

Name: _____



WHEN I FEEL SAD — WHAT HELPS?

DRAW THINGS THAT HELP YOU WHEN YOU FEEL SAD.

SOMETHING I LIKE TO HUG
WHEN I AM SAD.

A large, empty rectangular box with a thick black border, intended for drawing something that helps when feeling sad.

SOMEONE WHO HELPS ME
WHEN I AM SAD.

A large, empty rectangular box with a thick black border, intended for drawing someone who helps when feeling sad.

WRITE NAME: _____

A PLACE THAT MAKES
ME FEEL SAFE.

A large, empty rectangular box with a thick black border, intended for drawing a place that makes one feel safe.

SOMETHING HAPPY
I THINK ABOUT.

A large, empty rectangular box with a thick black border, intended for drawing something happy to think about.

