

ACTIVITY FOR CHILDREN

1 Name 5 times you felt sad and why.

--	--	--	--	--

2 Try to think about what made you cheer up those days.

3 List 5 activities that you now know you can do to cheer up the next time you are sad.

4 Draw them in the boxes:

--	--	--	--	--

NOTES FOR PARENTS (AFTER ACTIVITY)

1. Gather information about what makes them sad.
2. Try to create conversations about those moments in a helpful, warm way.



COMIC 3 | June 2023
Talking About it Makes Us Stronger

Sad is not bad



tamusproject.eu



This work is licensed under a Creative Commons Attribution 4.0 International License



Co-funded by the European Union

The European Commission's support of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission can not be held responsible for any use which may be made of the information therein.

Project Number: 2021-1-IE01-KA220-ADU-000035273



1

Oh Liam! Is everything ok?

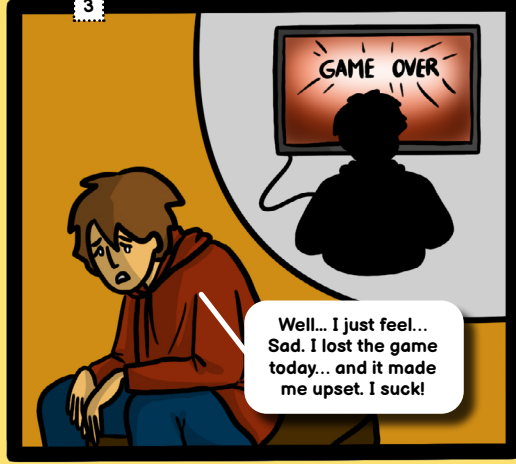
No... I feel **sad**. And I don't want to talk about it!



2

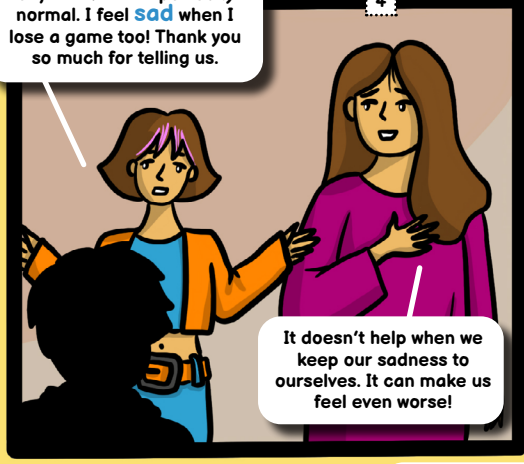
It's ok to feel sad... You can talk to us about it

Yes Liam... Talking about your feelings will make you feel better.



3

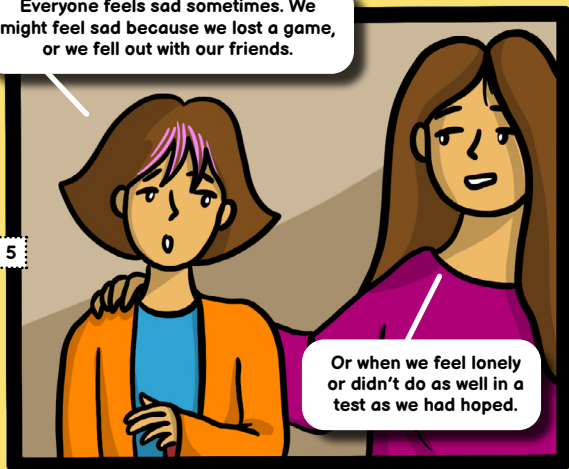
Well... I just feel... Sad. I lost the game today... and it made me upset. I suck!



4

Oh, Liam! That's perfectly normal. I feel **sad** when I lose a game too! Thank you so much for telling us.

It doesn't help when we keep our sadness to ourselves. It can make us feel even worse!



5

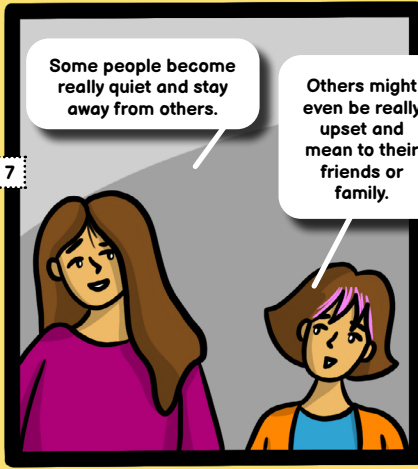
Everyone feels sad sometimes. We might feel sad because we lost a game, or we fell out with our friends.

Or when we feel lonely or didn't do as well in a test as we had hoped.



6

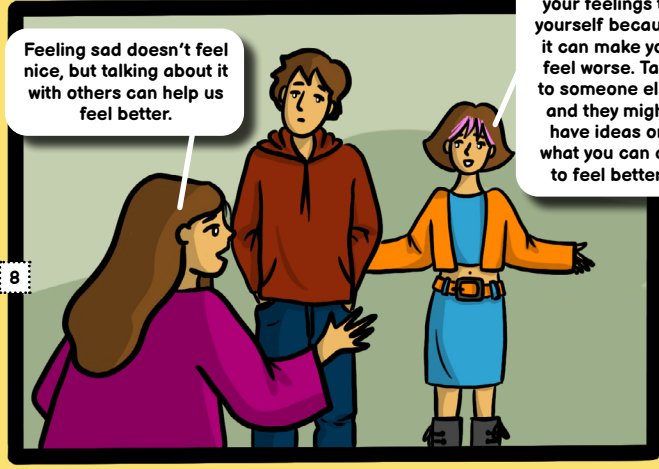
When we feel sad, we might not feel good about ourselves. We might try to keep it a secret and hide it from everyone else.



7

Some people become really quiet and stay away from others.

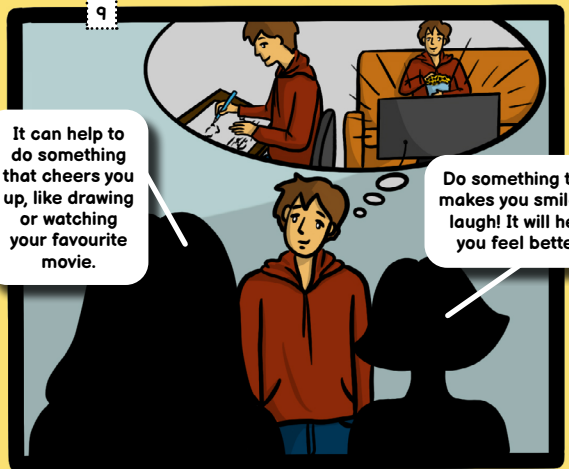
Others might even be really upset and mean to their friends or family.



8

Feeling sad doesn't feel nice, but talking about it with others can help us feel better.

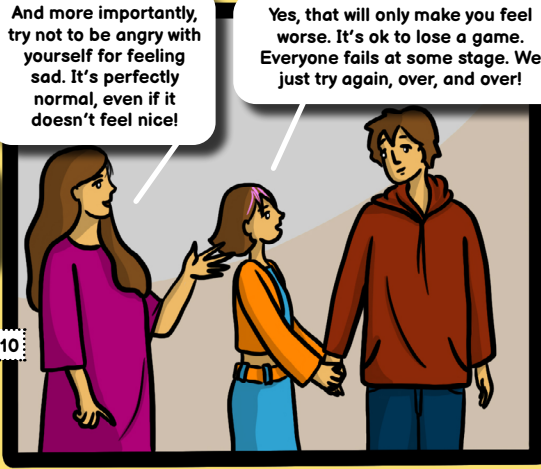
Try not to keep your feelings to yourself because it can make you feel worse. Talk to someone else and they might have ideas on what you can do to feel better.



9

It can help to do something that cheers you up, like drawing or watching your favourite movie.

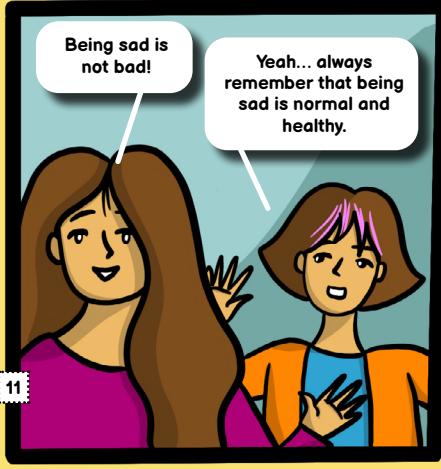
Do something that makes you smile or laugh! It will help you feel better.



10

And more importantly, try not to be angry with yourself for feeling sad. It's perfectly normal, even if it doesn't feel nice!

Yes, that will only make you feel worse. It's ok to lose a game. Everyone fails at some stage. We just try again, over, and over!



11

Being sad is not bad!

Yeah... always remember that being sad is normal and healthy.



12

We're always here if you want to talk. Even if we are your annoying big sisters!

Mmm... I guess you're both right... Just talking about it with you both has made me feel better already. Thanks.