

Sad

Level: Pre-K, K, 1, 2

Category: Emotions Activity Book

Topics: Social Development, Emotional Awareness, Self Analysis

Materials: Paper, pencil, glue, scissors



Students follow directions on each worksheet.

Craft: Student draw their own emojis.

Game: Print pairs of emojis and tape on students' backs, have them find their match then sign the emotions.

Idea: Invite the school counselor to talk about how to deal with being sad.

Example

My Emotions: Sad to Happy

Directions: Sometimes things happen that make you feel sad. Draw and write a sentence to give each scenario a happy ending.

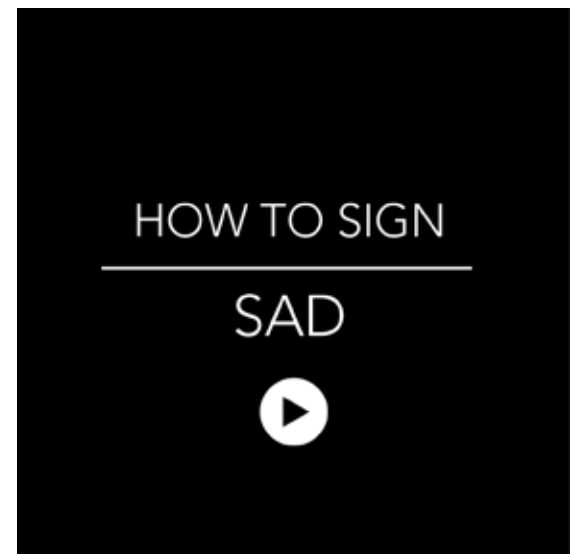
Scenario 1: You have to get rid of your favorite old shoes. (Illustration of old shoes)

Scenario 2: My art paper ripped. (Illustration of a person with a torn piece of paper)

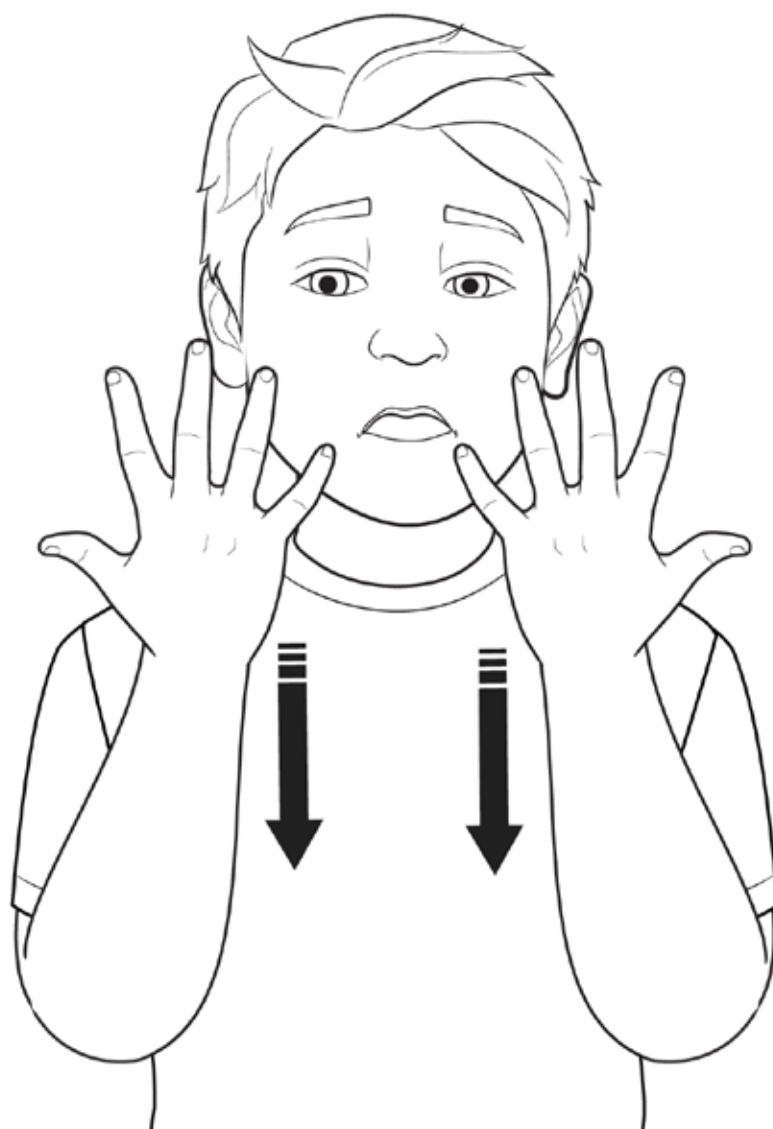
Scenario 3: ? (Illustration of a person with a question mark)

Sign Instructions: Move hands down slightly. Move up and off chest to.

ASLTeachingResources.com/Dictionary



Sad



Move hands down slightly.

Name _____

Date _____

My Emotions: Sad to Happy

Directions: Sometimes things happen that make you feel sad. Draw and write a sentence to give each scenario a happy ending.



Move hands down slightly.

Sad



You have to get rid
of your favorite old
shoes.



Move up and off chest 2x.

Happy

I get a new
pair of shoes.



Move hands down slightly.

Sad

My art paper ripped.



Move up and off chest 2x.

Happy

Name _____

Date _____

My Emotions: Sad to Happy

Directions: Sometimes things happen that make you feel sad. Draw and write a sentence to give each scenario a happy ending.



Move hands down slightly.

**You can't go outside
because it's raining.**

Sad



Move up and off chest 2x.

Happy



Move hands down slightly.

I dropped my ice cream.

Sad



Move up and off chest 2x.

Happy

Name _____

Date _____

My Emotions: Sad

Directions: What helps you feel better when you're sad? Cut and glue the words into the appropriate boxes.

**Yes, this helps
me feel better.**

**I'm not sure if this
would help me feel better.**

**No, this does not
help me feel better.**



Bend at wrist up and down.

?



Two fingers touch thumb.

Hug

Art

Snuggle
with my pet

Music

Cry

Talk to
someone

Alone time

Play outside

TV

Sleep

Play
a game

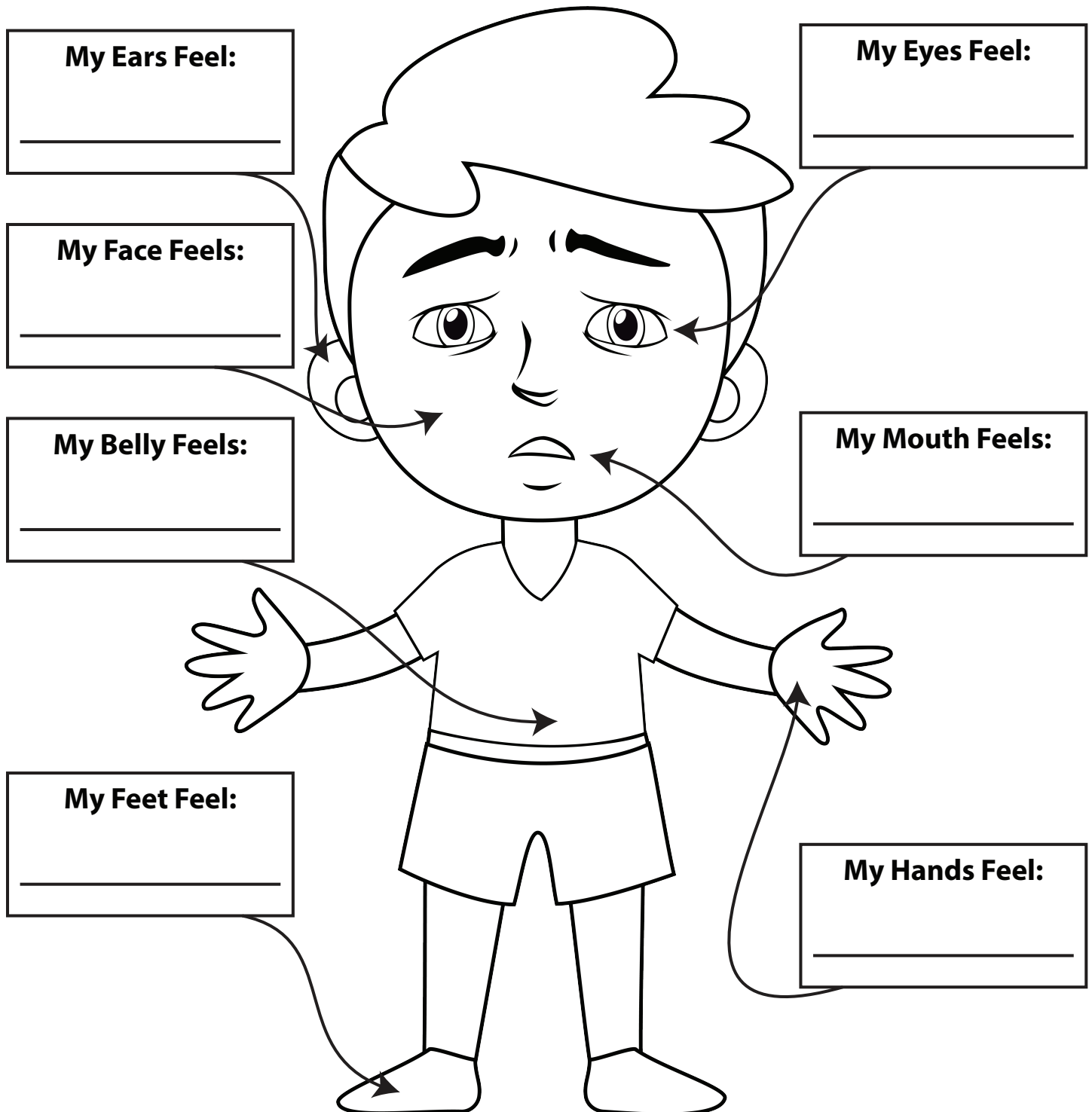
Take
a breath

Name _____

Date _____

How Sad Feels!

Describe how different parts of your body feel when you get sad.

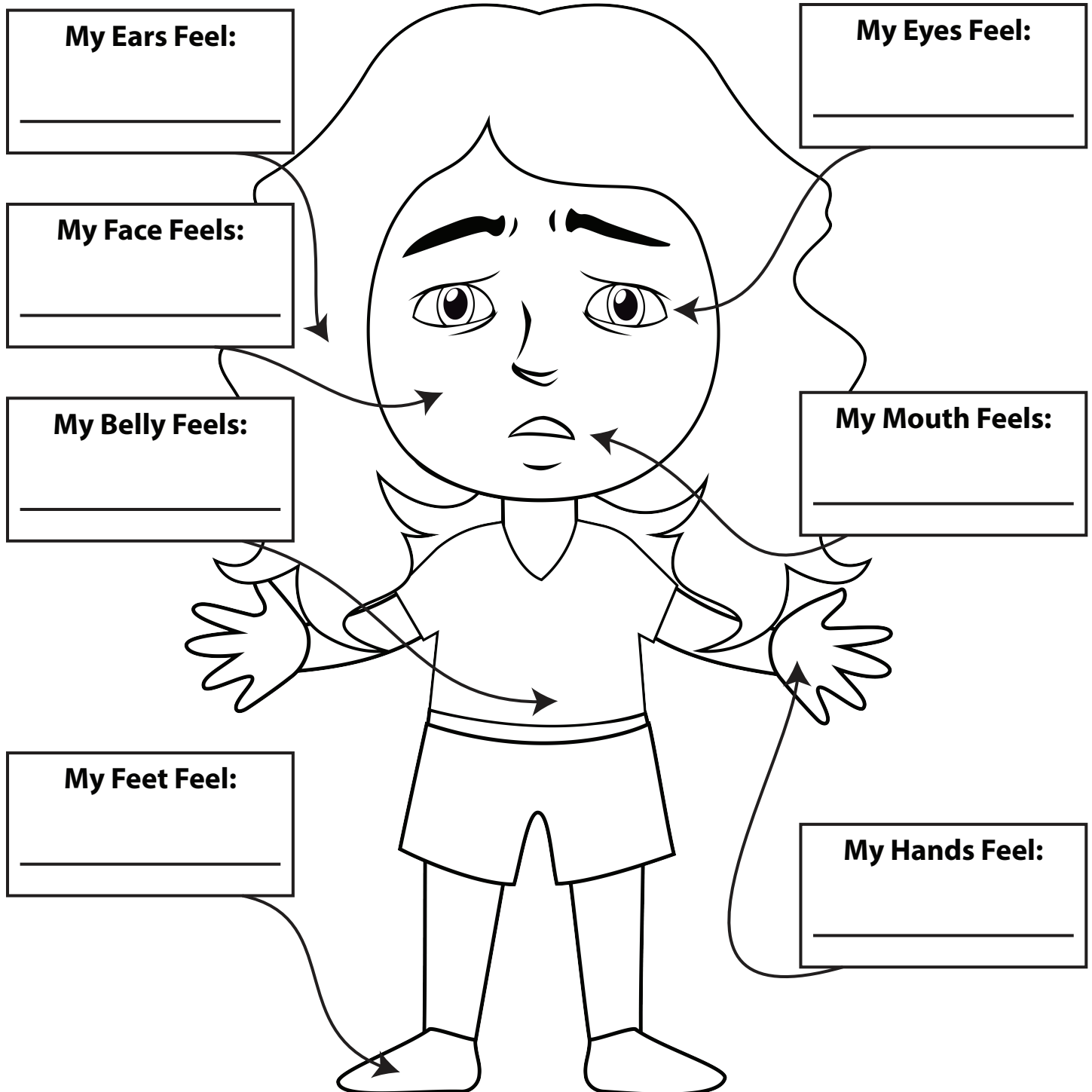


Name _____

Date _____

How Sad Feels!

Describe how different parts of your body feel when you get sad.

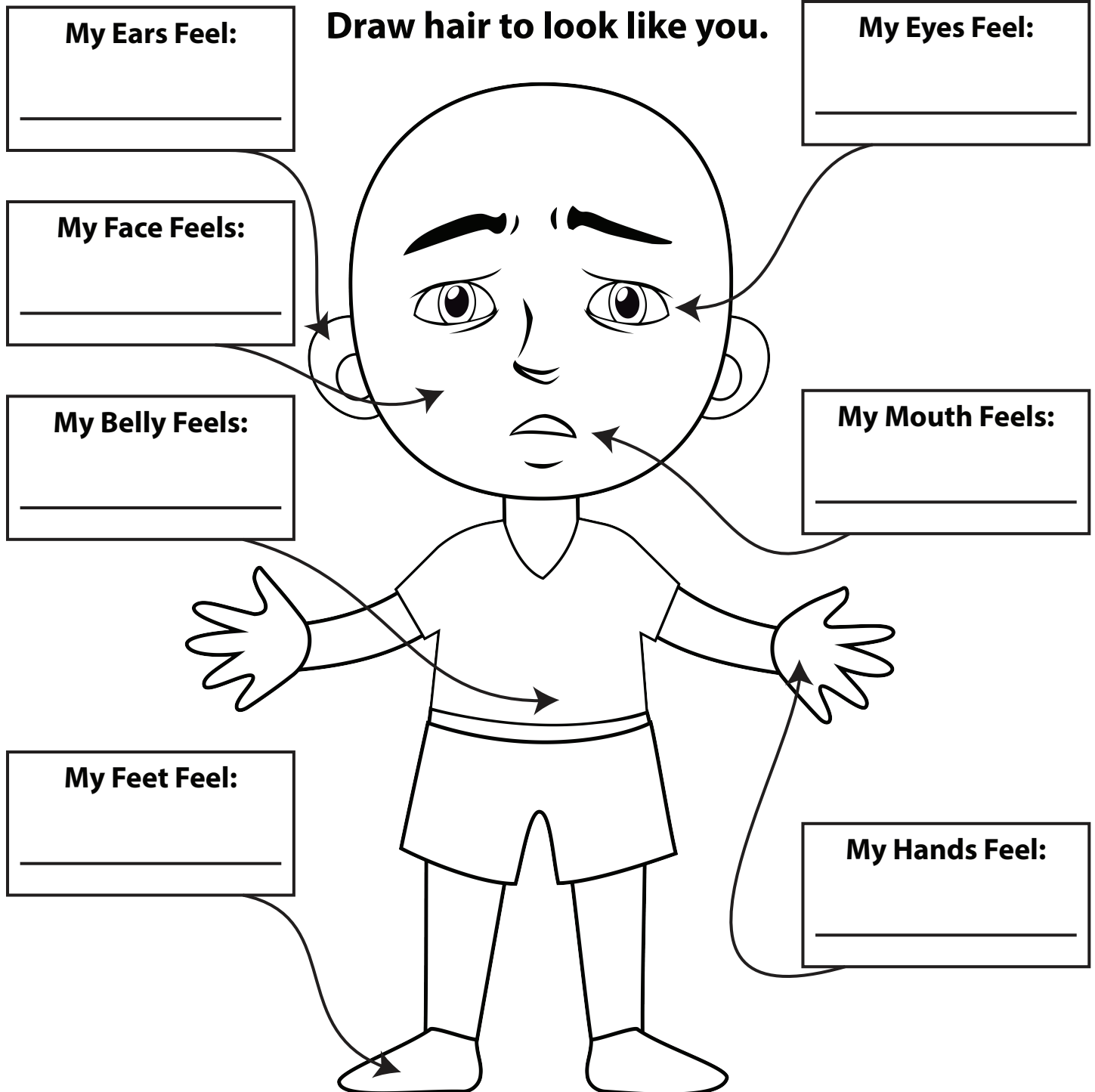


Name _____

Date _____

How Sad Feels!

Describe how different parts of your body feel when you get sad.





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About the Author

Cynthia Long is a Nationally Certified Interpreter and the founder of Sign Baby Sign LLC. She has extensive experience homeschooling and interpreting in the classroom for primary, secondary, and post-secondary levels; she is dedicated to providing ASL teaching resources to schools and families across the U.S. All of the ASL resources on ASLTeachingResources.com are developed from years of experience in educational systems as a Nationally Certified ASL Interpreter.



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Happy Signing!

Cynthia F. Long, Founder
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