



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 that'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, and I think good things about myself.**

{flashcard 11} **I imagine and go to places that make me feel happy.**

{flashcard 12} **It is okay to ask for help from family, friends, someone you trust.**

{flashcard 13} **When I take care of myself, I feel happy, healthy, and strong!**