

feeling SAD!



free spirit
PUBLISHING®

Kay Barnham

Illustrated by
Mike Gordon

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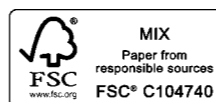
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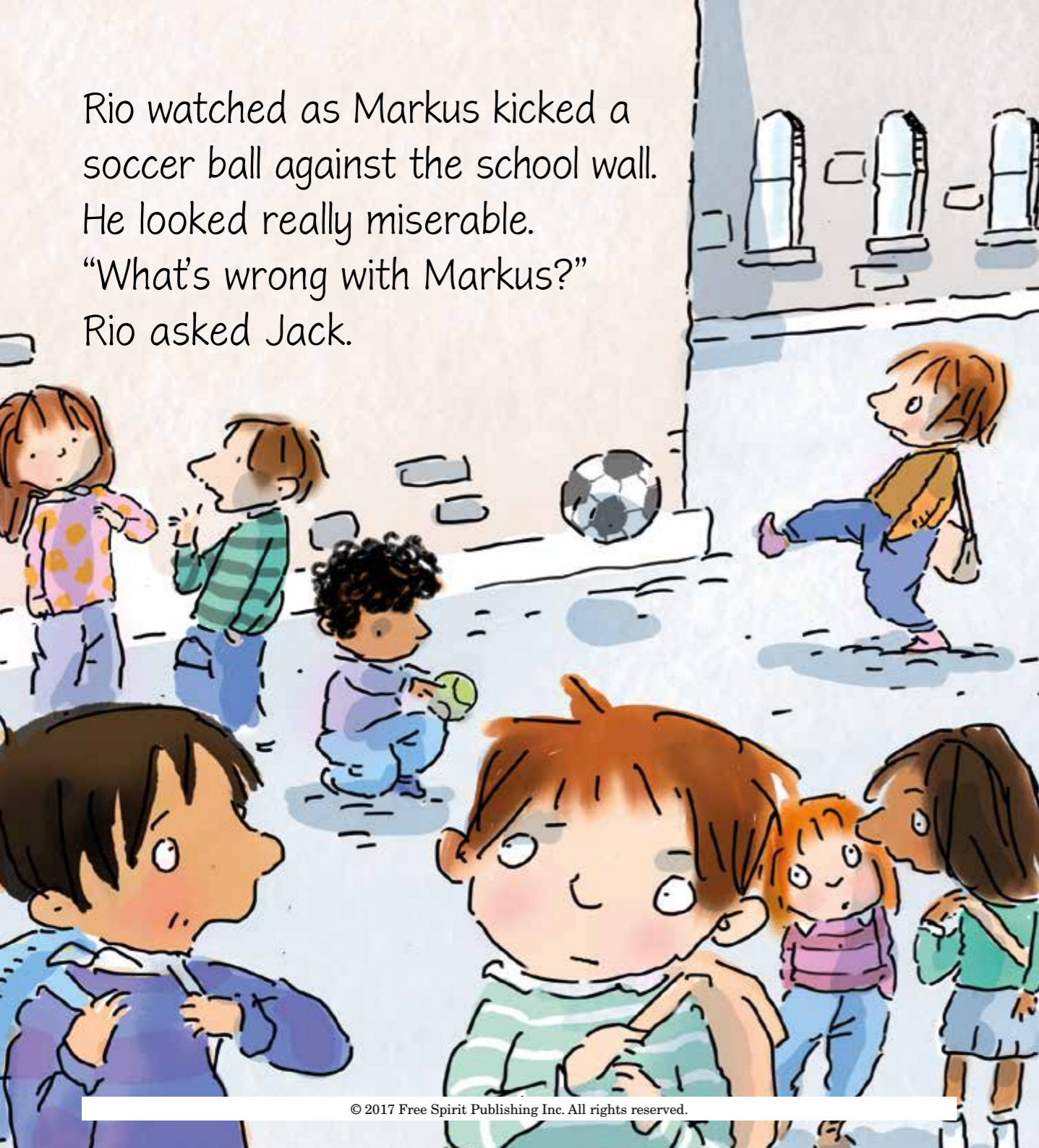


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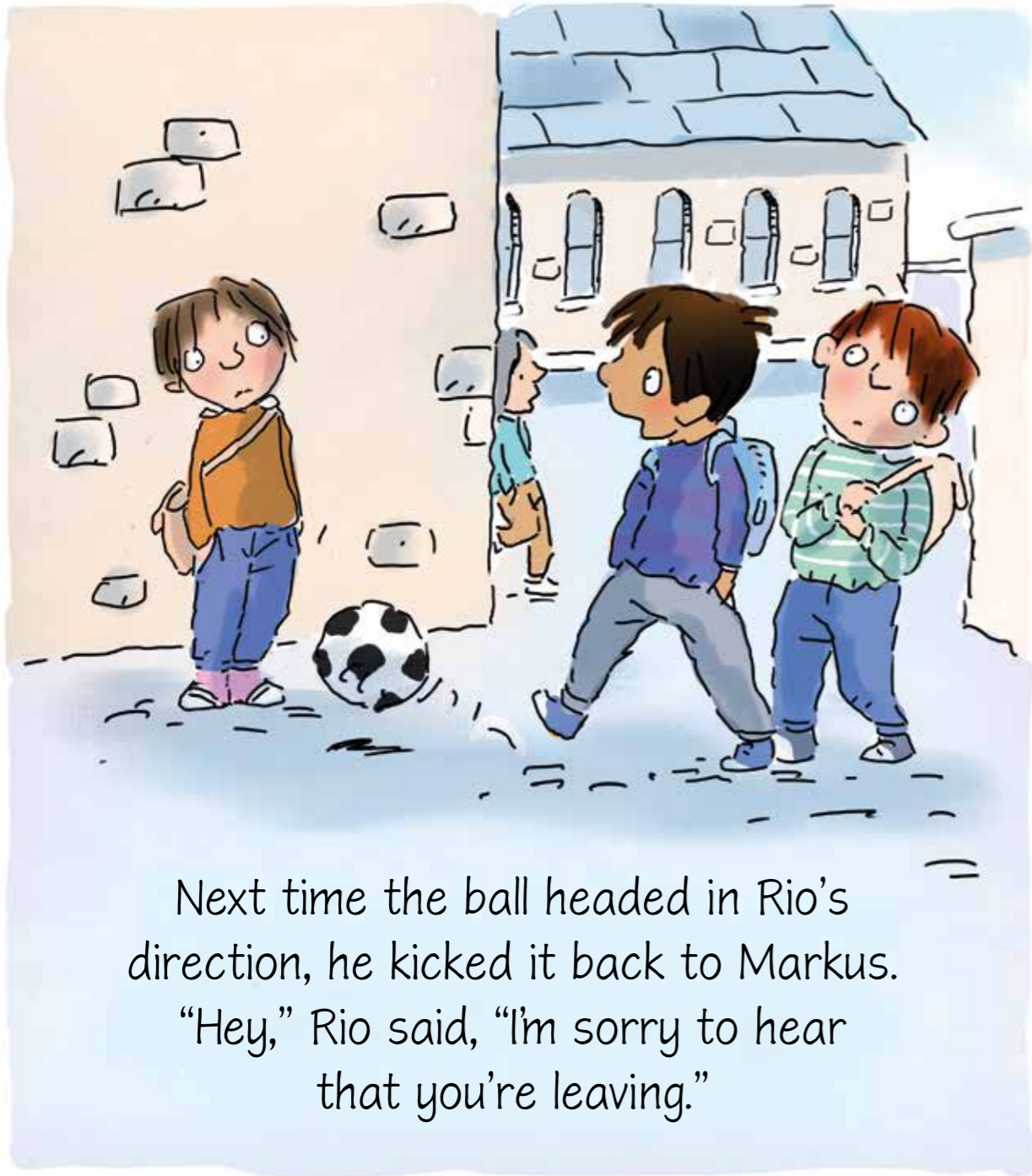
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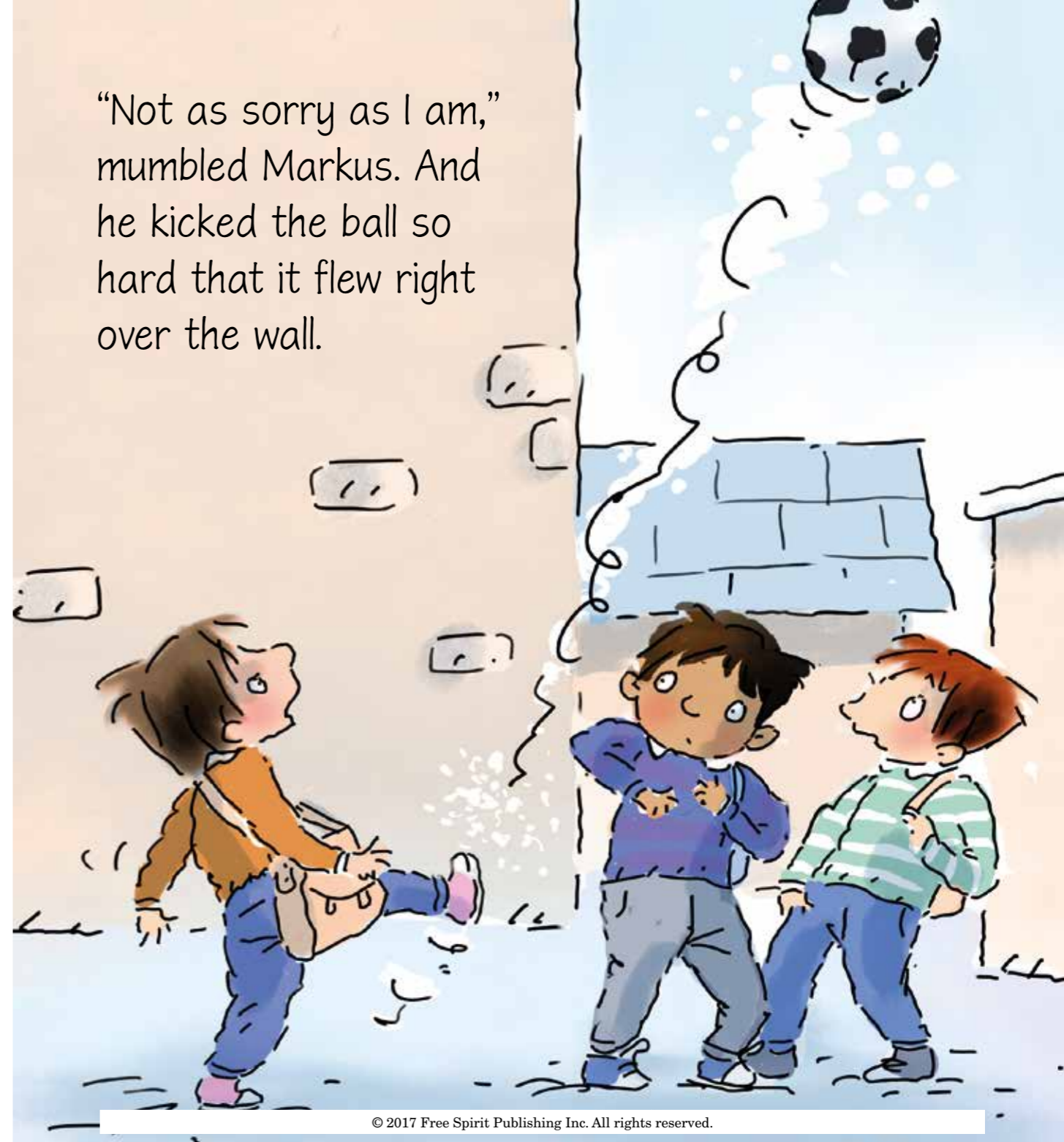
Rio watched as Markus kicked a soccer ball against the school wall. He looked really miserable. "What's wrong with Markus?" Rio asked Jack.



"Haven't you heard?" said Jack. "He's moving, which means he's changing schools. He's really upset about it." "Oh dear," said Rio, who liked Markus a lot. He decided to try and cheer him up.



Next time the ball headed in Rio's direction, he kicked it back to Markus. "Hey," Rio said, "I'm sorry to hear that you're leaving."



"Not as sorry as I am," mumbled Markus. And he kicked the ball so hard that it flew right over the wall.

NOTES FOR PARENTS AND TEACHERS

The aim of this book is to help children think about their feelings in an enjoyable, interactive way. Encourage kids to have fun pointing out details in the illustrations, making sound effects, and role playing. Here are more ideas for getting the most out of the book:

- ★ Encourage children to talk about their own feelings, if they feel comfortable doing so, either while you are reading the book or afterward. Here are some conversation prompts to try:
 - When are some times you feel sad? Why?
 - How do you stop feeling sad at those times?
 - Sometimes people aren't quite sure why they feel sad. What can you do if that happens?
 - This story talks about lots of things that people may feel sad about, such as moving to a new school, getting disappointing news, or missing someone. What other reasons can you think of? Now can you think of ways to cheer someone up?
- ★ Have children make face masks showing sad expressions. Ask them to explain how these faces show sadness.



- ★ Put on a feelings play! Ask groups of children to act out the different scenarios in the book. The children could use their face masks to show when they are sad in the play.
- ★ Have kids make colorful word clouds. They can start by writing the word *sad*, then add any related words they think of, such as *unhappy* or *tears*. Have children write their words using different colored pens, making the most important words the biggest, and less important words smaller.
- ★ Ask kids to draw pictures or write stories about what sadness feels like to them. Then have them draw pictures or write about times when they feel really happy.
- ★ Invite children to talk about the physical sensations that sadness can bring and where in their bodies they feel sadness. Then discuss things we can do when we're sad, such as talk to people who care about us.

For even more ideas to use with this series, download the free Everyday Feelings Leader's Guide at www.freespirit.com/leader.

Note: If a child is continually sad or acts out often due to sadness, seek help from a counselor, psychologist, or other health specialist.

