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 it'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.** **I think about good things.**
(flashcard 11)	**I imagine and go to places that make me feel happy**
(flashcard 12)	**And when I do those things...** **I feel strong!**