



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.