

Worksheet on SAD Feelings# 2.2



7# Draw a picture of a SAD person or a Face of a SAD person-

6 # Write Three things You Can do to Feel better when you are SAD:

1.
2.
3.

5 # Write about the last time- when your were SAD :

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For more help see the article <http://www.self-esteem-tips.com/self-esteem-for-kids/free-printable-kid-worksheets/>

#1 Try to Tick mark-
What you Think- SADNESS is...?
 Positive Feeling Negative Feeling Neutral Feeling

#2 Try to Tick mark-
When you feel SAD...?
 All the Time Frequently Never Hardly Ever Sometimes

#3 Write Three things –That make you SAD:

1.
2.
3.

#4 Write Three things- You do when You are SAD :

1.
2.
3.

Your name-
Date -