

# SADNESS

Sadness is a very powerful emotion. When someone expresses sadness, it encourages others to help. It is an important emotion that we must recognize in ourselves and others because it promotes kindness and empathy.



When sadness arises, you actually want to encourage your child to first find their Peaceful Spot. If they jump to happy right away it can be a temporary fix.

When your child feels Sadness, it's helpful to provide support.

## Try This:

It's okay to cry, I would be sad too.

Do you want to talk about it?

Do you want to draw or write how you feel?

Let's take a deep breath and find our peaceful spot.

Do you need a hug?

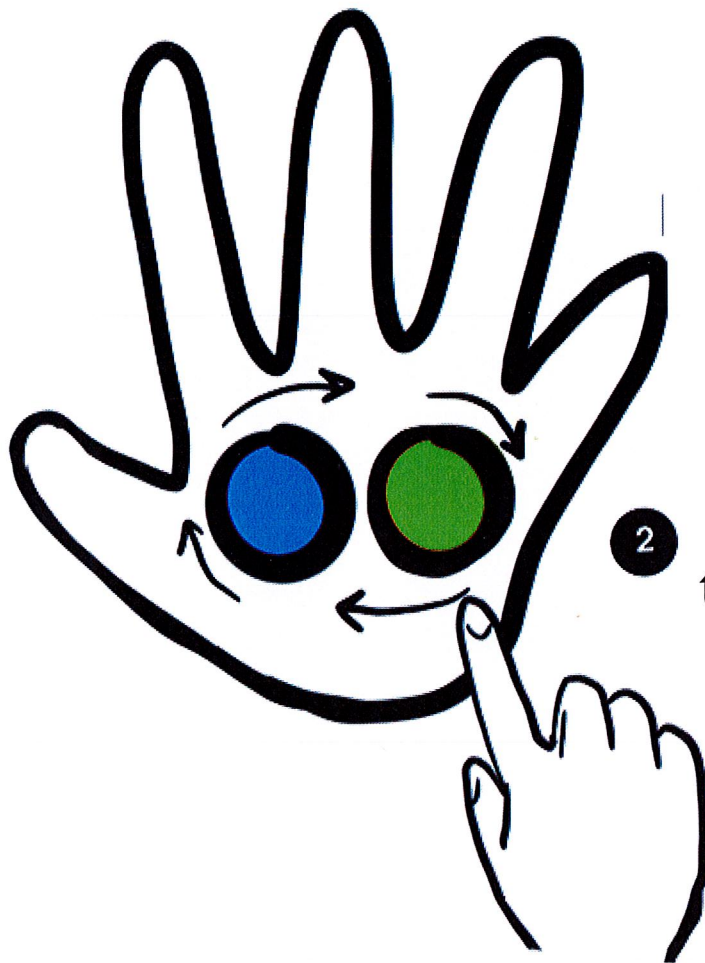
Let's make a photo collage, and talk about the good memories.

Remind your child that we all feel sadness. It's important to talk to someone who cares about you to help you through this emotion.



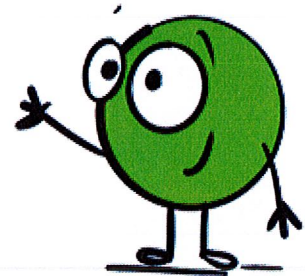
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Helping children remember to take deep breaths and focus when a Sadness SPOT shows up is important. This coping strategy incorporates counting and breathing. Guidance is also provided below:



1 Imagine two spots on your palm. One spot is blue, and one spot is green.

2 With your other hand, trace around the blue and green spots.



## Now Say:

CIRCLE THE SPOTS IN THE MIDDLE OF YOUR PALM, COUNT THE SWIRLS DOWN TO CALM. AROUND AND AROUND, AND AROUND TWICE MORE. ONE, THEN TWO, THEN THREE, THEN FOUR. EACH TIME YOU TRACE AROUND THE SPOTS, TAKE A DEEP BREATH TO CALM YOUR THOUGHTS.