YOU'VE GOT A FRIEND

WHEN YOUR FRIEND IS SAD



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children grow their self and social awareness. They will learn how to manage their emotions and foster empathy toward others. Lessons and support in SEL help children build relationship skills, establish positive habits in communication and cooperation, and make better decisions. By incorporating SEL in early reading, children will have the opportunity to explore different emotions, as well as learn ways to cope with theirs and those of others.

BEFORE READING

Talk to the reader about feeling sad. Explain that it is an emotion everyone experiences.

Discuss: How do you feel when you are sad? How do you act? Do you notice other people acting the same way? Do your friends get sad for the same reasons?

AFTER READING

Talk to the reader about how to recognize when someone else is sad.

Discuss: How can you tell when a friend is sad? What should you do and say? What can you do to help a friend overcome his or her feelings of sadness?

SEL GOAL

Young students struggle to understand their own emotions, and it can be even more difficult for them to recognize how someone else is feeling. Being able to spot clues in a friend's body language and actions will help improve their social awareness skills. Lead a discussion about how the students react when they are sad. By sharing this information with each other, students can learn how to communicate with a friend or peer who might be feeling sad.

For Review Only

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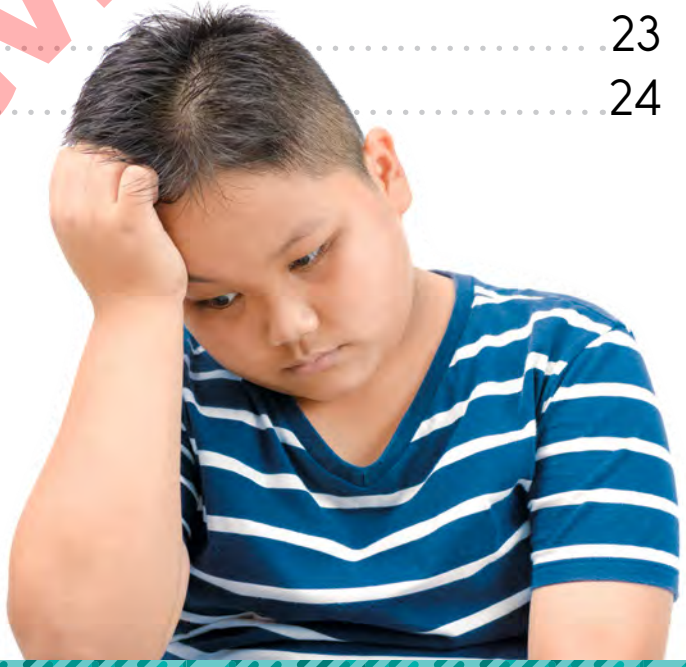
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CHAPTER 1

RECOGNIZING SADNESS



What do we look like when we are sad? We frown. Our upper eyelids droop down. We might **pout**.

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We also show sadness with **body language**. These are movements we make that can show how we feel. When sad, we often look down. We might **slouch** our shoulders or cross our arms.



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People may speak differently when sad. A friend might talk softly or slowly. Or he mumbles and is hard to understand. Crying is another sign of sadness.

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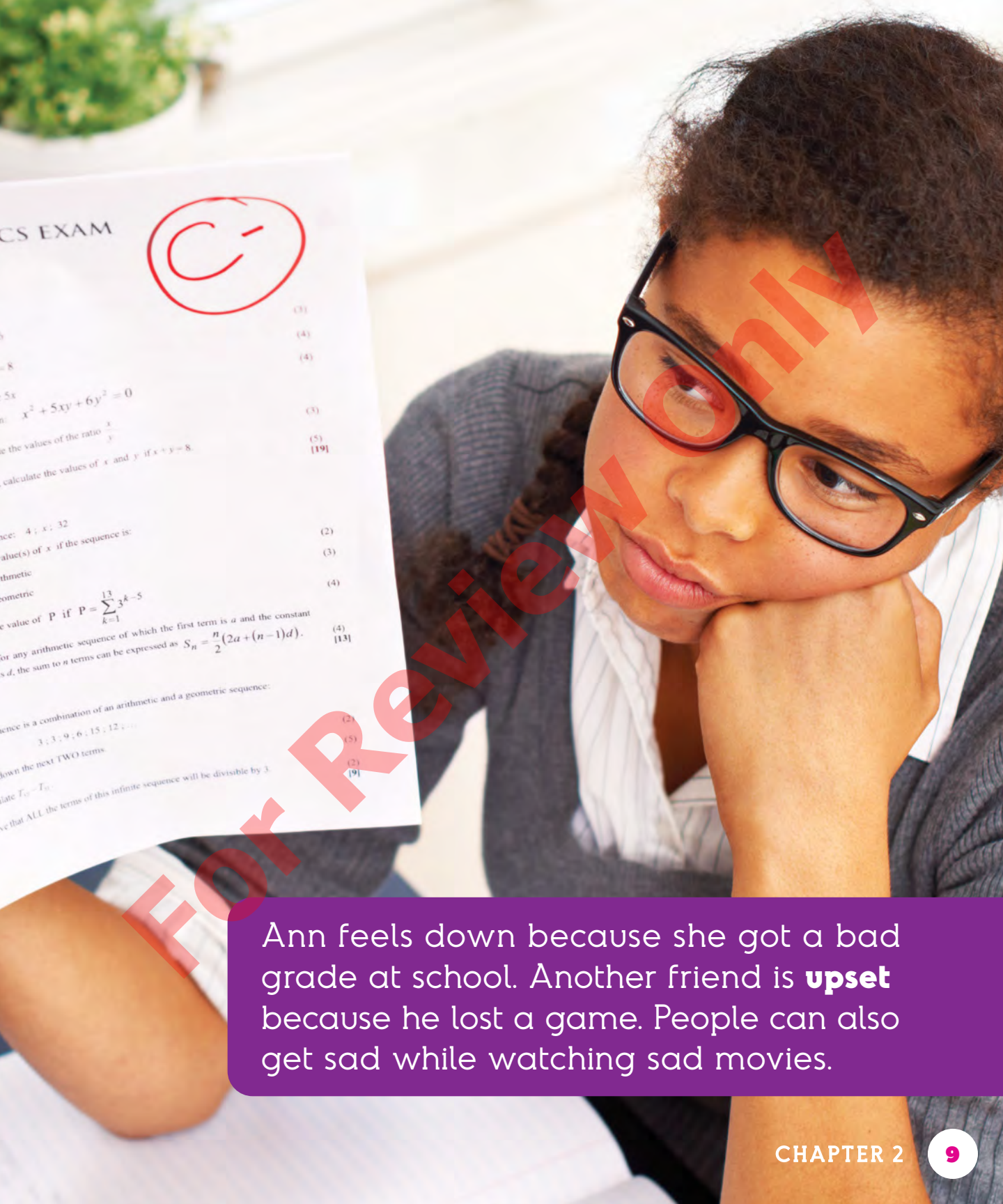
CHAPTER 2

UNDERSTANDING SADNESS

We all get sad for different reasons. It can be hard to understand why others are sad. Think. What makes you sad? How do you feel when you are sad? Does this help you understand someone else's feelings?



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Ann feels down because she got a bad grade at school. Another friend is **upset** because he lost a game. People can also get sad while watching sad movies.

GOALS AND TOOLS

GROW WITH GOALS

Everyone gets sad for different reasons. How can you bring yourself and others joy?



Goal: Think happy thoughts! What are some things that make you happy? Think about them when you start to feel sad. What about them makes you happy?

Goal: Be grateful! Write down 3 things that you are thankful for each day. Thinking about positive things can help us be happy!

Goal: Help a friend who is sad! Ask what is wrong and how you can help. If you know of something that friend likes, help him or her experience it to find joy.

WRITING REFLECTION

Think about a book you read, a movie you watched, or a song you heard that made you feel sad.



1. Write down what made you sad about the book, movie, or song.
2. Did you still like it, even though it was sad? Why or why not?
3. Then write about the reasons someone might write a sad book, make a sad movie, or sing a sad song.

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GLOSSARY

body language
The gestures, movements, and mannerisms by which people communicate with others.

cope
To deal with something effectively.

counselor
Someone trained to help with problems or give advice.

depression
A medical condition in which you feel unhappy or hopeless and can't concentrate or sleep well.

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

grief
A feeling of great sadness or deep distress.

pout
To push out your lips to express annoyance or disappointment.

rewarding
Offering or bringing satisfaction.

slouch
To droop or bend forward.

upset
Disturbed or very unhappy.

TO LEARN MORE



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

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

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