



Lesson 5: What To Do When You're Sad - Quiz

For each one, pick TRUE or FALSE:

1. It's best to ignore sad feelings and pretend you don't feel that way.
2. It's good to notice sad feelings and know how you feel and why.
3. If you get angry at yourself when you feel sad, it helps you snap out of it.
4. It's good to accept your feelings. It's OK to feel the way you feel.
5. It's good to put feelings into words and show feelings in ways that don't hurt anyone (including you!).
6. If you are sad, you can't help the way you act.
7. Kids can feel sad over big things or little things.
8. Sometimes sad feelings tell you there's a problem to work out.
9. It's best to keep sad feelings to yourself.
10. It's good to let someone know how you feel and why.
11. Sometimes you can get over sad feelings quickly.
12. It's OK if you are not ready to cheer up right away.
13. If you are sad, you need other people to tell you what to do.
14. If you are sad, someone can help by showing they understand and care.

TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE
TRUE	FALSE

Answers: 1. False, 2. True, 3. False, 4. True, 5. True, 6. False, 7. True, 8. True, 9. True, 10. True, 11. True, 12. True, 13. False, 14. True.