

## MINDING EMOTIONS

# FEELING SAD

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### TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will have the opportunity to explore their own emotions, as well as the different ways others manage theirs.

#### BEFORE READING

Talk to the reader about how sadness is a normal emotion.

**Discuss:** Does everyone feel sad sometimes? What does it feel like when you are sad? Do you think it feels the same or different for other people?

#### AFTER READING

Talk to the reader about ways to handle sadness.

**Discuss:** What makes you feel better when you are sad? Who can you talk with when you are feeling sad?

#### SEL GOAL

Studies show children who learn how to identify and discuss their feelings and emotions are more likely to perform better at school, have more successful relationships, and suffer less from anxiety when they reach adulthood. Help students start a feelings journal to better identify their own emotions. Encourage them to journal a few times a week to capture how they are feeling. Emotions can be documented through words, stories, drawings, or any other way that feels right to the child.

### GOALS AND TOOLS

#### GROW WITH GOALS

People can feel sad for many different reasons. You will feel unhappy sometimes. But there are many ways to help yourself feel better!

**Goal:** Start your own journal! Write about how you are feeling. No one else needs to read your notes. It can be private.

**Goal:** Try something new! The next time you feel sad, try a new activity. Maybe go to a quiet space and try something creative, like art. Creating something can help you feel less upset.

**Goal:** Talk about what makes you sad. Sharing how you feel is brave. It is sometimes hard to be honest. Talking about your feelings can feel good.

#### WRITING REFLECTION

Write down what it looks and feels like when you are sad.

1. Write down things that make you feel sad.
2. What does your mind and body feel like when you are sad?
3. How can you work through these feelings?



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