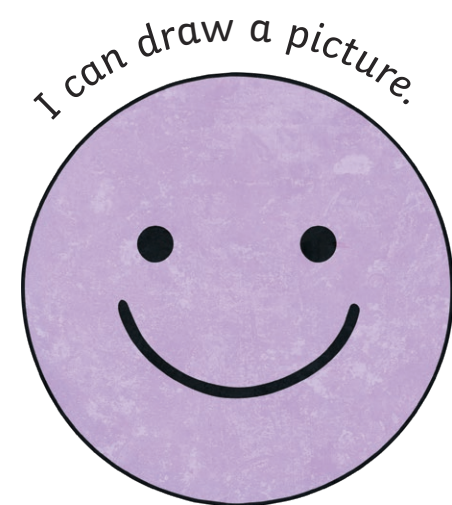


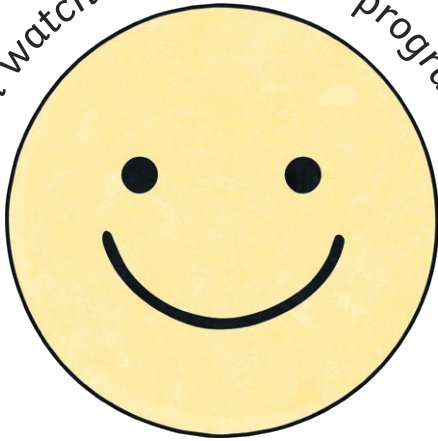
What Can I Do When I Feel Sad?

Everyone feels sad sometimes. Feeling sad is a difficult emotion. When you feel sad, it is important to try and give yourself emotional breaks. This means allowing yourself to feel something different for a while. Try to do something that will distract you and help you to feel happier, even if it is only for a short time.

Below are some ideas that you can use to help give you a break from feeling sad. There are some blank smiley faces for you to write your own ideas next to as well.



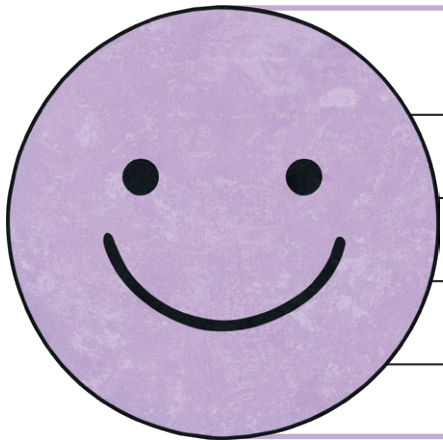
I can watch my favourite programme.



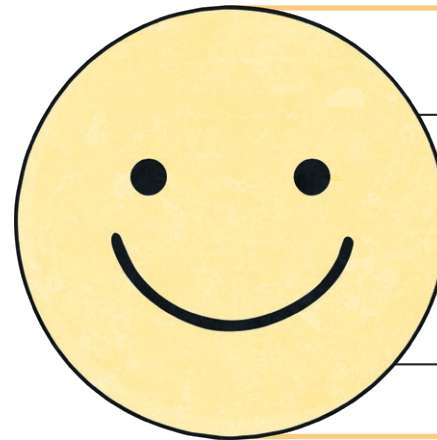
I can play outside.



I can call my friends.



Four horizontal lines for writing, enclosed in a purple rectangular border.



Four horizontal lines for writing, enclosed in an orange rectangular border.

