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