



When I'm sad

[PRINT AND READ FROM HERE WHILE YOU PROJECT THE VISUAL SUPPORT]

(flashcard 1) **When I'm sad...**

(flashcard 2) **...my heart feels heavy**

(flashcard 3) **And I cry**

(flashcard 4) **I feel alone**

(flashcard 5) **And I sleep a lot**

(flashcard 6) **Everybody feels sad.
And it's ok!**

(flashcard 7) **To feel better and to take care of myself...**

(flashcard 8) **...I talk to my friends**

(flashcard 9) **I talk to my family
I talk to my teacher**

(flashcard 10) **I look at the sky.
I think about good things.**

(flashcard 11) **I imagine and go to places that make me feel happy**

(flashcard 12) **And when I do those things...
I feel strong!**