

Meet Sad



Sad is a gentle blue raindrop with a tender heart. Sometimes, you might see a tear rolling down their cheek. Sad helps us understand that it's okay to feel down sometimes and that expressing our sadness can make us feel better. Sadness, like rain, can be cleansing and necessary for growth. Sad shows us that showing our feelings, rather than hiding them, is a strength.

Sadness can deepen our empathy, helping us connect with others who might also be feeling down. Sad can help you process your emotions, making room for joy and other feelings to shine.

Tips when feeling sad.. remember:

- ◆ It's okay to cry. Tears can help wash away your worries.
- ◆ Talk to someone you trust about your feelings. Sharing can make you feel better.
- ◆ Draw or write about what's making you sad to help you understand your emotions.
- ◆ Remember that sadness doesn't last forever. Happy days will come again.
- ◆ Do something kind for yourself or others. It can lift your spirits.