



Sad

Feeling sad is the feeling of being upset. Sometimes when we are sad we cry, and that's okay.

Times we might feel **sad**:

- When we miss our friends or family or feel left out
- When we don't get to do what we want to
- When something we love breaks or gets lost

When we feel **sad**, our body might feel like:

- We want to cry or we do cry
- Our stomach doesn't feel good
- We feel low energy, maybe even kind of tired or sleepy

Understanding Sad / Questions for learning:

What are some times a person might feel **sad**?

When you feel **sad**, what does your body feel like?

Write about a time that you felt **sad**. What was it like?



Depression and Bipolar
Support Alliance

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