

How are you feeling?



When I am sad



I cry

I feel down



I sigh

Color the word



sad
SAD

Circle the sad face



happy



sad



excited



scared



angry



Color the sad cat





Draw a sad face

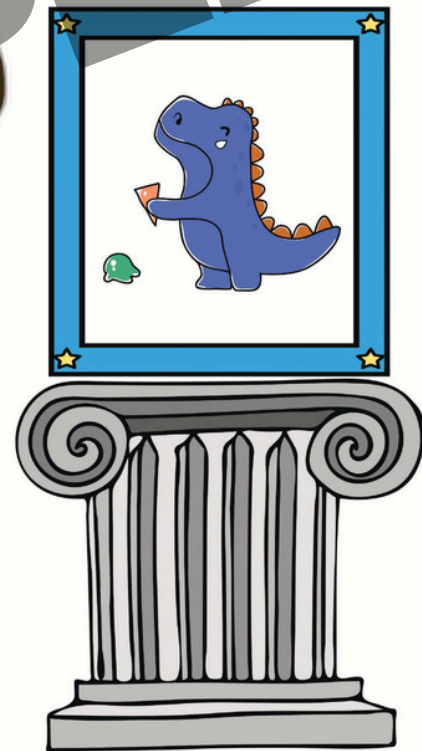


**When I feel sad
I listen to uplifting music
to feel better**



**Scan to watch
"Everything Will Be Alright"
Digital Picture Book & Song**

**Drawing a picture
can get the sad feeling
out of your body**





**Draw something
that makes you sad**

SAMPLE





**Draw something
that helps
you feel better**

SAMPLE



Hooray



Nice Job

