



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 happy 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,