



**This morning, I felt a tight knot
in my chest. I was sad, and it
felt heavy**



**I didn't want to talk to anyone,
and I just wanted to be alone
for a while**



I knew that sadness is a normal feeling, and it's okay to feel this way



When I feel sad, sometimes I cry. Crying helps me feel a little lighter inside



After crying, I take a few deep breaths. Breathing in and out slowly makes my body feel calmer



I remember that talking to someone about how I feel can help. I went to talk to Mom



Mom gave me a big hug and said, 'It's okay to feel sad. I'm here for you



I decided to draw a picture of something that makes me happy. Drawing helped me feel a little better



Then, I went outside to play. Feeling the fresh air and sunshine on my face made me smile



I thought about my favorite happy memory—playing hide-and-seek with my best friend



Sometimes, I like to listen to music or hug my favorite stuffed animal. It makes me feel safe



If I still feel sad, I can talk to someone I trust, like a teacher or friend



Sometimes, I help someone else who is sad. Helping others can make both of us feel better



I know that sadness, like a rainy day, doesn't last forever. The sun always comes back



When I feel sad, I remember the things that make me happy, like my family, friends, and fun activities



Sadness doesn't stay forever. I can manage it by taking deep breaths, talking to someone, or doing something I love



Vocabulary

- Sad

A: Feeling excited and happy

B: Feeling unhappy or upset

- Breathe

A: Taking air in and letting it out

B: Talking loudly

- Hug

A: Shaking hands with someone

B: Wrapping your arms around someone to show love or comfort

- Trust

A: Believing someone will listen and help

B: Being unsure about someone

- Memory

A: Something you do in the future

B: Something you remember from the past



Spellings

A: Morning

B: Mourning

A: Havy

B: Heavy

A: Alon

B: Alone

A: Inside

B: Insyde

A: Decided

B: Decyded

A: Picher

B: Picture

A: Drowing

B: Drawing

A: Teacher

B: Teecher



Comprehension

- What is the first thing the child did when they felt sad?
A: Went outside to play
B: Sat quietly and cried

- Who did the child talk to about their feelings?
A: A friend
B: Mom

- What activity helped the child feel a little better?
A: Drawing a picture of something happy
B: Watching TV

- What did the child do outside to help with sadness?
A: Took a nap
B: Played in the garden and felt the sunshine

- What did the child learn about sadness?
A: It's okay to feel sad, and there are things that can help
B: Sadness is bad and should be hidden



Open-Ended Questions

- What do you do when you feel sad?

- Who do you talk to when you feel upset?

- What is your favorite memory that makes you smile?

- Can you think of something you like to do that helps you feel better?



Creative Activity

- **Feelings Journal**

Encourage the child to draw or write how they feel today in a small journal

- **Draw Your Happy Place**

Ask the child to create a drawing of a place or memory that makes them happy

- **Calm Box**

Work together to create a "Calm Box" filled with items that make them feel better, such as a favorite toy, a picture, or a stress ball



Role-Play Activity

- **Deep Breathing Practice**

Sit together and practice slow, deep breaths. Count to three as you breathe in and out

- **Talk About Sadness**

Role-play a scenario where the child feels sad and talks to a trusted adult or friend. Practice phrases like, "I feel sad because..." and "Can we talk about it?"

- **Hug Practice**

Role-play giving and receiving a hug when feeling upset, discussing how it helps