



# Topics to teach: Feeling Sad; Things That Make You Sad or Lonely; When You Are Sad or Lonely

Lesson: Activity Book, Pages 10,11,12

Length of lesson: 30 min

**Goal:** Teach students to recognize things that make them sad and lonely, and understand coping tools.

## Objectives:

- Understand that feeling sad is a normal emotion
- Recognize patterns of when you feel sad and lonely
- Practice coping skills for when you are sad or lonely

## Vocabulary:

*Discuss these terms prior to the lesson:*

Sad. Lonely

Coping Tools

## Materials:

1. "I Can" statement printed and cut out
2. Finding Feelings Activity book - Pages 10,11,&12
3. Pencils, crayons, and scissors
4. (Optional) Projection of lesson

## "I Can" statement:

*Display and read the "I Can" statements before and after lesson delivery.*

I can tell when I am sad  
I can tell things that make me sad or lonely.  
I can use tools to help me when I am sad or lonely.

## Attention Grabber

Tell the students to listen very carefully to the story about Rocket.

It was time for the big spring musical at Rocket's school. All week his class was excitedly talking about which parts they tried out for and what they might get to play! When the list came out, many of his friends were very excited, but one friend walked away from this list with his eyes down. His shoulders were slumped over. He sat by himself the rest of class. At lunch, he seemed to act the same way. "Hey," said Rocket. "You seem sad, do you want to talk about anything?" "Well... I really wanted to play the hero in the play, but I got a different part. I guess I am kind of sad about it. I didn't even eat my lunch." "When I'm sad I like to talk while I draw and color," said Rocket. "Wow- you get sad?" Asked Rocket's friend. "Of course!" Said Rocket. There's nothing wrong with being sad. Everyone gets sad sometimes!" Rocket and his friend drew and colored while they talked during recess. Rocket even saw his friend smile a few times while they helped each other with silly pictures.

*What did Rocket notice as clues to how the boy was feeling? (Shoulders dropped down, sat by himself, eyes were down)*

-2nd grade: Why might drawing and coloring be a helpful coping tool for some people? (You get to relax and focus, create, let your mind wander to something else, etc.)



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Lesson: Activity Book, Pages 10,11,12

## Lesson

There are so many things that can make you happy: like good friends, nice teachers, going somewhere special, and playing games. But there are 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.

By talking about your sad and lonely feelings, you can learn how to manage those feelings and even start to feel better! Feeling sad is a normal, healthy emotion. Everyone feels sad sometimes, even Rocket... and me! (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: (ask for input, use suggestions as prompts when needed) You don't have anyone to eat lunch with, you moved to a new school, you got in trouble at school, you missed the big basket in your basketball game, you got a bad grade on your test.

When you are feeling really sad, you may have trouble sleeping, you may want to be alone, or you may not feel like eating. If this is happening and it won't go away, you need to talk to an adult you trust.

Have you felt sad or lonely this week at home, at school, or with your friends? (Wait and respond)  
Is there something that makes you sad or lonely a lot of the time?

If any of these things happen to you, and, you feel sad or lonely, Rocket has some coping tools that can help you start to feel happy and calm. 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! (Complete pages 10,11, and 12 in the Finding Feelings Activity Book)

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!

## Extended Thinking

- What coping tool have you used before when you were sad?
- What is one coping tool you want to try next time you feel lonely?
- What should you do if you feel very sad or lonely for a long time? (Tell an adult you trust)

2nd Grade: How is it helpful to know what things make you sad or lonely on a regular basis?

## Standards

CASEL Competency: Self Awareness

K.G.1 Correctly name shapes regardless of their orientations or overall size.

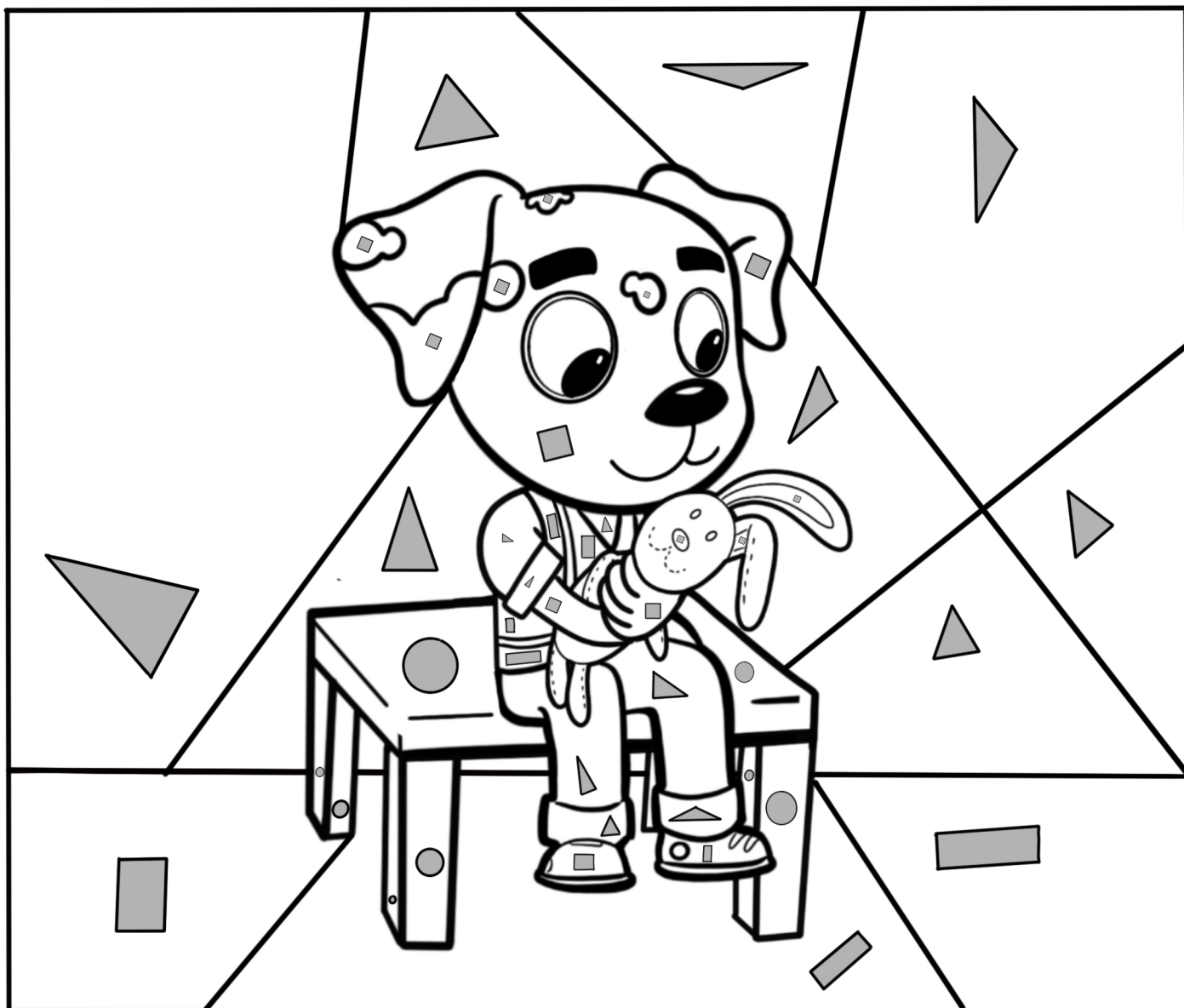
1.G.1 Distinguish between defining attributes (e.g. triangles are closed and three-sided) versus non-defining attributes (e.g., color, orientation, overall size,); build and draw shapes to possess defining attributes.

2.G.1 Recognize and draw shapes having specified attributes, such as a given number of angles or a given number of equal faces. Identify triangles, quadrilaterals, pentagons, hexagons, and cubes.



# Finding Feelings

When you are sad or lonely, hugging a stuffed animal or coloring can be helpful coping tools. Use the key to COLOR Rocket hugging his stuffed animal.



## KEY

Squares- Red

Circles- brown

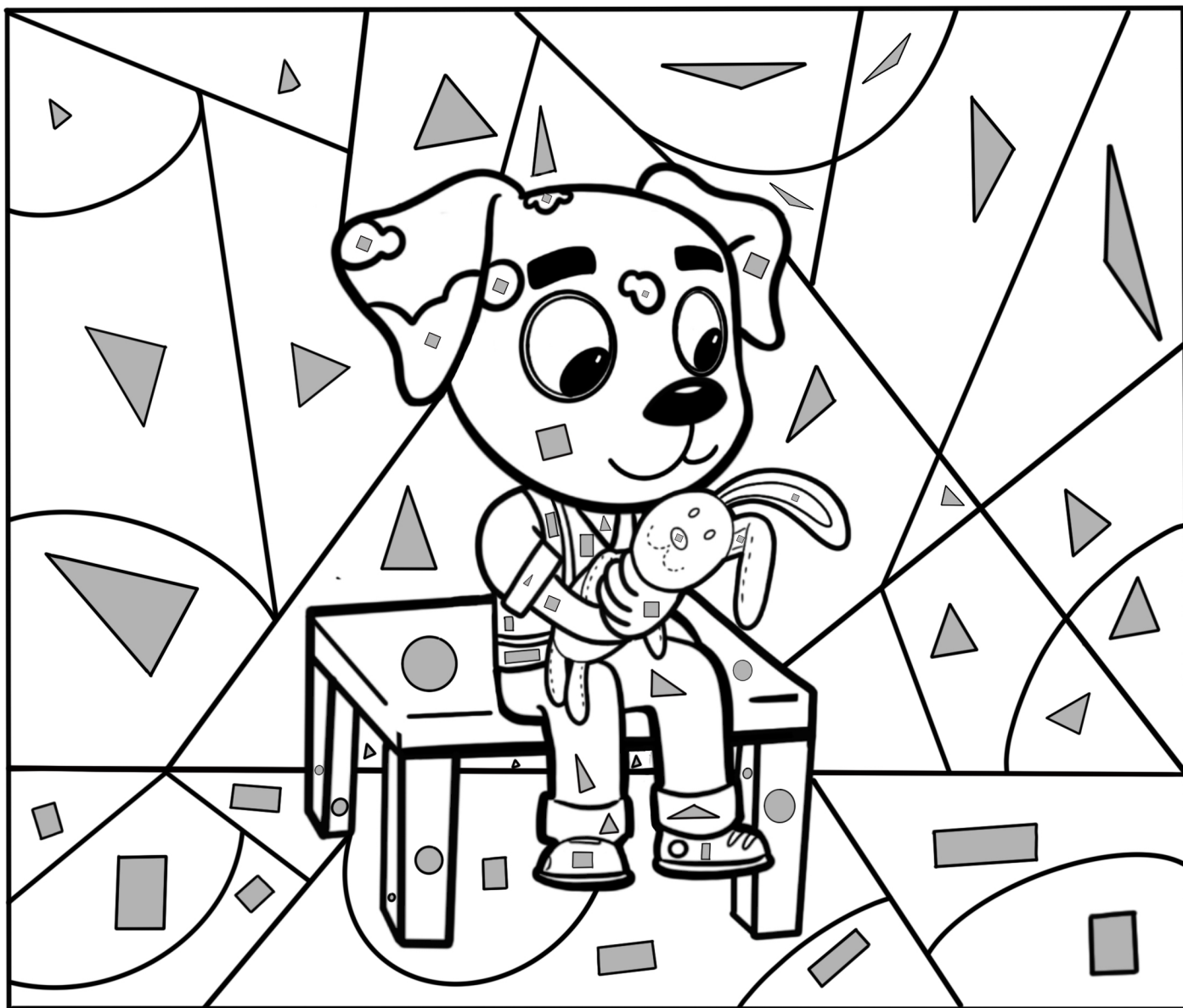
Triangles- blue

Rectangles- yellow



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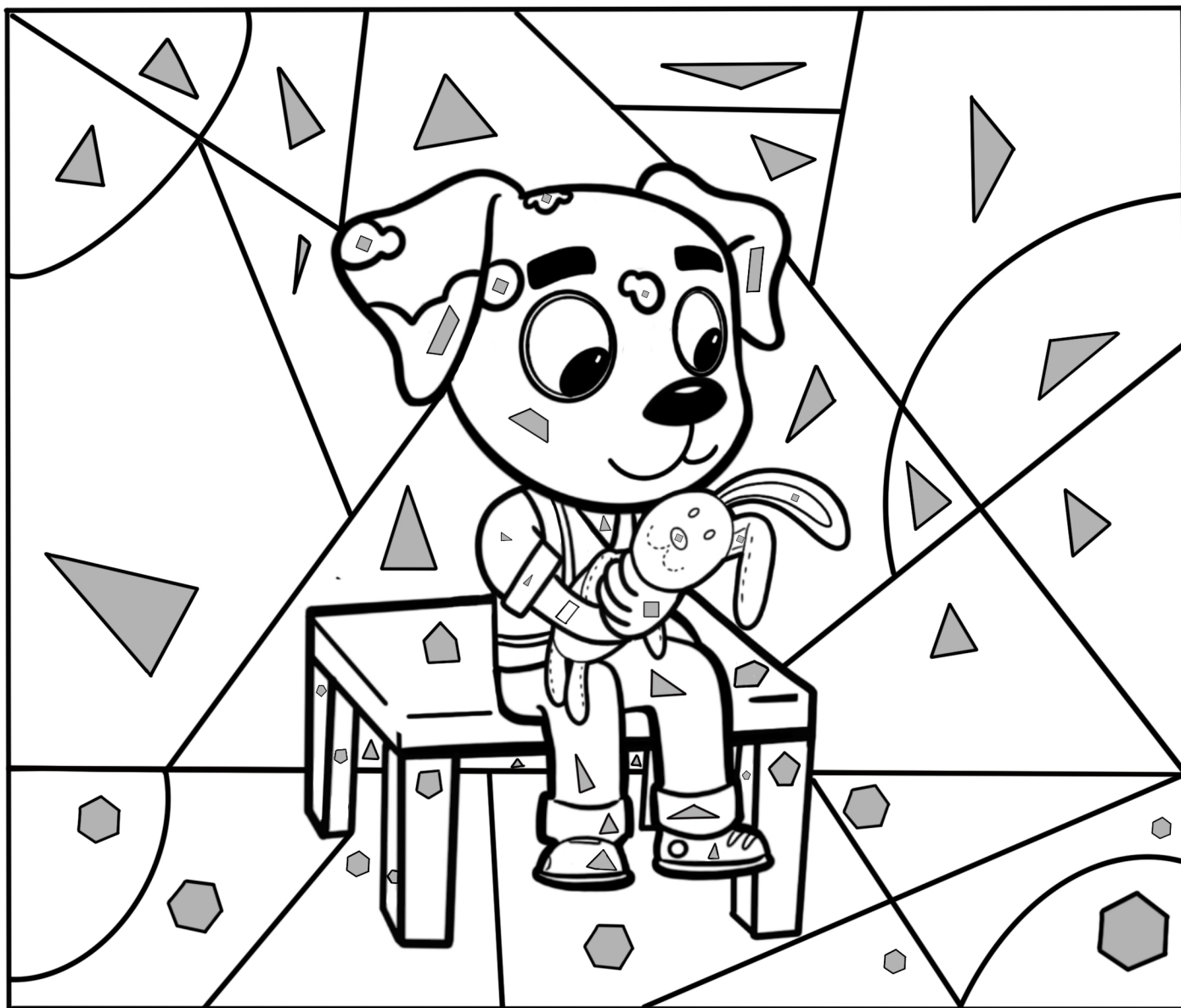
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**KEY**    Quadrilaterals- Red    Pentagons- brown  
             Triangles- blue       Hexagons- yellow



I can tell when I  
am sad.

## VOCABULARY



Sad  
Lonely

Coping tools

# Congratulations!

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**For Completing the lesson**

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

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**You're a Rocket Finding Feelings  
Super Star!**

**Instructor signature** \_\_\_\_\_

**Signature** Rocket  **Date** \_\_\_\_\_