



# 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.**

