Newmark LEARNING

I Have Feelings

The Day I Felt Sad



by Molly Smith • illustrated by Helen Poole

Social Emotional My Self Learning Foundations™

Set Theme: I Have Feelings

Build Social and Emotional Intelligence

Use the following tips to help children deal with feelings of sadness:

- Encourage children to talk about why they feel sad. Let them know that you are ready to listen when they are ready to talk.
- Remember not to scold children for crying, and assure them that everybody cries sometimes.
- Guide children to express themselves using sentence frames, such as:
  I feel sad because _____.
  I might feel better if I _____.

Editor: Carrie Smith
MySELF™ Consultant: Ilana Attie, PhD
Creative Director: Laurie Berger
Designer: Christina Cirillo

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How to Read This Book with Children

1. Read aloud the title. Discuss what it means to feel sad.
2. Read aloud the book with children.
3. Talk about how Roberto feels in the beginning, middle, and end of the story.
4. Ask children to tell what clues they used to figure out how characters feel.
5. After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
6. Guide children to connect the story to their own experiences.



Roberto

For Review Only

The snow was falling and it was almost time to go home. I couldn't wait to build a snowman with Dad!



For Review Only

Then Mr. Tom came over.

"Roberto," he said. "Your dad called.

He cannot come until three o'clock."



For Review Only

“I want to go home now,” I said.

I started to cry.



For Review Only

"It will be okay, Roberto," said Mr. Tom. "You'll have fun with us!"



For Review Only

At lunch, Jacob said he would share his dessert with me.



For Review Only

I didn't feel like eating.



For Review Only

Real-World Wrap-Up

My Thoughts:

How do you think this child feels? How can you tell?



For Review Only

My Feelings:

When have you felt sad? What did you do to feel better?



The Day I Felt Sad

The snow is falling and Roberto can't wait to get outside. But when he has to stay late at school, he can't help feeling sad. Will his day turn around?

Social Emotional My Self Learning Foundations™

Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

I Have Feelings

The books in this set help children recognize and understand feelings.

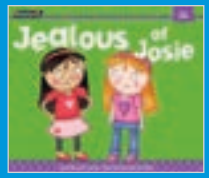












Look for the other sets in this series.

I Get Along with Others



I Am in Control of Myself



I Believe in Myself



For Review Only

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