

Low Mood

Everyone feels sad sometimes. Feeling sad can make you feel like clouds are all over your sky and covering your sun. You might find it harder to do your normal things and you might feel like you don't have energy. It is important to recognize what makes us sad.

Colour each cloud that makes you feel sad.

I am not allowed to do something I really want to.

Someone is upset with me.

Nobody cares about me.

I am not treated fairly.

Someone shouted at me.

Something is going wrong.

My family members argued.

Someone ignored me.

I am away from someone I care about.

Someone is mean to me.

I lost something.

Someone lied to me.

Now can you think of what would help you start feel better? What would help to get rid of the clouds and let the sun come out?

Type inside the suns what could help make you feel better.

