

I Am Feeling...  
Sad

twinkl

# How Are You Feeling?

We have lots of different feelings every day. Sometimes the feelings feel good and sometimes they feel bad.

When you get a feeling, try to name it and then decide what you can do with that feeling.



# Feeling Sad

When you are feeling sad, you feel upset.

Feeling sad is not a nice feeling, but we all feel sad sometimes.

It's a feeling that might make you want to cry.



# Feeling Sad

You might feel sad when...

you hurt  
yourself

you get  
told off

you lose  
something  
special

you have  
nobody to  
play with

you fall  
out with  
your friend

What makes you feel sad?



# Feeling Sad

This child is feeling sad.

What do you notice about his face?





# What Can You Do?

There are lots of things you can do if you are feeling sad.

Feeling sad is not a nice feeling, but tell yourself that this feeling will go away.

You could find a friend that makes you happy.

You could have some quiet time.

You could think about happy things or something that makes you smile.

You could use your words to say why you are sad.



# Time to Pair and Share

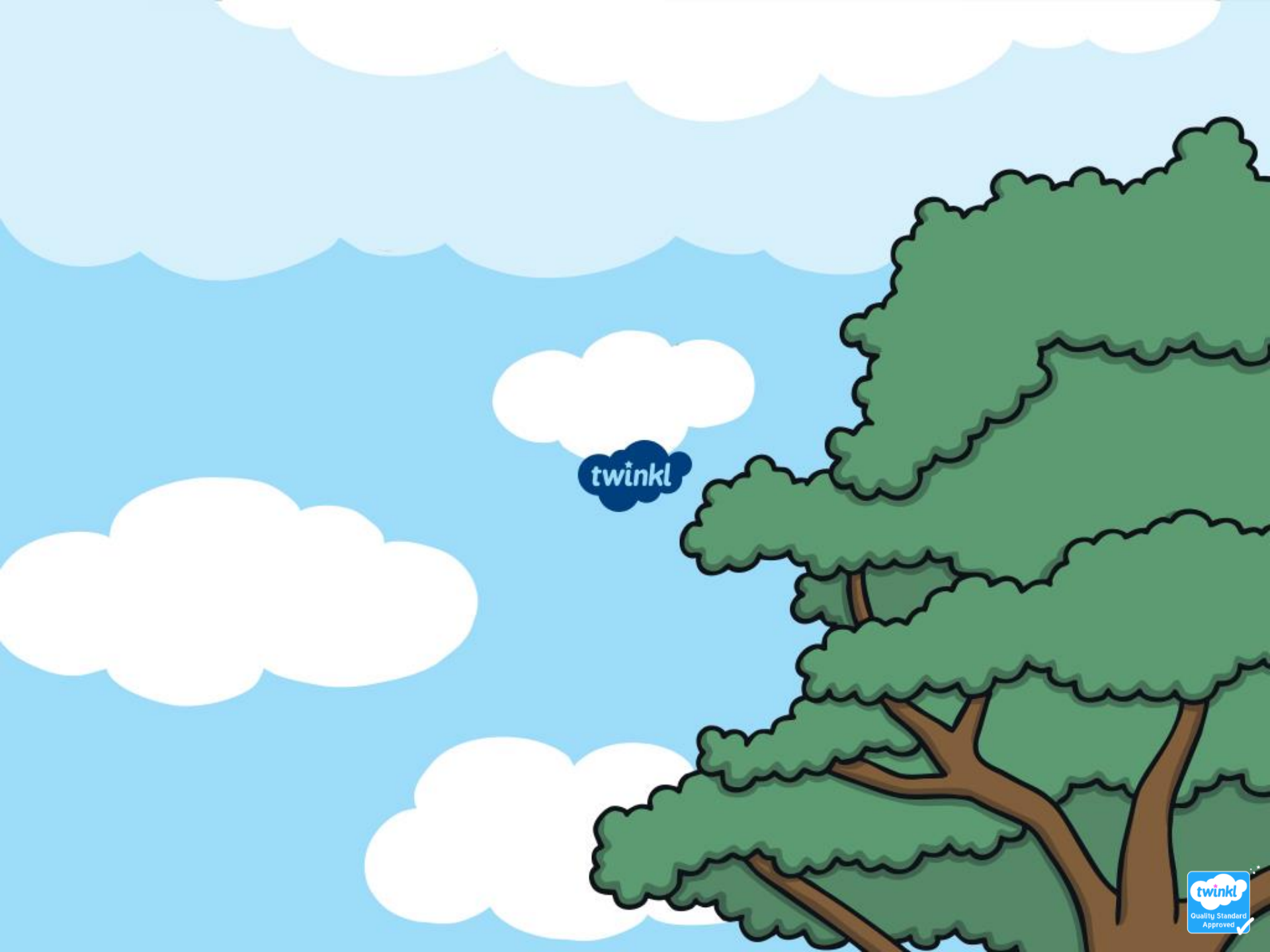
Turn to someone sitting near you.

Think about what makes you sad, then tell your friend.

Start with 'I feel sad when...'

I feel sad  
when...





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