



**Today, I felt a heavy feeling inside, like carrying a backpack filled with rocks. I was sad**



**It started when I looked at my bookshelf and realized my favorite stuffed bear was missing**



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**I remembered how I took my bear to the park yesterday. I must have left it there**



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**I thought about how much I loved playing with my bear. It made me feel even sadder**



**Mom noticed my face and asked, 'What's wrong?' I told her, 'I lost my bear'**



**Mom said, 'It's okay to feel sad. Sadness shows how much you care about your bear'**



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**When I felt the tears coming,  
I let them fall. Crying helped  
a little**



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**Mom suggested we make a  
poster to find my bear. I  
thought it was a good idea**



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**We went to the park to hang the poster on a tree. I still felt sad but also hopeful**



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**At bedtime, I sat in my room and thought about all the fun times I had with my bear**



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**I missed my bear a lot, but remembering the good times made me smile a little**



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**I realized that feeling sad means I care about my bear and our memories**



**Mom told me that sadness, like the rain, doesn't last forever. The sun always comes back**



**The next day, I felt a little better. I remembered that I wasn't alone. Mom and I were trying to find my bear together**



**Even though I felt sad, I knew it was okay. Everyone feels sad sometimes**



**Sadness helped me understand how much I care about the things I love. And that made me feel stronger**



## Vocabulary

- Sadness

A: A feeling of being upset or unhappy

B: A feeling of being excited

- Tears

A: Water that comes from your eyes when you cry

B: Raindrops that fall from the sky

- Memories

A: New things you are learning

B: Things you remember from the past

- Hope

A: Being unsure about something

B: Wanting something good to happen

- Lost

A: Something you can't find

B: Something you are holding



## Spellings

A: Favorite

B: Favurite

A: Shalf

B: Shelf

A: Yesterday

B: Yastarday

A: Another

B: Anather

A: Crying

B: Cring

A: Suggasted

B: Suggested

A: Hopful

B: Hopeful

A: Memories

B: Memorys



## Comprehension

- Why did the child feel sad in the story?

A: They lost their favorite stuffed bear

B: They didn't like their breakfast

- What did Mom do to help the child feel better?

A: Bought a new toy

B: Suggested making a poster to find the bear

- What helped the child feel a little better at bedtime?

A: Thinking about the happy times with their bear

B: Watching TV

- What did the child learn about sadness?

A: Sadness is not important

B: It's okay to feel sad, and it shows how much we care

- What did Mom compare sadness to?

A: The rain that goes away and brings back the sun

B: A thunderstorm that lasts forever



## Open-Ended Questions

- What makes you feel sad sometimes?

- Who do you talk to when you feel sad?

- What is something that helps you feel better when you're sad?

- Can you think of a happy memory that makes you smile?



## Creative Activity

- **Draw Your Sadness Cloud**

Ask the child to draw what their sadness might look like as a cloud. Then, draw something that makes the cloud go away (like sunshine or a rainbow)

- **Make a Memory Poster**

Encourage the child to create a poster of happy memories using drawings or photos



## Role-Play Activity

- **Act out a scenario where the child feels sad about losing something**

- **Practice talking about their feelings with a trusted adult or friend**

- **Role-play comforting a friend who feels sad, using phrases like "It's okay to feel sad" or "I'm here to help"**