

When I Feel Sad

Infants and Toddlers





Sometimes, I feel sad.



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

I might feel sad when...



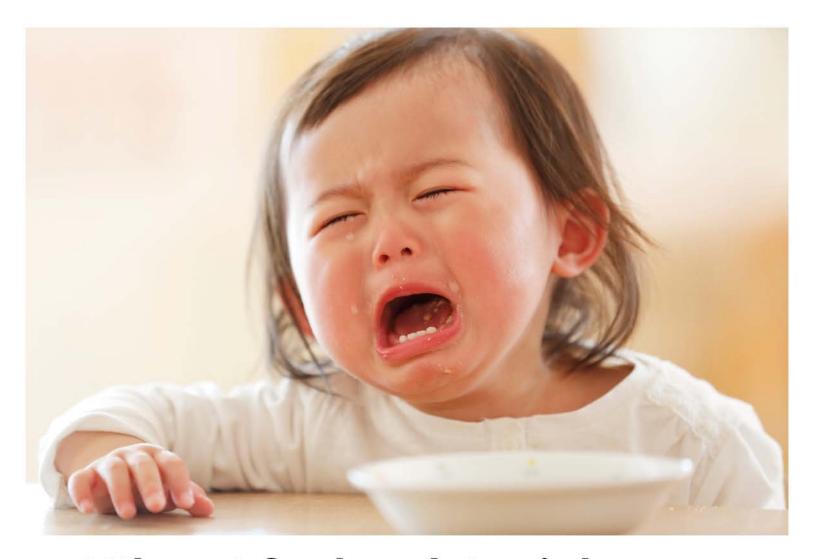
my parents go to work.



I get hurt.



it's time to have a nap.



When I feel sad, I might cry.



I can use words or signs to tell people, "I feel sad."

A grown-up can help me feel better.



They might give me a hug.



They might cuddle me.



They might sing me a soft song.



They might rock with me.



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

I will not feel sad forever.

