



**Today, I felt a heavy feeling
inside. I was sad**



**My best friend was sick and
couldn't come to play**



I missed them and didn't feel like playing



Dad noticed I was upset and asked me about it



**I told Dad about my friend
and how I felt**



**Dad hugged me and said it's
okay to feel sad sometimes**



We made a get-well card for my friend together



Creating the card made me think of good times with my friend



Dad said sharing our feelings helps us feel better



We decided to visit my friend and give them the card



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Seeing my friend smile made me feel a little better



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I learned that it's okay to be sad and that talking about it helps