



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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I'm Sad.

Storytime with Sad



Hi! I'm SAD from the DBSA Mood Crew!

It isn't easy being sad, but it is also a normal part of life to feel sad from time to time. What helps me with feeling sad is writing about how I'm feeling, so for this worksheet, write about a time you felt sad. You can use the prompt questions on the side of this worksheet to help guide your story.

When was the last time you felt sad?

How were you feeling before you felt sad?

Did you cry when you felt sad?

How does it feel to cry?

Did someone help you when you felt sad?

When you felt sad, how did your body feel?

Did the sadness go away? If so, what helped?



Searching for Sad's Synonyms

Hi! I'm Sad from the DBSA Mood Crew! Did you know there is more than one way to feel sad? Use my word search to find feelings that are similar to Sadness!



HURTING

GLOOMY

MELANCHOLY

UNHAPPY

DEPRESSED

LOW

BLUE

WEEPING

GRIEF

DOWN

G	F	E	I	R	G	E	N	H	A	H	N	E	H
R	P	U	N	H	A	P	P	Y	T	P	T	Y	L
W	N	B	P	D	O	L	O	D	T	G	U	H	N
G	C	E	E	M	N	O	G	Y	W	E	W	O	I
O	U	W	G	L	O	O	M	Y	H	L	E	E	H
E	O	L	M	E	L	A	N	C	H	O	L	Y	B
P	E	N	P	C	N	P	Y	L	W	R	C	I	H
Y	I	E	E	G	H	S	B	L	U	E	U	P	O
L	U	G	G	A	M	O	E	P	E	R	E	U	U
L	G	N	I	P	E	E	W	R	R	N	O	E	I
S	E	O	E	N	Y	S	W	E	D	O	W	O	L
O	U	E	R	Y	W	O	N	P	N	D	O	W	N
S	G	S	D	E	P	R	E	S	S	E	D	E	E
P	I	H	U	R	T	I	N	G	D	D	R	D	W

Define some of the words you found! (You can ask a trusted adult to help define the words if you have trouble on your own.)

1. _____
2. _____
3. _____
4. _____
5. _____

