

YOU'VE
BEEN
MISSED

FEELING
SAD



What is feeling sad?

We can all feel sad sometimes, even adults, this is a normal feeling. We can feel sad about one thing, or lots of things at the same time. When we feel sad, it can make it difficult to have fun and we might feel like crying. Feeling sad is a temporary emotion, meaning it can last for a few minutes or a few days, and usually fades with time.

If you feel your sadness is lasting a long time, not getting better and it is getting in the way of school, friends or activities you enjoy then it is definitely time to talk to a trusted adult!



ACTIVITY

Why do you think the child in the picture might be sad? Draw or write about it below.



Why we might feel sad.

People feel sad for lots of different reasons; sometimes they are big reasons like someone close to us has died or smaller reasons such as our friend has gone home or all our sweets are gone. And sometimes we don't even know why we are sad! Below are some other reasons we might be sad.



1: not being included in games



2: feeling poorly



3: a change at home



4: missing someone

ACTIVITY

What makes you sad? Draw or write about it below.



Remember, it is important to think about what we say and respect other people and their feelings because when we are unkind it can cause people to feel sad.

Understanding our feelings!

We can describe our emotions like the weather. Just like the weather passes and changes, so do our emotions. Lets have a look at how we can use the weather to describe some of our emotions.



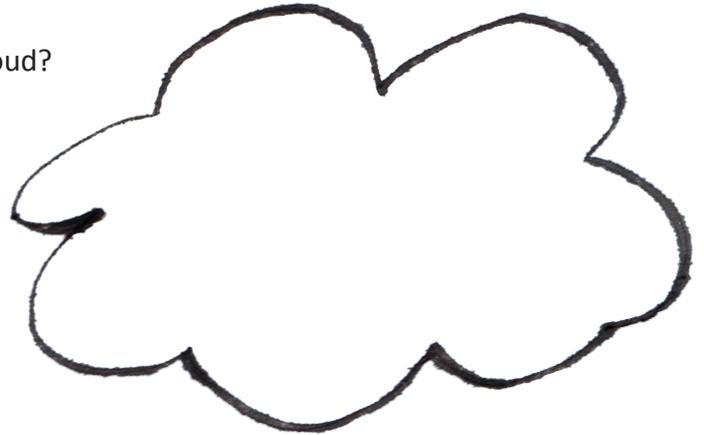
Sunny days



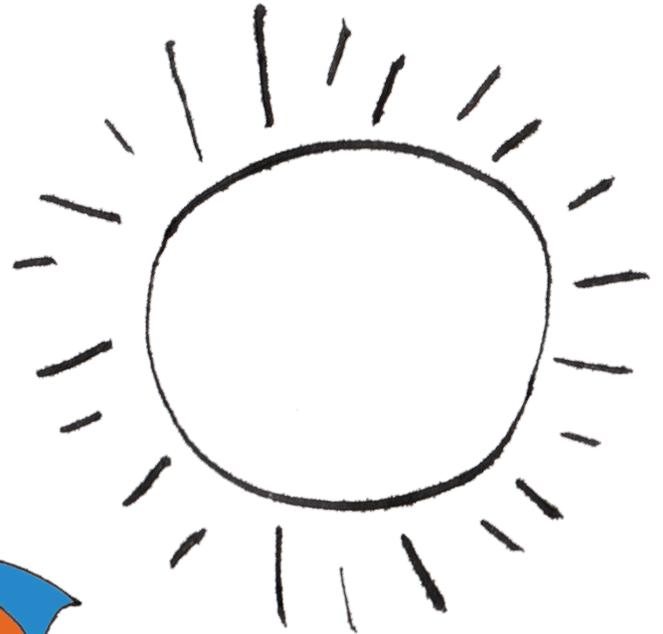
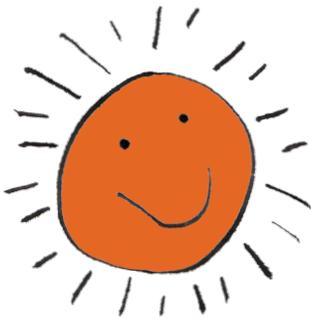
Rainy days

ACTIVITY

Think of things that you would add in your sad, rainy cloud?



Think of things you would add in your happy sun?

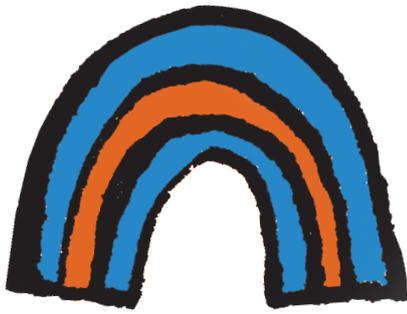


Using an umbrella can save us from getting wet when it is rainy. When we are sad there are things we can do that can help us feel better!



Think of things you would add in your umbrella that make you feel better, for example talking to someone or playing with friends.





Sometimes after it's rained, we get a rainbow! Rainbows can be very special; some people believe rainbows are a sign of hope and that things can get better.

Think of things that give you hope or make you hopeful. Draw or write these into the rainbow below.



Can you think of any more feelings that are like the weather?

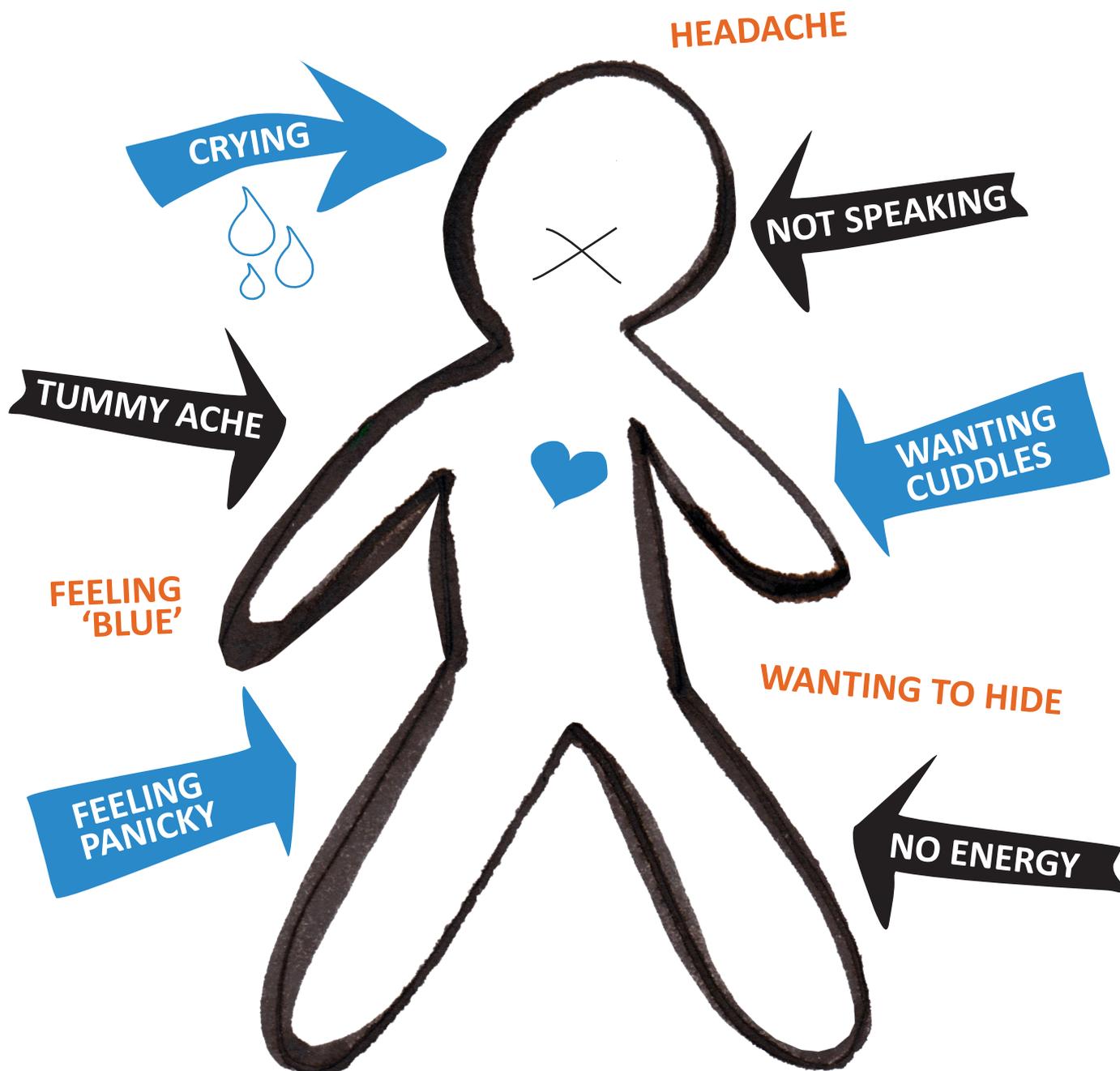
ACTIVITY

Create your own picture to explain your emotions. You can use the weather or different things that you feel describe your emotions! Remember to explain what you have drawn.



What happens to us when we are sad?

When we are feeling sad this may make it difficult for us to have fun and enjoy things. Our bodies give signals to help us know when we are feeling sad. For example:



If you are feeling pain in your body or feeling poorly it is important to always share this with a parent/ carer (or another trusted adult).

ACTIVITY

Think of this as your body. Colour, draw or write where in your body you feel your sadness. Think from the top of your head to the tips of your toes, both inside and out!



REMEMBER:

Knowing how you feel, can help you know how to manage your feelings.

What can help us feel less sad?

Once we know how sadness feels in our body and what causes us to feel sad, the next thing we need to do is learn how to try to make ourselves feel better.

Here are some examples:



1:
talking to a friend or an adult that we trust about how we feel



2:
writing down our feelings



3:
doing something physical like going for a walk or practicing yoga



4:
doing an activity that we enjoy such as: playing a sport, drawing, singing, gaming or dancing



5:
reading a book or watching a movie that we enjoy



6:
thinking about positive things

REMEMBER:

Sometimes other people may feel sad.
If we notice that someone is feeling sad,
we can try to help them by talking
to them and sharing what helps
us to feel less sad.

ACTIVITY

Think of a time when you felt sad. What did you do to feel less sad?
Write or draw your answers below.



Activities to try when you're feeling sad

There are lots of things we can do when we are feeling sad to try and help ourselves to feel better. Complete the activities below for two more ideas!

ACTIVITY: Take 5 breathing

Sometimes when we are sad it can be helpful to focus on our breathing. Next time you feel sad, try using your hand to help you take calming breaths. The more you practice it the easier it becomes.

1

STAR

Stretch your hand out like a star

2

TRACE

Get your pointer finger ready to trace your fingers up and down

3

SLIDE

Slide up each finger slowly. Slide slowly back down the other side

4

BREATHE

Breathe in through your nose and out through your mouth

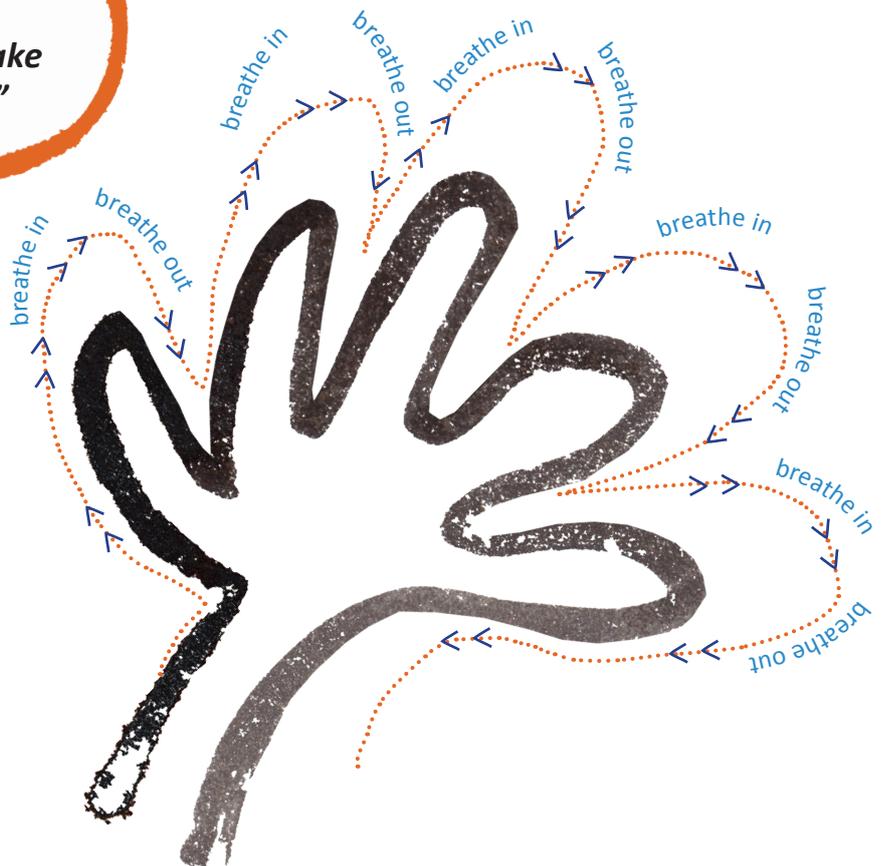
5

KEEP GOING

Put it together and breathe in as you slide up and out as you slide down

Keep going until you have finished tracing your hand

*"How do you feel?
Would you like to take
another 5 breaths?"*



ACTIVITY: Happy flower

Colour the flower in below and write something that makes you happy on each petal.
When you are feeling sad, try doing one of these things.

