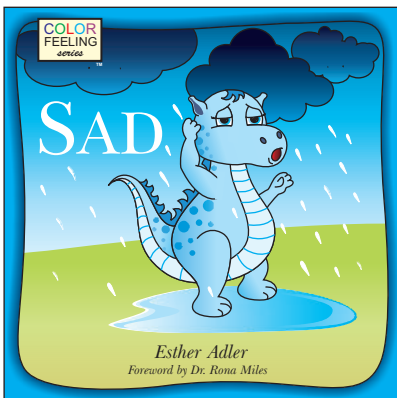




This is how I look when I feel sad:

Glue or tape a picture  
of how you look when  
you feel sad.



Worksheets are from the book

*Sad: Helping Children Cope with Sadness*

by Esther Adler

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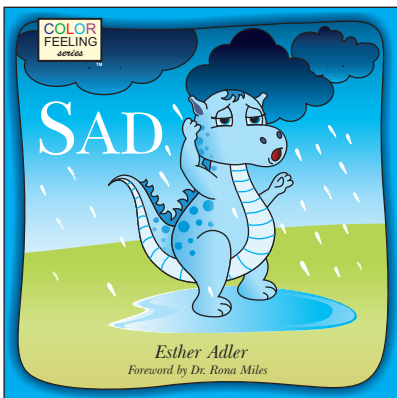
What makes you feel sad?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



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Write a story about a time when you felt sad.

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Draw a picture of a time when you felt sad.



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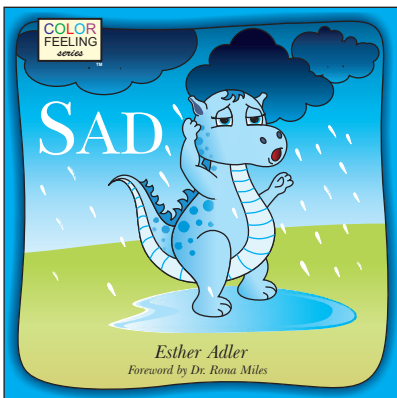
What can you do to help someone who is sad?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



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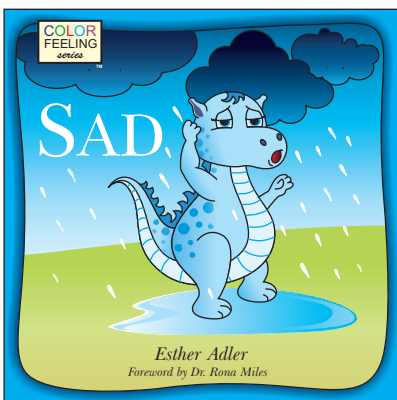
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Circle what you could do when you feel sad.  
Cross out what you should not do when you feel sad.

Talk to an adult about your feelings	Try to make other people sad	Do something you enjoy
Hide in your room and go to sleep	Play with a friend	Ask a parent for help
Think about something that makes you happy	<i>Write something else you could do</i>	<i>Write something else you should not do</i>



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