

WHEN I AM SAD

Illustrations by Sam Vioria

When
i
am
Sad

WHEN I AM SAD...

FOR THE TEACHER TO READ

my heart feels heavy



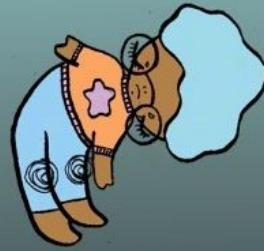
... MY HEART FEELS HEAVY

FOR THE TEACHER TO READ



AND I CRY

FOR THE TEACHER TO READ



i feel alone ,

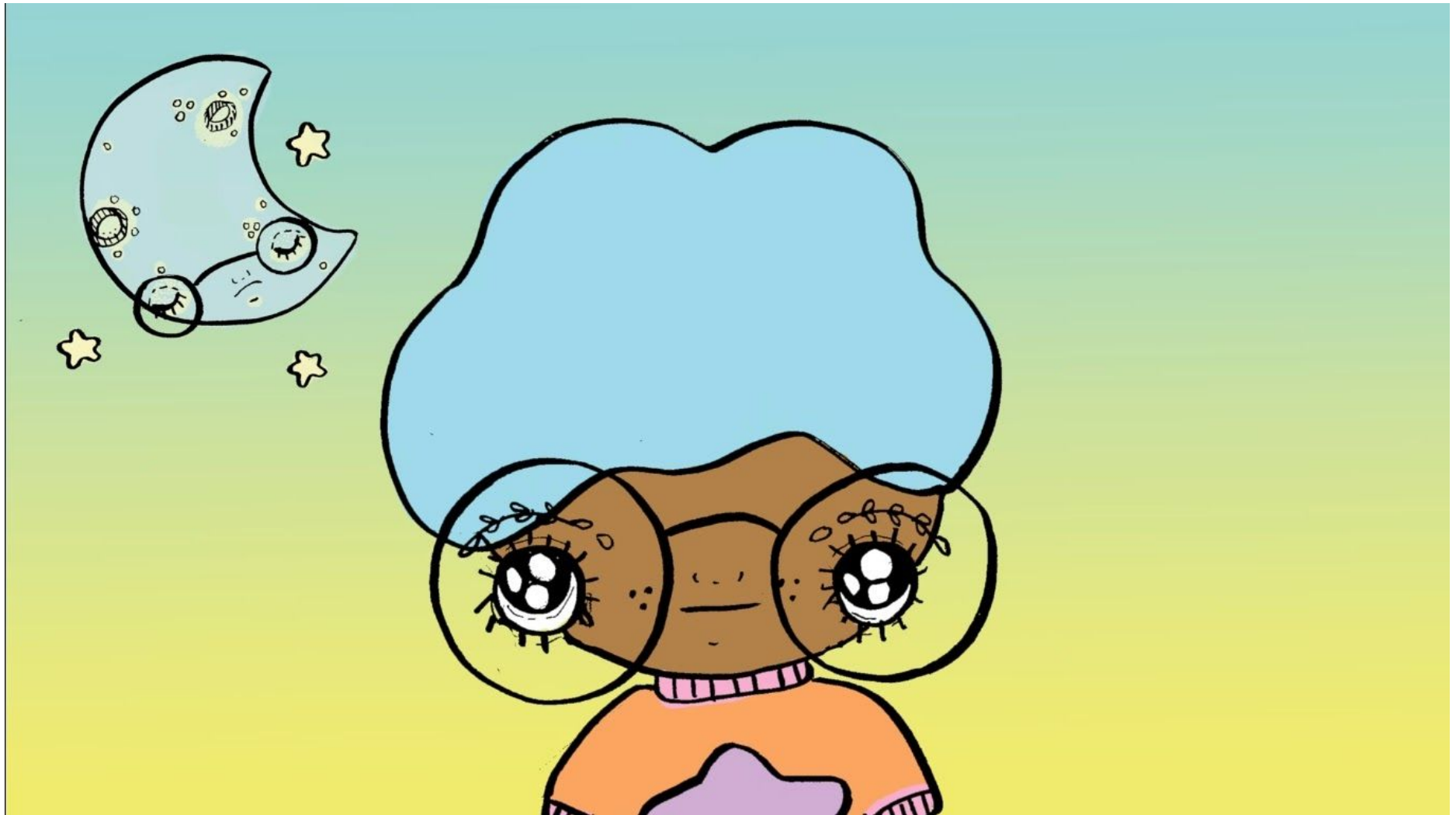
I FEEL ALONE

FOR THE TEACHER TO READ



AND I SLEEP A LOT

FOR THE TEACHER TO READ



EVERYBODY FEELS SAD.

AND IT'S OK!

FOR THE TEACHER TO READ



to
feel
better

The image features the phrase "to feel better" in a bubbly, hand-drawn font. The word "to" is small and green, positioned above "feel". "feel" is large and green, and "better" is large and pink. The letters have thick black outlines and white highlights, giving them a 3D, inflated appearance. To the left of the text is a small pink leaf with green veins. To the right is a larger green leaf with pink veins and small pink flower-like shapes. The background is a smooth gradient from light blue at the top to light green in the middle to yellow at the bottom.

TO FEEL BETTER AND TO TAKE CARE OF MYSELF...

FOR THE TEACHER TO READ

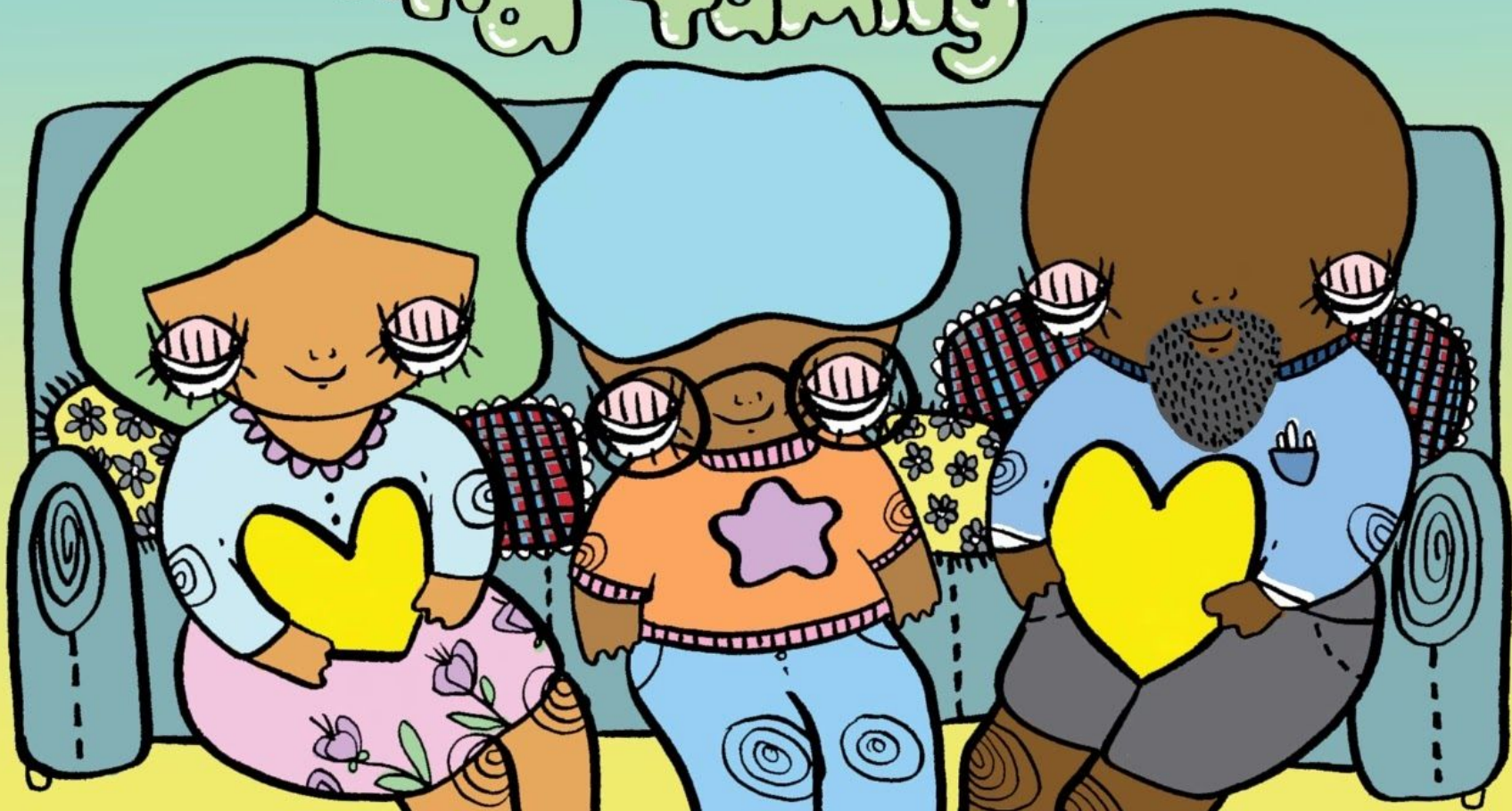
i talk to my friends



...I TALK TO MY FRIENDS

FOR THE TEACHER TO READ

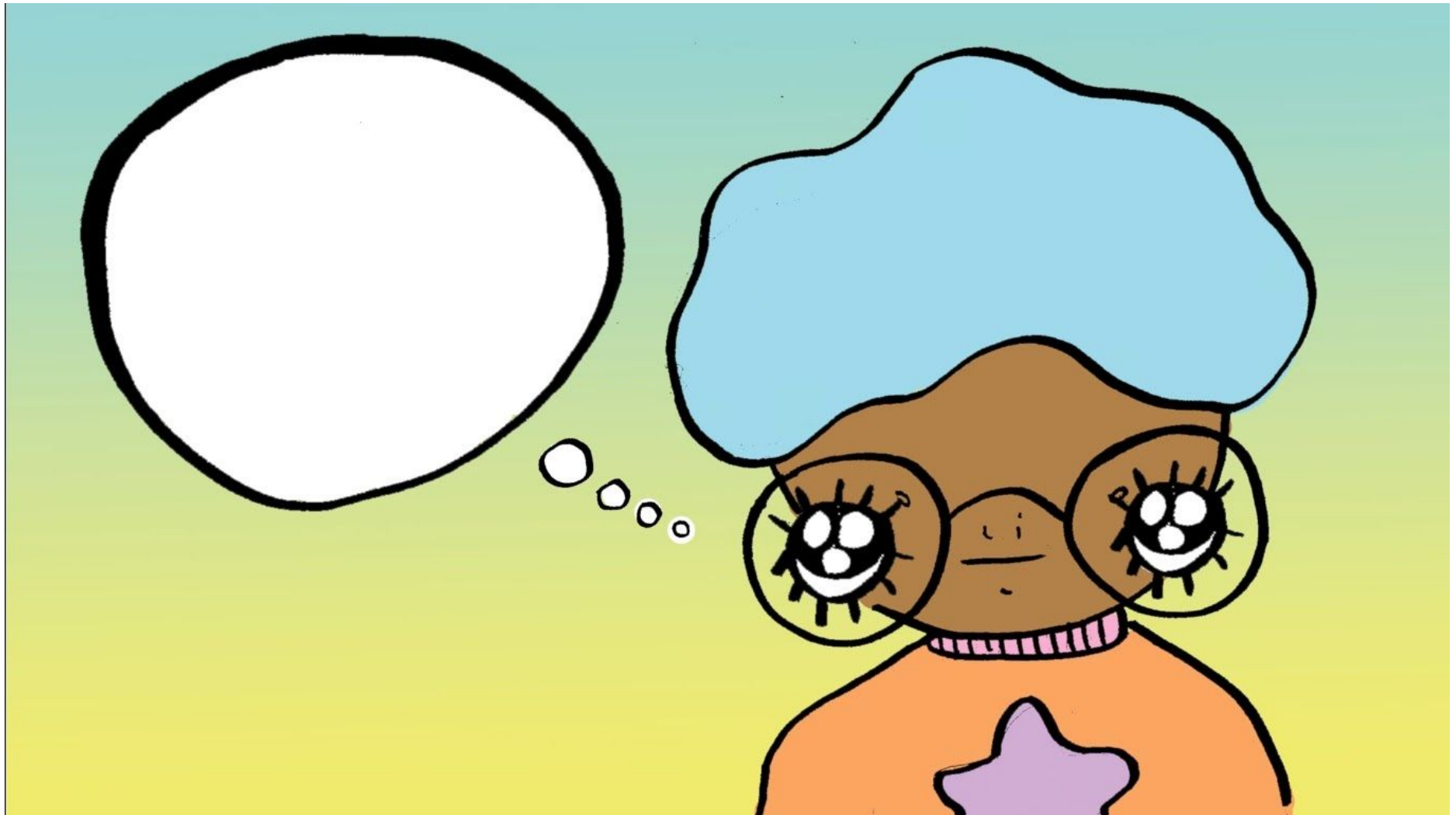
and family



I TALK TO MY FAMILY.

I TALK TO MY TEACHER.

FOR THE TEACHER TO READ



I LOOK AT THE SKY.

I THINK ABOUT GOOD THINGS.

FOR THE TEACHER TO READ

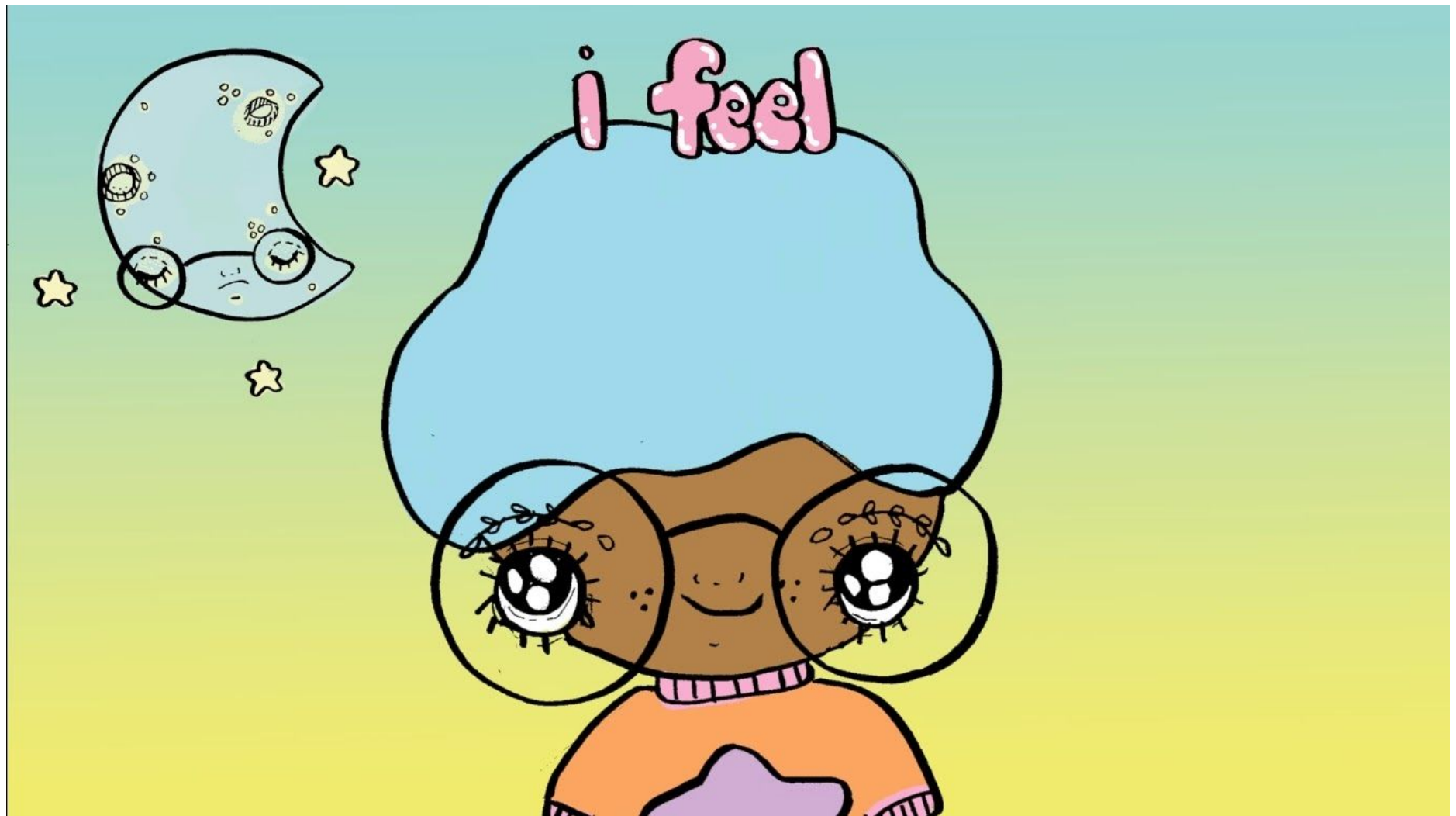
i
imagine
go to places
that
make
me
feel



happy

I IMAGINE AND GO TO PLACES THAT MAKE ME FEEL
HAPPY

FOR THE TEACHER TO READ



AND WHEN I DO THOSE THINGS...

I FEEL STRONG!

FOR THE TEACHER TO READ