



### CHILD'S THOUGHTS

### FAMILY THOUGHTS

What kinds of things make you feel Sad?

---

---

What kinds of things make you feel Sad?

---

---

What does your body feel like when you are feeling Sad?

---

---

What does your body feel like when you are feeling Sad?

---

---

What could you do to help make yourself feel better?

---

---

What could you do to help make yourself feel better?

---

---