



# When I Feel Sad

Updated November 2024

Sometimes, I feel sad.



It is okay to feel sad.  
Everyone feels sad sometimes.

I might feel sad when...



Other children do not want to play with me.



My dad goes to work.



I lose my favourite toy.



I get hurt.

I might feel sadness in my body.

I might be tired.

My body might feel floppy.

I might want to be alone.



I might feel like crying.

My stomach may hurt.



When I feel sad, I can help myself feel better.



My educators and family can help me feel better.



When I am feeling sad, I can use my words  
to tell people: "I feel sad."

I can do other things to help me  
with my sadness.



I can go into a quiet  
space.



I can listen to music.





I can ask for a hug.



I can take  
deep breaths.



I can read a book. 8





When I feel better, I can go back and play!

I will not feel sad forever.

