

Feeling Sad, Things that Make You Sad or Lonely, When You Are Sad or Lonely

ACTIVITY BOOK: Pages: 10-11-12



Officer Script:

***Note to Officer; Show compassion to any student responses. Serious issues can be direct student to speak with the teacher who can help them feel better.**

Hi Kids!

It's great to be here with you. I see a lot of happy faces.

There's so many things that can make you happy, like good friends, nice teachers, going somewhere special, playing games. But there's also some things that can make you Sad or Lonely. Today we're going to talk about what to do when you feel this way. I'm going to share with you Coping Tools for Feeling Happy."

By thinking and talking about your sad and lonely feelings, you can learn how to manage those feelings and feel better.

I want to share my feelings about one time when I was sad (or felt lonely).....

(you share something in your life. Possible scenarios to share with the kids: I was bullied, or I was new to a school and had no friends.....)

Let's talk about some things that could make you sad or lonely.

- Kids won't eat lunch with you
- Kids didn't let you play with them

- You don't have friends
- Kids are mean to you, or laugh at you

Raise your hands if this has happened to you.

Can you share with us what happened? We don't want you to give a specific name of someone, just tell us what happened that made you feel sad or lonely. *(show compassion to responses)*

When you are feeling really sad you may have trouble sleeping, you may want to be alone, you may not feel like eating...

Other things that can make you sad or lonely may be:

- Your mom and dad yells at YOU all the time
- Your mom and dad fight with each other a lot
- There is no one to play with where you live
- Someone in your family died or is very sick
- You have been bullied at school

Have you felt sad or lonely this week at home, at school, or with your friends ?

(Wait and respond. Show compassion, I understand that is very difficult, I understand how you feel...)

Is there something that makes you sad or lonely a lot of the time?

(Show sensitivity. On serious subjects, you can always have the child discuss further with their teacher).

If any of these things happen to you, and, you feel sad or lonely, Rocket has some coping tools that can help you feel happy and calm. ..to help you feel better.

You can hug a pet or stuffed animal. (Make motions like you are hugging)

You can build with blocks. (Make building motion)

You can talk to a friend or family member. (Point to mouth)

You can listen to music. (Cup hand on ear)

You can look at pictures. (Put hands like binoculars)
You can even color or draw!

If you are still feeling sad and lonely after trying these coping tools, be sure and **share your feelings with an adult you trust**. They can help you feel better. Remember, all of us can feel sad and lonely at some time. *Even me. Even Rocket*. But we have some great coping tools that can help you feel better. And, always share your feelings.

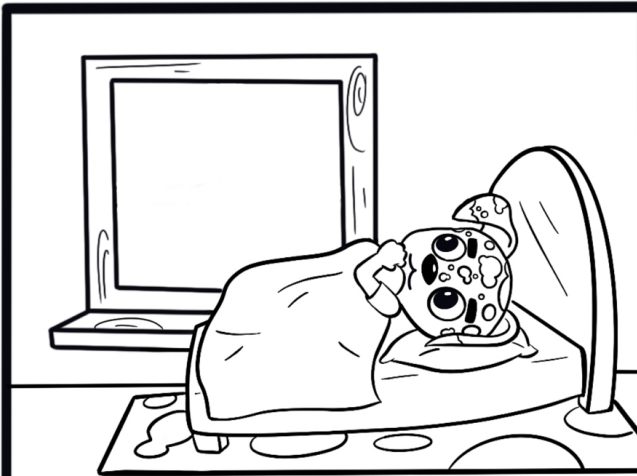
Before I leave Let's do the Rocket Feelings Promise,
raise your hand and repeat after me:

I promise
To Manage my Feelings
To Share My Feelings
So I can do my best every day!

I care about YOU and your feelings too!
That's great.
You've been a great class. Have a happy day. See you soon.

FEELING SAD

Sometimes you are sad and it won't go away. You may not even feel like eating. If you become really sad, talk to an adult you trust.



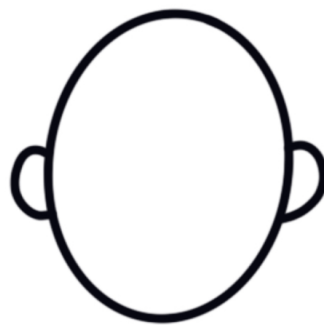
You may have trouble sleeping. Draw a moon to show it is late.



You may want to be alone. Write what you might say if you want to be alone.



Mad



Sad

You may feel mad or sad about small things. Finish drawing the faces to show what "mad" and "sad" look like.

THINGS THAT MAKE YOU SAD OR LONELY

You can feel sad or lonely for many reasons. If you know the thing that makes you sad or lonely, you can talk to an adult to help you find the tools to deal with it.

I get sad or lonely when

This happens...

A lot

Sometimes

Draw a picture of when you were sad or lonely.

Complete the journal entries to write or draw the times when you felt sad or lonely. Then, circle whether this happens to you sometimes or a lot.

WHEN YOU'RE SAD or LONELY...

When you feel sad or lonely, there are tools that can help you feel better. If you feel sad or lonely and it won't go away, talk to an adult you trust.

Across

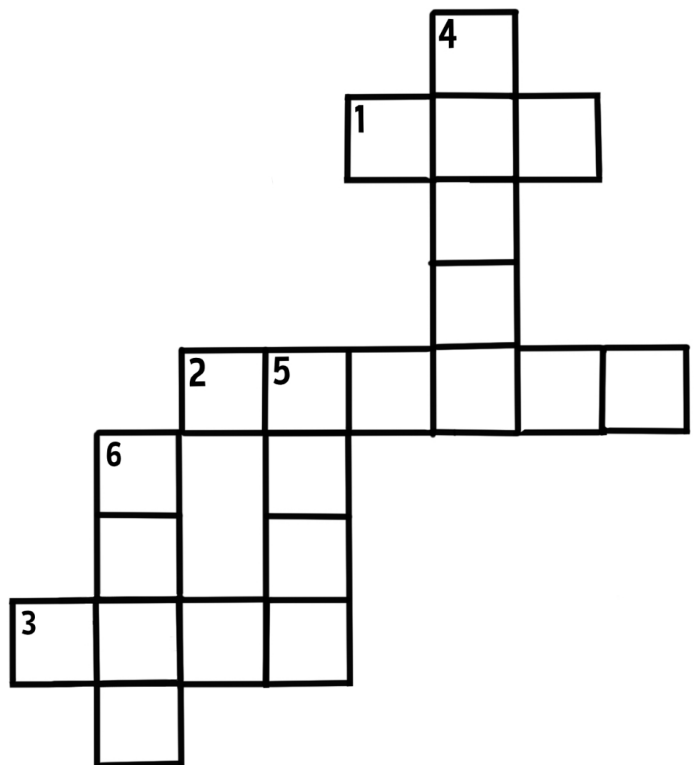
1. ___ a pet or stuffed animal.
2. Build with _____.
3. _____ to a friend or family member.

Down

4. Listen to _____.
5. _____ at pictures.
6. Color or _____

WORD BANK

music	draw
hug	look
blocks	talk



Use the clues and word bank to help you fill in the words on the crossword puzzle to find out what tools can help you feel better .



Congratulations!



For Completing the lesson

Feeling Sad, Things that Make You Sad
or Lonely, When You are Sad or Lonely



You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature **Rocket**  _____ Date _____