

Name:

# I Am Sad



Hello! I am Sara. Sometimes, I feel sad. I feel sad when I lose my toy or when it rains and I can't go outside. I feel sad when my best friend is not at school. When I am sad, I talk to my mom or dad. They listen and give me a hug. Sometimes I draw or read a book, and that helps me feel better.

## Answer the following questions.

1. What are some things that make the person feel sad?

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2. Who do they talk to when they feel sad?

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3. What helps them feel better?

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4. Why do hugs help when someone is sad?

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5. What do you do when you feel sad?

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