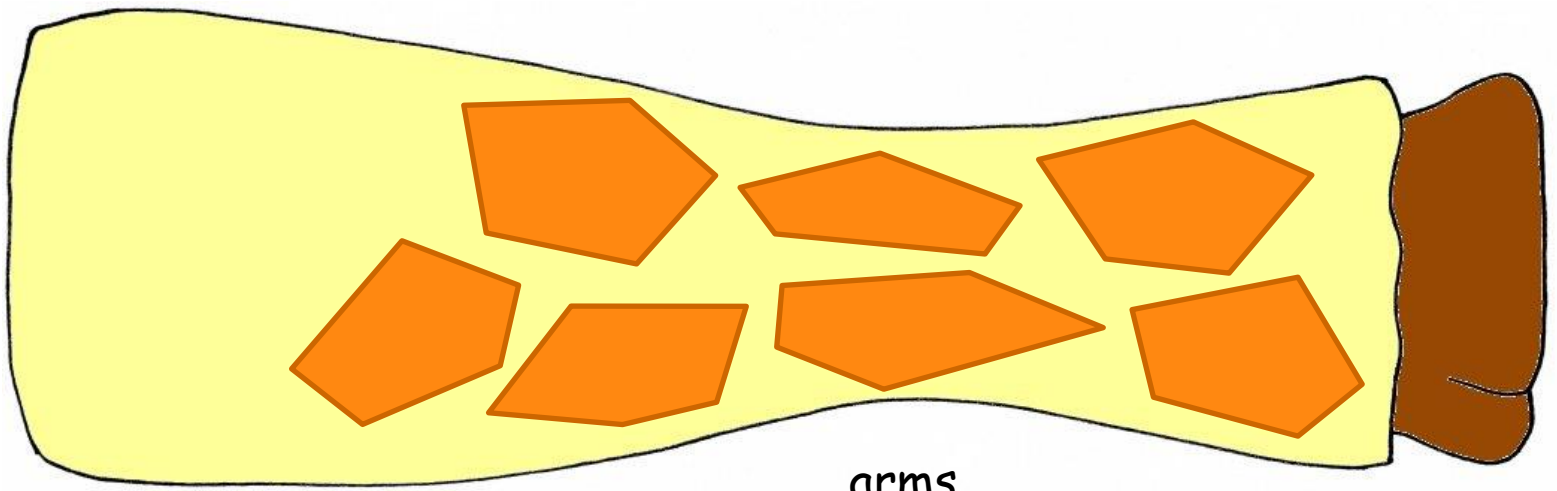
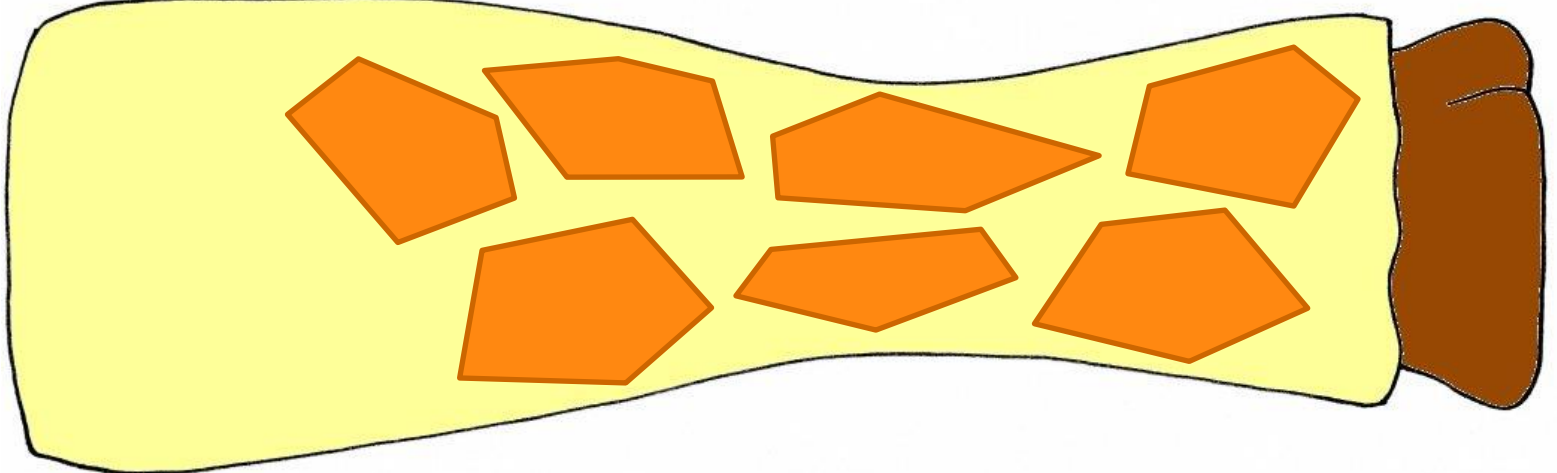


Print in colour on cardstock paper (designed for letter-size format - 8½x11). Cut all elements; paste together the 4 pieces of the "needs" section and assemble the rest of the NVC giraffe with glue, tape or round head fasteners to facilitate transportation and to be put away more easily (cover each part with transparent plastic adhesive beforehand for more durability). Install on the wall at children height. Refer to sites, books or workshops on Nonviolent Communication (NVC) to learn more about this 4-step process.

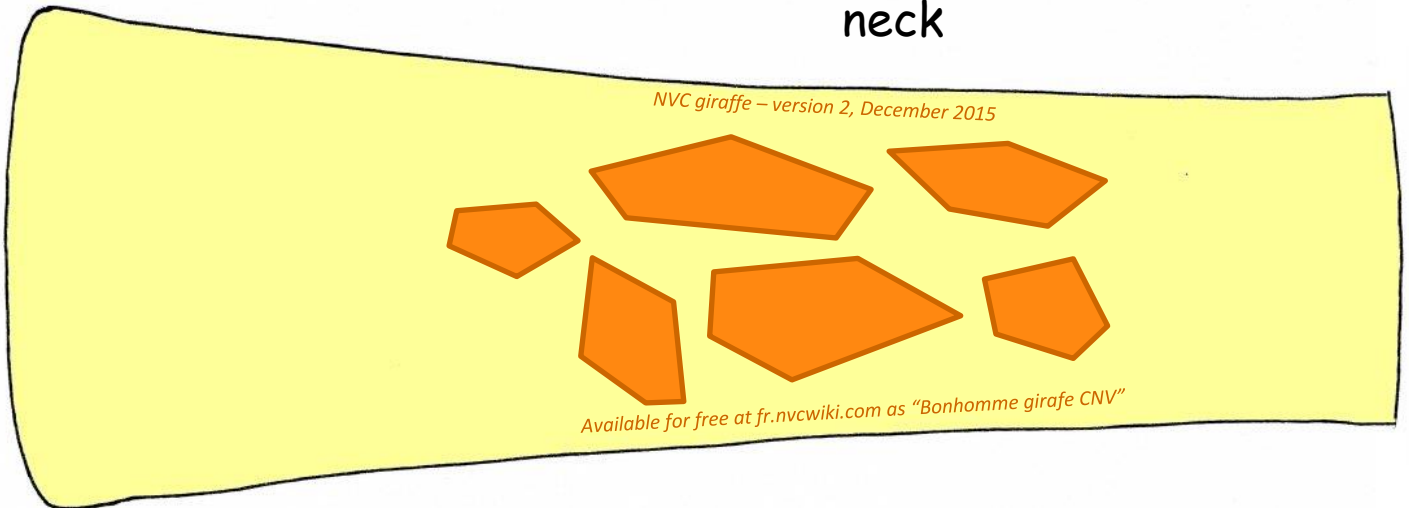




arms

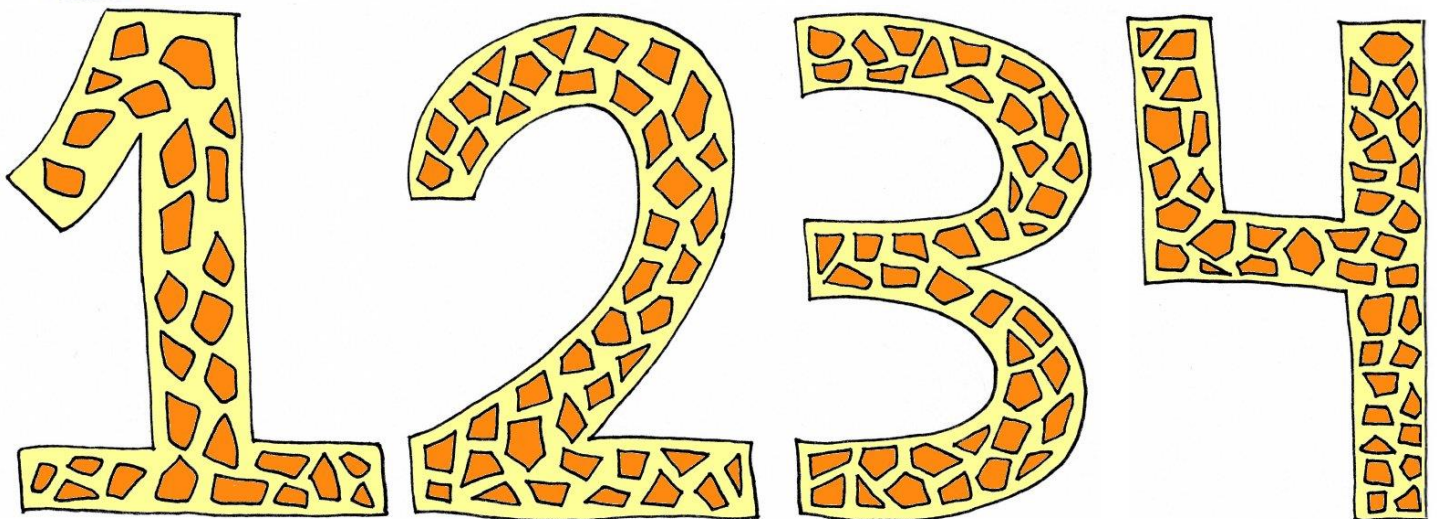


neck



NVC giraffe – version 2, December 2015

Available for free at fr.nvcwiki.com as "Bonhomme girafe CNV"



Express one's need

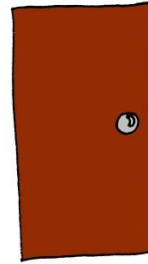
Autonomy



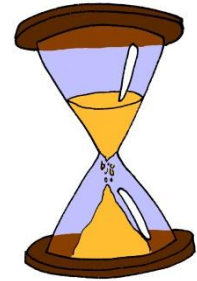
liberty / choice /
independence



to do it by myself /
autonomy



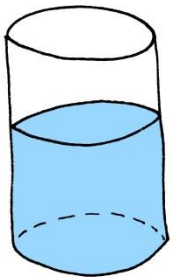
solitude / privacy /
space



time

paste in alignment with
the need "love/be loved"

Physiological well-being



to drink



tenderness / affection /
hugs / kisses



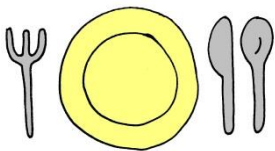
to be comforted



to have trust in others



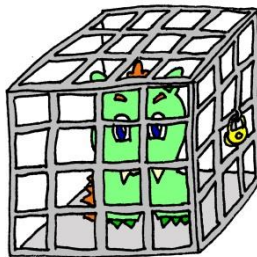
equity / justice



to eat



to go to the toilet



safety / to be away
from threats



to be protected

Security / safety



honesty / sincerity /
transparency

paste in alignment with
the need "contact with
nature"



celebrate



mourning



to love / be loved



belonging / to be
accepted / tolerance

without
stating
action



to be helped /
encouragement / support

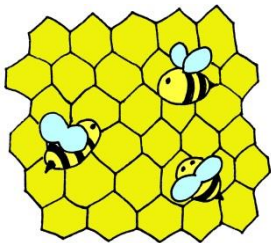


to participate / to help /
to contribute

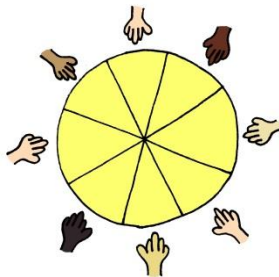


company

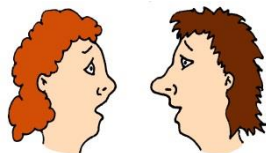
*Interdependence (give /
receive) / relational*



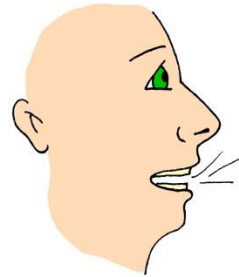
cooperation /
collaboration



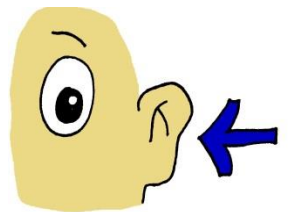
to share



to be understood /
empathy / compassion



to speak / to express
myself / self-assertiveness

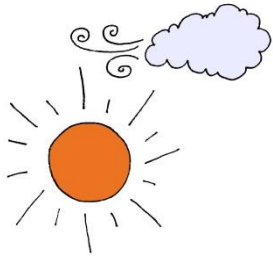


to be listened to /
attention

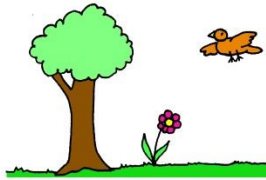
*paste in alignment with
the need "respect"*



to move / exercise



light / to go outdoors



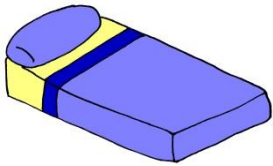
contact with nature



beauty



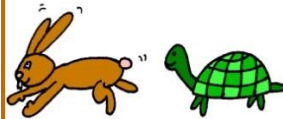
harmony / peace



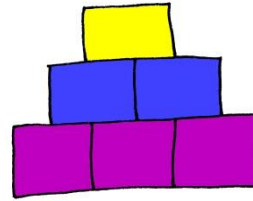
rest



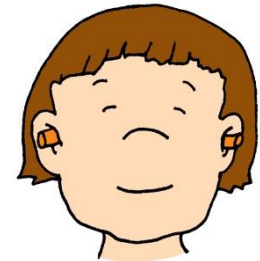
to shelter



respect for my own
rhythm



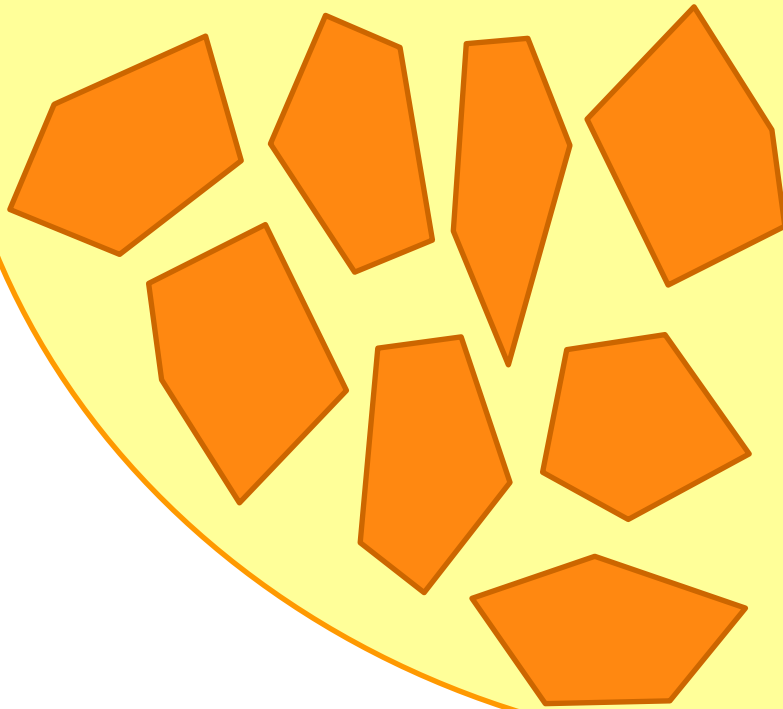
order



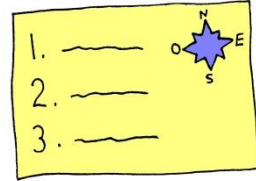
quietness / silence

Harmony

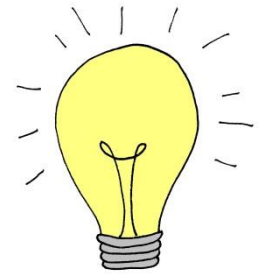
paste in alignment with
the need "to play"



Sense / understanding



structure / direction



clarity / information



to learn / to discover



to understand / to
know why



to dream



stimulation / challenge



to play



to have fun / leisure



laughter / humour



respect



to be appreciated / to be recognized / gratitude



self-esteem

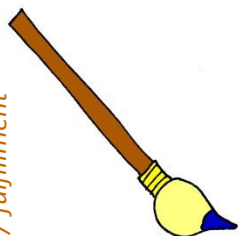


self-confidence

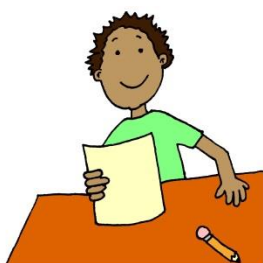
Recreation / relaxation

Esteem / expression

Accomplishment / fulfilment



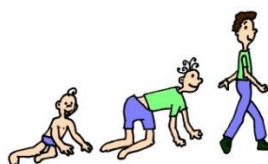
to create /
to imagine



to carry out projects /
accomplishment /
fulfilment / realization

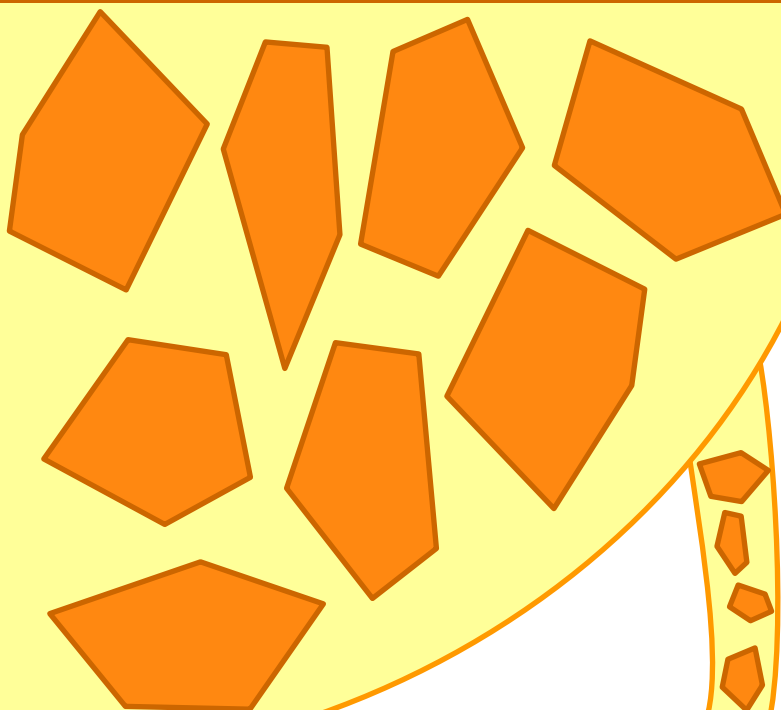


to teach / to pass on
my knowledge



to evolve

Available for free at fr.nvcwiki.com





calm / peaceful / serene
/ quiet / relaxed



bored



satisfied / pleased



mischievous / playful



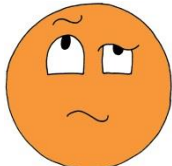
disgusted



happy / glad



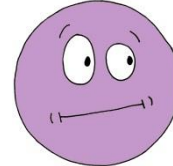
excited / hyper / full of
energy / joyful / ecstatic



uncertain / hesitant



jealous / envious



embarrassed / ill at
ease / uncomfortable



disappointed



sad



tired / exhausted



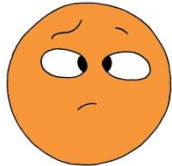
outraged /
shocked



curious / interested /
inspired



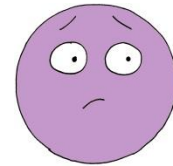
proud



confused



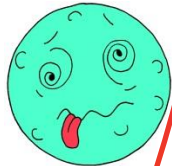
impatient



worried / nervous

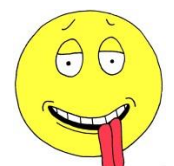


discouraged



it hurts / I have a
boo-boo

ill / sick



relieved



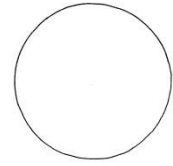
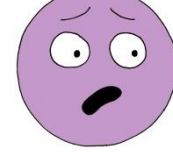
confident / trusting



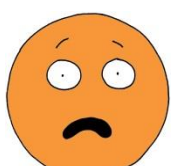
surprised



irritated / bothered / frightened / scared
annoyed



loving / grateful /
friendly



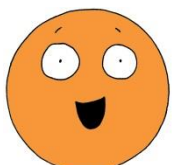
in consternation



angry



panicked / terrified



impressed /
pleasantly surprised



furious / mad /
in a rage

To say one's feeling

using

