



Feeling Sad



You didn't pass your test. Your friend said something mean to you. You miss your grandmother. How do you feel? You feel sad.

We all feel sad sometimes. It's natural and it is an important part of a process. Sadness comes but it goes away with time.

What do you do when you feel sad? Here are some ideas.

Talk to someone. Tell someone about how you feel - maybe your mother, your cousin or your best friend. This can help you.

Keep busy. Sometimes when you are busy doing something, you forget about your sadness. You can play sports, draw a picture, watch a funny movie.

Be positive. If you failed your exam, think about how to do better next time. If you miss your grandmother, call her! If you have a pet, give it a hug!

Understand your situation. Being sad is okay, it happens to us all. Remember that being sad is natural but it passes.

With time, you will get better at dealing with sadness. It takes practice. But as you learn to take care of sadness, you will be a happier you!

True or false? Write T for True and F for False.

1. Everyone feels sad sometimes. ☐
2. Being sad is natural. ☐
3. When you are sad you shouldn't talk about it. ☐
4. If you are sad, you should just sit and think about it. ☐
5. Playing sports can help your emotions. ☐
6. If you are sad, you should try not to be negative. ☐
7. Feelings of sad are part of a natural process. ☐
8. As time passes, you will get better at dealing with sadness. ☐

