

When I Feel Sad





Sometimes, I feel sad.



It is okay to feel sad. Everyone feels sad sometimes.

I might feel sad when...



my friends do not want to play with me.



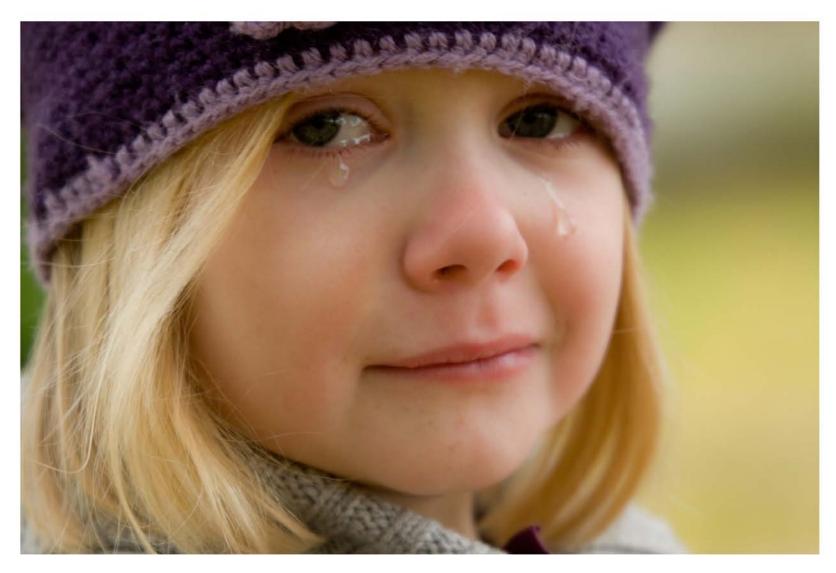
my Parents go to work.



I lose my favorite toy.



I get hurt.



When I feel sad, I might cry.

I might feel like hiding.



When I feel sad, I can help myself feel better.



My educators and parents can help me feel better.



When I am feeling sad, I can use my words to tell people: "I feel sad."

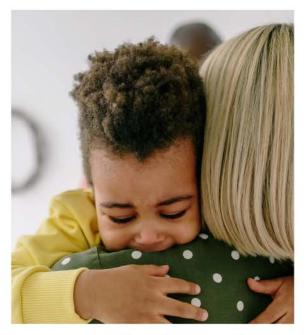
I can do other things to help me with my sadness.



I can go into a quiet space.



I can listen to music.



I can ask for a hug.



I can take deep breaths.



I can read a book.



When I feel better, I can go back and play!

I will not feel sad forever.

