

Have a chat with your grown-up...

What is sadness?

What is happiness?

What makes you sad?

When you're sad, what makes
you happy again?

Talk to your grown-up. Can you think of a time when you felt sad. Can you write a sentence explaining what happened on your job?

Think about what helped you to feel happier again. Can you write a sentence on your job?

Can you draw a picture of what made you feel sad and what helped you to feel happier again.