

My Sadness Looks Like This:

My Name For My Sadness Will Be:

When I Am Sad, I Can Let My Sadness Out By:

(Circle all of the things you can do or write your own ideas)

Crying Talking to Someone Coloring Playing
Having a Snack Taking a Nap Watching TV

🌸 Remember, it is OK to be Sad! You will always feel better 🌸

These are the things I feel proud of

These are the things I do to have a good time