



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

It's normal to feel sad once in a while. Lots of things can make someone feel sad, like being left out, being called names, losing at something, or missing someone. A divorce or moving or other changes could make kids feel sad, too. But kids should remember that lots of things can make them feel better. If you're feeling sad, one of the best things to do is to talk about your feelings with a trusted adult. The discussion questions and activities in this Teacher's Guide will help your students learn ways to feel better when they're feeling down.

## Related KidsHealth Links

### Articles for Kids:

#### Why Am I So Sad?

[KidsHealth.org/kid/feeling/thought/sadness.html](http://KidsHealth.org/kid/feeling/thought/sadness.html)

#### Depression

[KidsHealth.org/kid/feeling/emotion/depression.html](http://KidsHealth.org/kid/feeling/emotion/depression.html)

#### Talking About Your Feelings

[KidsHealth.org/kid/feeling/thought/talk\\_feelings.html](http://KidsHealth.org/kid/feeling/thought/talk_feelings.html)

#### Talking to Your Parents

[KidsHealth.org/kid/feeling/emotion/talk\\_parents.html](http://KidsHealth.org/kid/feeling/emotion/talk_parents.html)

#### School Counselors

[KidsHealth.org/kid/feeling/school/school\\_counselors.html](http://KidsHealth.org/kid/feeling/school/school_counselors.html)

#### Going to a Psychologist, Psychiatrist, or Therapist

[KidsHealth.org/kid/feeling/emotion/going\\_to\\_therapist.html](http://KidsHealth.org/kid/feeling/emotion/going_to_therapist.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What kinds of things could make kids your age feel sad?
2. When kids feel sad, what do they do? How do they act? How can you tell if someone is sad?
3. What are some things kids can do to feel better when they're sad?
4. Who can you talk to when you're feeling sad?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Let's Talk About It

#### Objectives:

Students will:

- Learn that talking about how they feel can help ease sadness

#### Materials:

- KidsHealth articles, "Talking About Your Feelings," "Talking to Your Parents"
- "Let's Talk About It" handout

#### Class Time:

- 30 minutes

#### Activity:

Everyone feels sad now and then. If you're sad, talking about your feelings can help. When you tell someone how you feel and why, it helps you know that you're not alone in your sadness. It also lets other people know what you need. Saying how you feel helps you get ready to do something that puts you in a happier mood. Let's practice this by completing the "Let's Talk About It" handout. We'll help four kids say how they feel and what they can say and do to feel better.

#### Extension:

Did you ever have a pet or a loved one who died? Say how you felt, and what you did to cope with the sadness. Were there things you did to feel better? Were there people who helped you feel better? How? Draw a picture of something that helped you feel better.



## Feeling Better

### Objectives:

Students will:

- Identify situations that can make kids feel sad
- Learn things kids can do to help cope with sadness

### Materials:

- KidsHealth articles related to sadness, “Feeling Better” handout
- Pencil or pen, large chart paper

### Class Time:

- 1 hour

### Activity:

Everyone gets sad. When you’re in a sad mood, it may seem as if it will last forever. But feelings of sadness usually don’t last very long – often just a few minutes, or maybe a few hours. If you’re in a sad mood, there are lots of things you can do to feel better. Exercising and moving around can help relieve a sad mood because being active gets your brain to release chemicals called endorphins that make you feel happier. Listening to upbeat music is another way to help yourself get into a happier mood. Reading a good book, drawing, or playing can help put your mind on something other than what’s making you feel sad. Talking to a trusted adult and surrounding yourself with supportive people can make you feel cared about. Today, we’ll get into groups and complete the “Feeling Better” handout. Choose one letter from a sad kid to answer, and be sure to include at least two specific things the kid can do to try to feel better. Then we’ll share the letters we wrote, and I’ll write down things kids can do to feel better on chart paper and hang it in our classroom so we can all benefit from your suggestions.

### Extension:

Start a “Thankful Journal” and write down at least one thing every day that you’re thankful for or glad to have in your life.

## Reproducible Materials

#### Handout: Let’s Talk About It

[KidsHealth.org/classroom/3to5/problems/emotions/feeling\\_sad\\_handout1.pdf](https://www.kidshealth.org/classroom/3to5/problems/emotions/feeling_sad_handout1.pdf)

#### Handout: Feeling Better

[KidsHealth.org/classroom/3to5/problems/emotions/feeling\\_sad\\_handout2.pdf](https://www.kidshealth.org/classroom/3to5/problems/emotions/feeling_sad_handout2.pdf)

#### Quiz: Feeling Sad

[KidsHealth.org/classroom/3to5/problems/emotions/feeling\\_sad\\_quiz.pdf](https://www.kidshealth.org/classroom/3to5/problems/emotions/feeling_sad_quiz.pdf)

#### Answer Key: Feeling Sad

[KidsHealth.org/classroom/3to5/problems/emotions/feeling\\_sad\\_quiz\\_answers.pdf](https://www.kidshealth.org/classroom/3to5/problems/emotions/feeling_sad_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Let's Talk About It

Instructions: Alex's dog died. Ben misses his Mom. Christine is alone at recess. Donna's friend moved away. Show who each sentence is about by writing A, B, C, or D for Alex, Ben, Christine, or Donna.

### How I feel, and why

\_\_\_\_\_ I feel sad because my mom went on a business trip and I miss her.

\_\_\_\_\_ I feel sad because no one is playing with me at recess.

\_\_\_\_\_ I feel sad because my dog died.

\_\_\_\_\_ I feel sad because my best friend is moving away.

### What I can say to share how I feel

\_\_\_\_\_ "I really loved that dog – I'm so sad he died. I'm going to miss him every day."

\_\_\_\_\_ "I was all by myself at recess today. Then I asked if I could play, and they said yes."

\_\_\_\_\_ "Mom, I'm sad because Angie is moving away. What will I do without my best friend?"

\_\_\_\_\_ "Dad, I really miss Mom. It's lonely when she's away, isn't it?"

### What I can do to feel better

\_\_\_\_\_ I can play something by myself. Or I can ask the girls if I can play with them. Or I can help my teacher during recess.

\_\_\_\_\_ I can write and text her. We can visit each other. I can play with other friends.

\_\_\_\_\_ I can talk to Mom on the phone. I can do fun things with Dad while Mom's away. I can remind myself that Mom will be home next week.

\_\_\_\_\_ I can make a scrapbook of photos to remember him by. I can write down all the things I loved about my dog. I can keep his favorite leash in my room. I can go outside and play with my friends to get my mind on something fun.



Date: \_\_\_\_\_

Names: \_\_\_\_\_

## Feeling Better

Instructions: With your group, choose one of the letters from kids who are feeling sad. Then, on the next page, write a letter that includes some kind words and that gives the kid advice about what to do to feel better. You can get some ideas from the box below, or make up your own.

"My family moved during the school year and everyone in my class has a group of friends except me. I feel very alone and I don't even want to come to school anymore. I wished I never had to move!"

— Sam

"My parents got a divorce, so I live with my Dad on some days and with my Mom on other days. I feel sad because I miss the way things used to be when we all lived together. Will I ever feel better?"

— Dan

"My soccer team lost our playoff game. We lost by one goal, and I think I let all my teammates down because I'm the goalie. When I think of the goal I missed, I feel sad and also mad at myself for losing. I don't want to play soccer ever again!"

— Lisa

"My grandmother just died and I loved her so much. I keep thinking of all of the things we used to do together and cry a lot because I miss her. I am really sad. What can I do to feel happy again?"

— Sally

### Feeling sad? Try these things to feel better:

- Talk to a trusted adult about what's bothering you.
- Be around someone who understands and cares.
- Do something that puts you in a happy mood.
- Play your favorite sport.
- Exercise or be active — it helps you feel better!
- Listen to upbeat music.
- Ask a friend to play or hang out.
- Draw something colorful.
- Tell yourself encouraging things.
- Remind yourself of things you do well.
- Remind yourself about the fun times in your life.
- Write down three things that made you glad.
- Read a good book.
- Play with a pet.
- Help someone, or do something kind.
- Find something to laugh about.



Date: \_\_\_\_\_

Names: \_\_\_\_\_

Dear \_\_\_\_\_,

Sincerely,



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: It's normal for people to feel sad at times.
2. True or false: When you're sad, it's best to keep your feelings to yourself.
3. True or false: There are things kids can do to help themselves feel better if they're sad.
4. A deep, intense sadness that lasts a long time is called \_\_\_\_\_.
5. The special kind of sadness people feel when someone close dies is called \_\_\_\_\_.
6. Why is it a good idea to talk about your feelings with a trusted adult if you're sad? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Write two things you'll do to try to feel better the next time you're sad:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Quiz Answer Key

1. True or false: It's normal for people to feel sad at times.
2. True or false: When you're sad, it's best to keep your feelings to yourself.
3. True or false: There are things kids can do to help themselves feel better if they're sad.
4. A deep, intense sadness that lasts a long time is called depression.
5. The special kind of sadness people feel when someone close dies is called grief.
6. Why is it a good idea to talk about your feelings with a trusted adult if you're sad? Any of these: Someone who understands and cares about you can help. You don't feel alone. You feel supported. An adult can understand what you need. An adult can help you think of things to do to feel better. An adult can help you solve a problem, cope with a situation. Putting the feeling into words can help you feel better.
7. Write two things you'll do to try to feel better the next time you're sad:

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