

# It's Okay to Be Sad

When I'm sad I can...

This will make me feel happier.



go for a walk



draw a picture



lie on the bean bags



listen to some music



talk to someone



go outside for some fresh air



do something kind for another person



play a game



star jumps



hug a teddy



play with a friend



dance



sing your favourite song



tell some jokes



read a book