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When I am Sad

Coping skills for
Kiddos who are
feeling Sad

Everyone feels Sad
sometimes - it is
totally normal.



Being sad is hard,
though, so Coping
Skills can help.

(Keep Reading 😊)

When something you
are thinking is making
you feel sad, try
to distract your mind.

- Make some art
- Read a book
- Watch a movie or T.V. show
- Get some exercise
- Play a game
- Write a story
- Clean your room



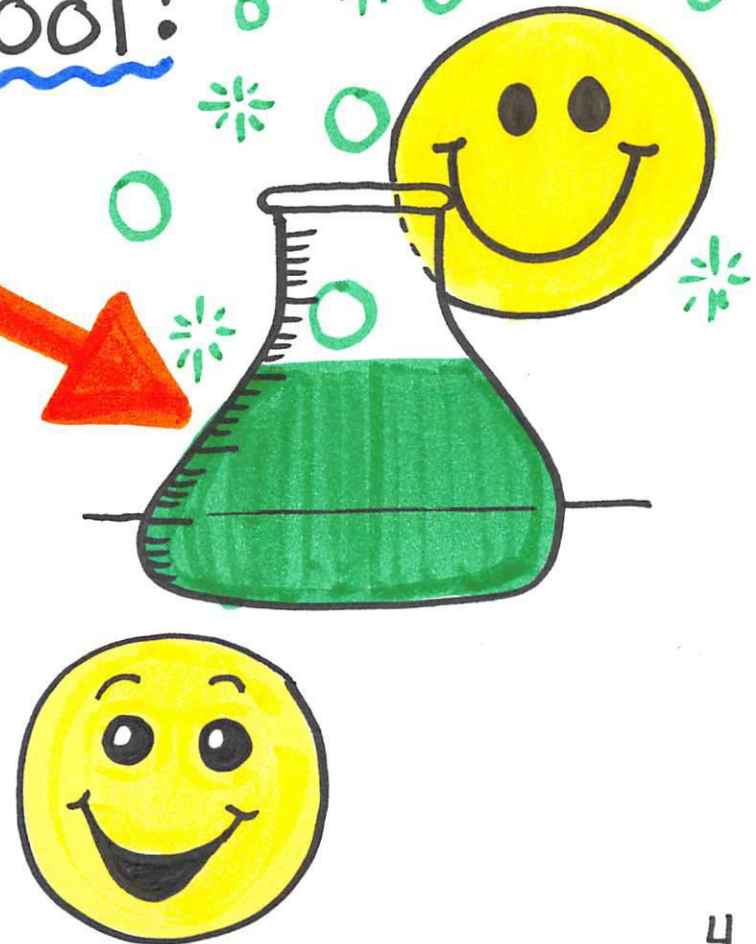
Talk to a trusted
grown up about what
is making you feel
Sad.



Exercise is a great coping skill for dealing with sadness - exercising actually releases body chemicals (endorphins) that make you feel happy! so cool!

- Sit-ups/crunches
- Run/jog/walk
- Jumping jacks
- Obstacle course (make one!)
- Hopscotch
- Jump rope
- Ride a bicycle
- Hop on one foot
- Dance!
- Yoga

Some Ideas (Just move!)



When you are feeling Sad,
try thinking about things that
make you feel happy! You
can also use your imagination
to "go" to a perfect and happy
place!



Sometimes writing or drawing about feelings can be helpful - here are some ideas to get you started:

Write/draw:

- What is making me feel sad?
- What I can do when I feel sad...
- My perfect happy place...
- Things that make me feel happy...
- How I can cheer myself up...



It may seem obvious, but
Sometimes when you are
Sad you need to cry and
just let it out. Sometimes
We need to let our feelings
out and that helps a lot!

Let it
out!

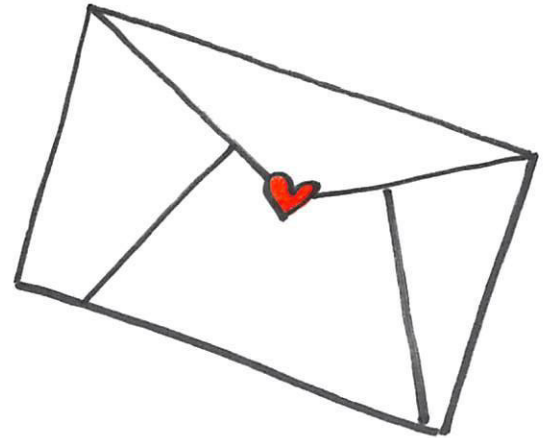


You'll
feel better!

When you're sad, it can help to focus on other people - do something kind for someone else!

Ideas:

- Write a letter or draw a picture and mail it to someone.
- Do an extra chore or two around the house.
- Call someone on the phone and tell them why you love them!
- Take a walk and smile at the people you see - a smile can mean so much!



It may seem silly,
but simply putting a
smile on your face can
improve your mood!

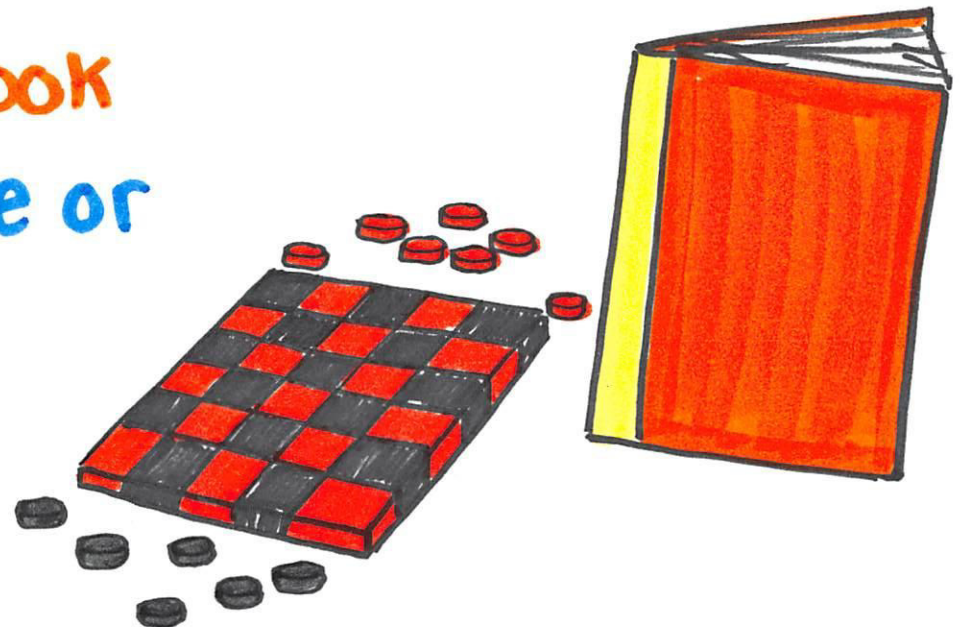
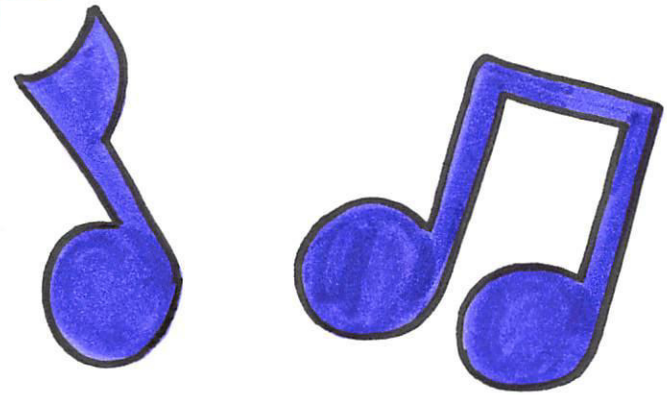
Try it
out!



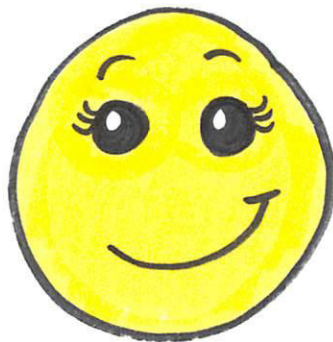
It
really
works!

Try distracting yourself from being sad by doing something happy and enjoyable!

- Listen to happy music
- Read a favorite book
- Watch a fun movie or T.V. show
- Play a game



If you are feeling
Sad, reach out —
connecting with other
people is so important!



Remember:

We ALL feel sad from
time to time - it's totally
Normal.

That's why we all need
Coping SKILLS for dealing
with sadness.



Don't Forget:

You are **BRAVE** and

You are **STRONG** !

You CAN **Cope**

(You really can!)

*(You have the tools
to cope - they're
called coping
skills!)*

