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?