

What Can I Do When I'm Feeling Sad?

We all feel sad when something upsets us. There are lots of reasons why we feel sad – it is a normal feeling. Sometimes, it can a while for the feeling to go away.

Below are some ideas that may help you deal with your sadness:

- Do star jumps until I am out of breath.
- Do something kind for another person.
- Find someone I love to hug and hug them for at least 20 seconds
- Draw a picture of my feelings
- Go into the garden or outside to get some fresh air.
- Find somewhere comfortable and have a really big cry to get the sad feelings out.
- Find someone who usually makes me happy and spend time with them.