Name: _____

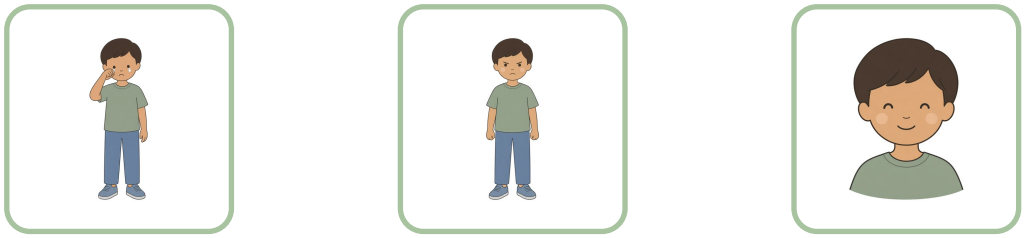
Circle the sad picture.

Look at the pictures. Circle sad.

1



2



3

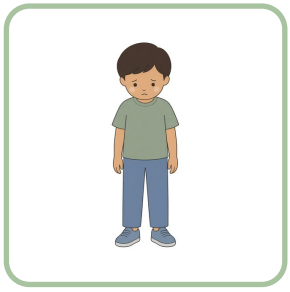


4



Trace the word.

Trace the word sad.



sad

sad

sad

Name: _____

Things that can help Sam: cut and glue.

Cut out the pictures. Glue them in Sam's help box.

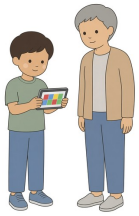
Glue here.

✂ Cut on the dashed lines.









How does sad look for you?

How does sad look for you? Circle your ways.









my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











cry

rock

miss

soft toy

quiet

Fill in the word.

Pick a word from the box. Write it in the space.

cries · rocks · rains · miss



1. Tears come out. Sam _____.



2. Sam _____ on the floor.



3. It _____. Sam cannot go to the park.



4. Lee moves away. Sam will _____ Lee.

Name: _____

First, next, last.

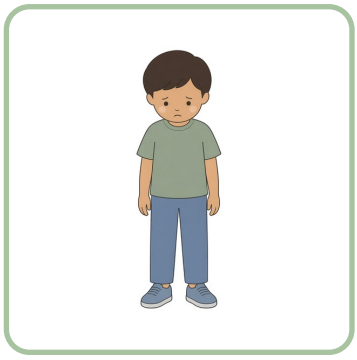
Put the pictures in order. Write 1, 2, 3.



The train breaks



Sam holds the soft rabbit



Sam feels sad

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Crying is OK.



2. Sad feelings stay forever.



3. A soft toy can help some people.



4. Everyone looks sad in the same way.



Name: _____

My help list.

Draw or write three things that help.

When I feel sad, this helps me.

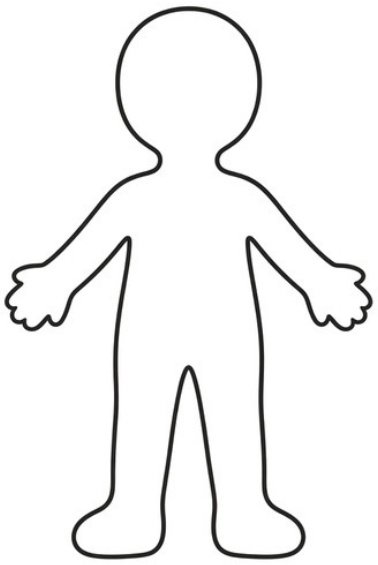
1

2

3

My body and sad.

Where do you feel sad in your body? Color it.



- [ ] tears
- [ ] slow body
- [ ] want to lie down
- [ ] want quiet
- [ ] want a hug
- [ ] rocking
- [ ] tummy feels bad
- [ ] my own way:

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “I feel sad. My friends want to play.”

2. “My favorite cup broke.”

3. “Lee is sad.”

Today.

Today I felt sad when...

What helped?

Sad · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam sad; row 2: cry; row 3: lie-on-rug; row 4: broken-train
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: cry = cry; lie-on-rug = quiet; sam rock = rock; lee-moving = miss; soft-rabbit = soft toy
D2: 1. cries; 2. rocks; 3. rains; 4. miss
D3: 1. The train breaks; 2. Sam feels sad; 3. Sam holds the soft rabbit
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Crying is a healthy way to let sad out. Please do not say "stop crying" or "cheer up".
- Sad does not always show on the face. Believe the child's words, signs or AAC.
- Offer company without forcing talk, touch or eye contact: "I am here. You do not need to talk."
- Alone time is a valid choice. Let the child pick where to be sad.
- Keep comfort items (soft toy, blanket, headphones) easy to reach.
- Name your own sad out loud: "I feel sad. I miss Grandpa. I will have a cup of tea."