

# What Can I Do When I'm Feeling Sad?

We all feel sad when something upsets us. There are lots of reasons why we feel sad it is a normal feeling; it can sometimes take a little time to go away.



Do star jumps until I am tired and out of breath.

Do something kind for another person.



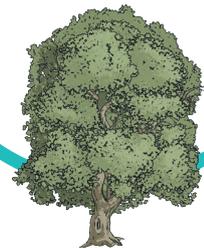
Find someone I like to cuddle and cuddle them for at least twenty seconds.



Draw a picture of my feelings.



Go into the garden and get some fresh air.



Find somewhere comfortable and have a really big cry to help get my sad feelings out.



Find someone who usually makes me happy and spend time with them.

