



# 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.**

