



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 kind of sadness people feel when someone close dies is called _____.

Extra Credit:

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:

