MINDING EMOTIONS

FEELING SAD



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will have the opportunity to explore their own emotions, as well as the different ways others manage theirs.

BEFORE READING

Talk to the reader about how sadness is a normal emotion.

Discuss: Does everyone feel sad sometimes? What does it feel like when you are sad? Do you think it feels the same or different for other people?

AFTER READING

Talk to the reader about ways to handle sadness.

Discuss: What makes you feel better when you are sad? Who can you talk with when you are feeling sad?

SEL GOAL

Studies show children who learn how to identify and discuss their feelings and emotions are more likely to perform better at school, have more successful relationships, and suffer less from anxiety when they reach adulthood. Help students start a feelings journal to better identify their own emotions. Encourage them to journal a few times a week to capture how they are feeling. Emotions can be documented through words, stories, drawings, or any other way that feels right to the child.

For Review Only

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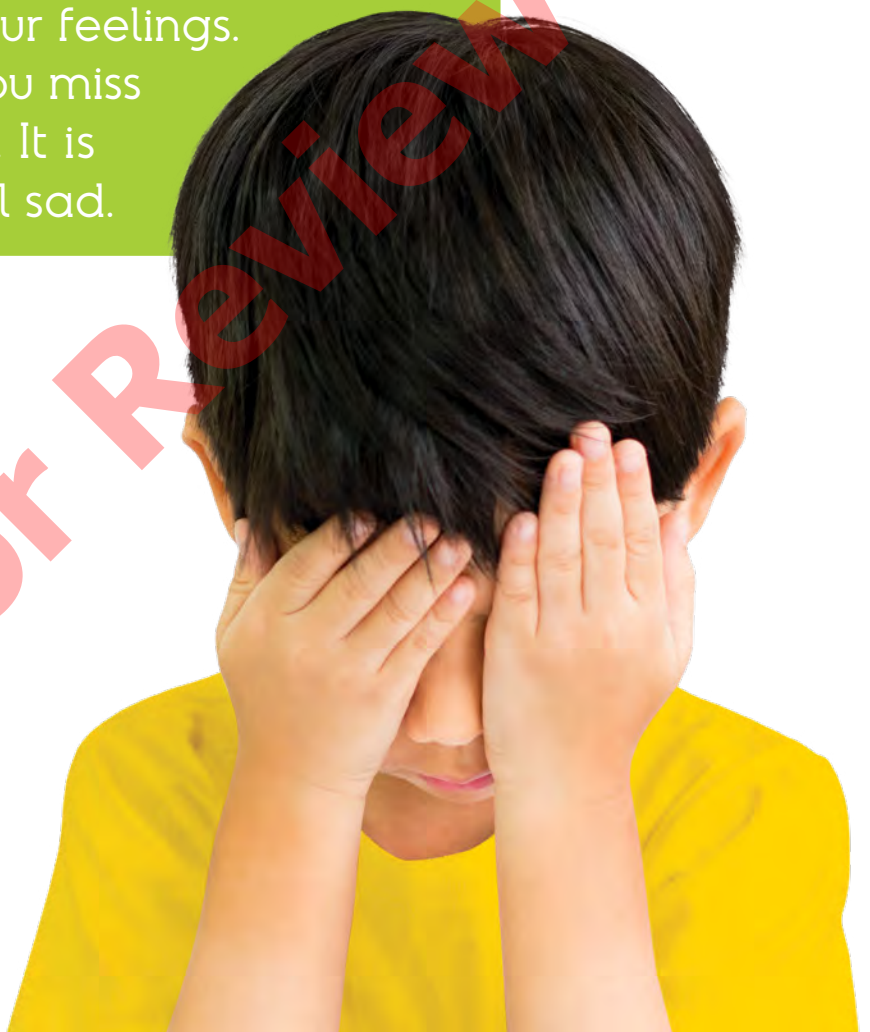
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CHAPTER 1

WHAT IS SADNESS?

Everyone feels sad sometimes. Maybe someone teases you. It hurts your feelings. Maybe you miss someone. It is OK to feel sad.



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When you are sad, you might frown or cry. You might not feel like talking. You might feel tired. Your body might feel heavy. Maybe your stomach feels sick.

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Sadness can feel like **grief**. It can also feel like disappointment. Maybe you broke your favorite toy. Maybe you lost a game. Lots of things can cause sadness. But there are also lots of ways to **cope** and feel better. Sadness won't last forever.

TELL SOMEONE

It is normal to feel sad. But if you feel sad all the time for a long time, tell an adult you trust. It is important to talk about sad feelings. We can get help to start to feel happy!



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CHAPTER 2

COPING WITH SADNESS

Imagine you are invited to a birthday party. On the day of the party, you get sick. You cannot go anymore.

Telling someone about your feelings of disappointment is brave. After you share your feelings, you realize you can give your friend a card or a gift when you are well. You are not sad anymore.



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Every day, you eat lunch with the same friends at school. But one day, there isn't enough room at the table. Being left out can make you feel lonely and sad.

You think about your feelings. You decide to sit at a new table! Making new friends can help you feel better.

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GOALS AND TOOLS

GROW WITH GOALS

People can feel sad for many different reasons. You will feel unhappy sometimes. But there are many ways to help yourself feel better!



Goal: Start your own journal! Write about how you are feeling. No one else needs to read your notes. It can be private.

Goal: Try something new! The next time you feel sad, try a new activity. Maybe go to a quiet space and try something creative, like art. Creating something can help you feel less upset.

Goal: Talk about what makes you sad. Sharing how you feel is brave. It is sometimes hard to be honest. Talking about your feelings can feel good.

WRITING REFLECTION

Write down what it looks and feels like when you are sad.



1. Write down things that make you feel sad.
2. What does your mind and body feel like when you are sad?
3. How can you work through these feelings?

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GLOSSARY

console
To comfort someone who is sad or disappointed.

cope
To deal with something effectively.

emotions
Feelings, such as happiness, anger, or sadness.

grief
A feeling of great sadness or deep distress.

journal
A diary in which one regularly writes down his or her experiences, thoughts, and feelings.

process
To gain an understanding or acceptance of something.

TO LEARN MORE

Finding more information is as easy as 1, 2, 3.

1. Go to www.factsurfer.com
2. Enter "**feelingsad**" into the search box.
3. Choose your cover to see a list of websites.



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