

It's OK to Be Sad

When I'm sad I can...

--	--	--	--	--

This will make me feel happy again.



talk to my friends




talk to my teacher




read my favourite book



give my friend a hug




draw a picture



listen to happy songs



go for a walk



write down why I feel sad



ask for a time out



watch TV



choose an activity I enjoy



plan something fun at the weekend

--

--

--

--

--

--