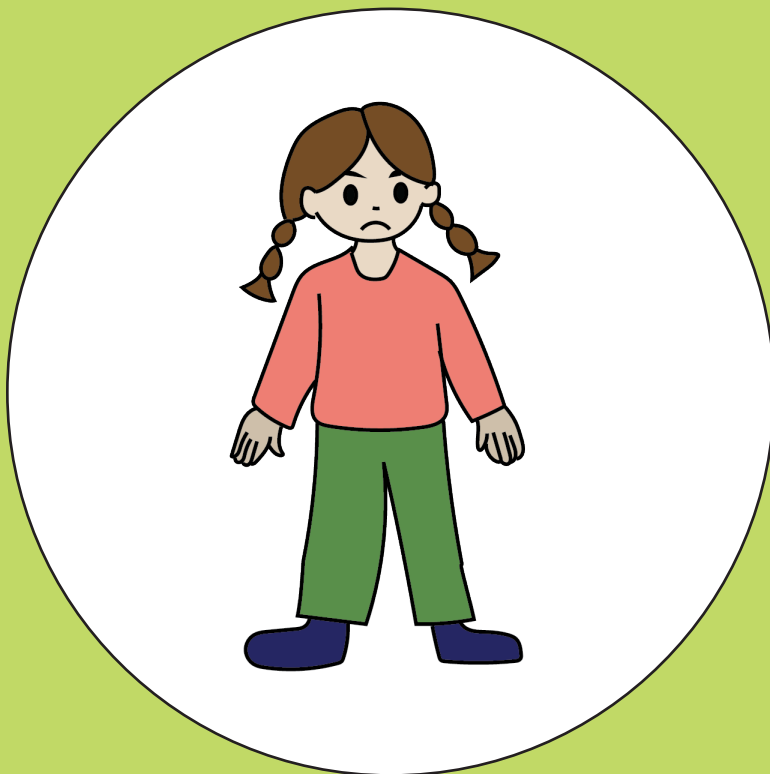


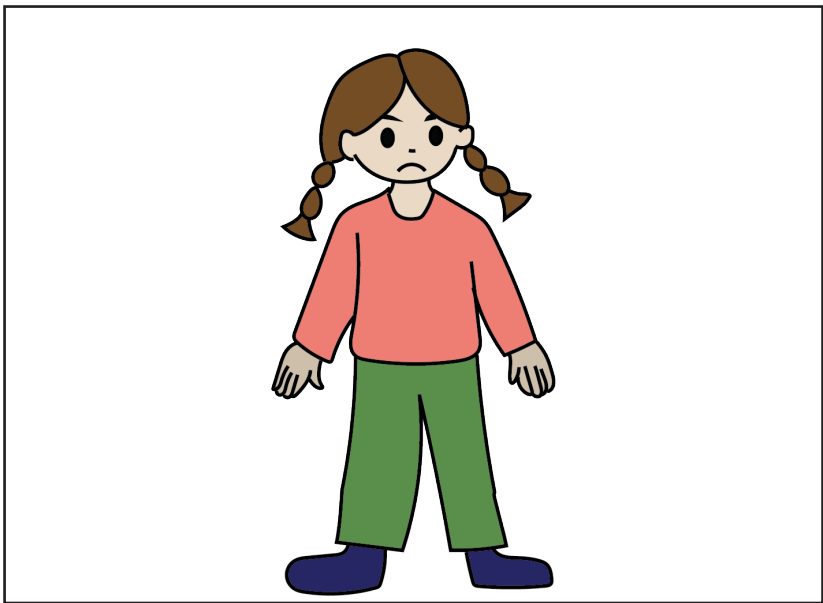
# I Can Share My Feelings When I Am Sad

Able2LEARN



I Can Share My Feelings When I Am Sad

Sometimes I may not feel good about myself.



Sometimes

I

may



not



feel



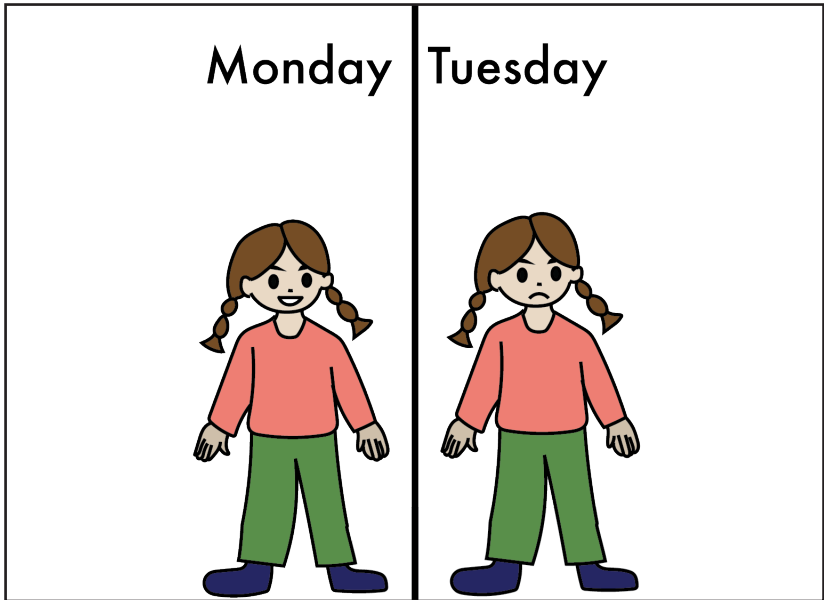
good

about



myself.

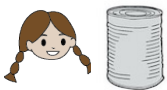
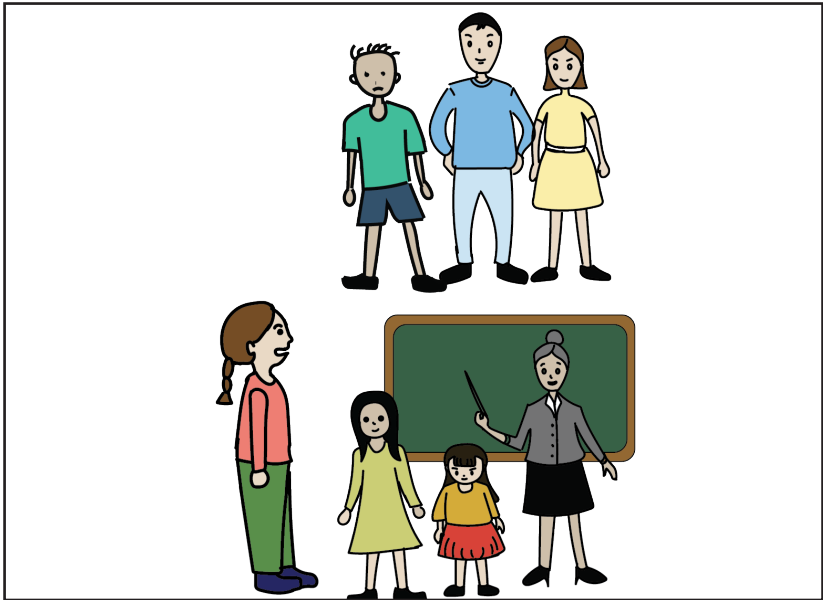
There are days when I may feel happy or days when I feel sad.



There are days when I may feel happy  
 or days when I feel sad.



I can share my feelings with a safe person like my mom, my dad, my teacher, my friend, my brother or sister.



I can share my feelings with a safe

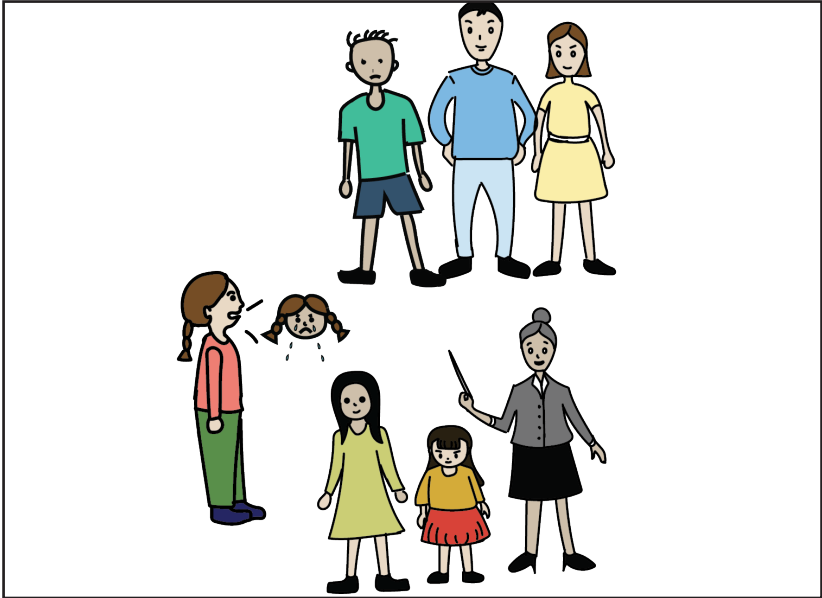


person like my mom, my dad, my



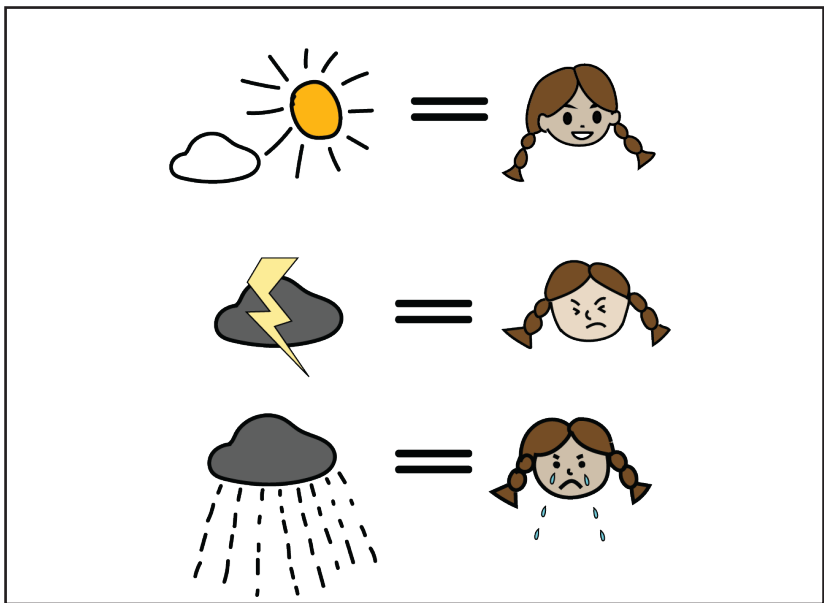
teacher, my friend, my brother or sister.

I can tell them how I feel.



I can tell them how I feel.

I can share what makes me feel sad and what makes me feel happy.



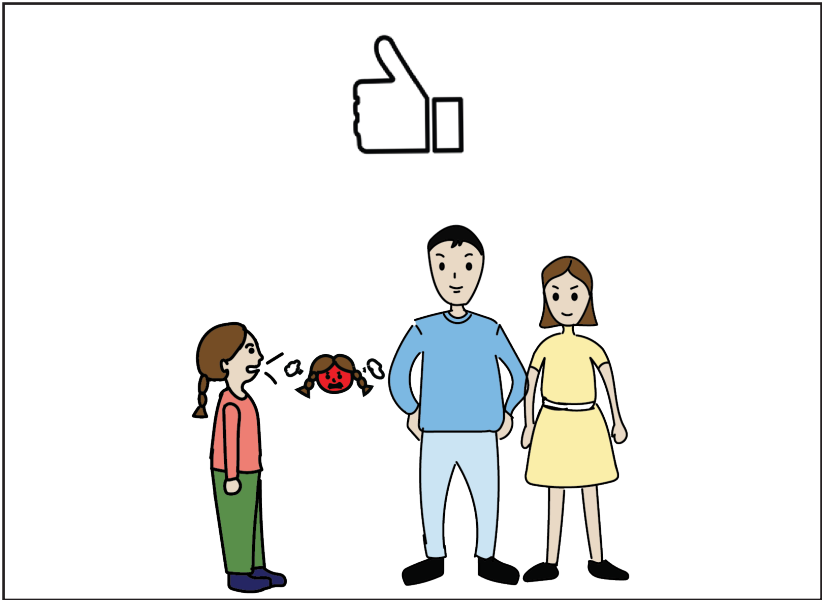
I can share what makes me feel sad



and what makes me feel happy.

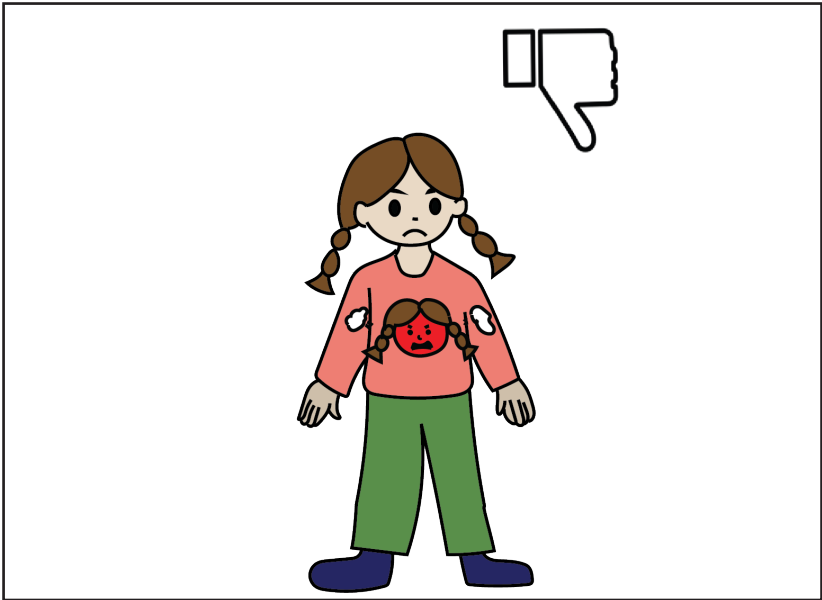


It is important to share my feelings.



It is important to share my feelings.

Keeping my feelings inside of me is not healthy.

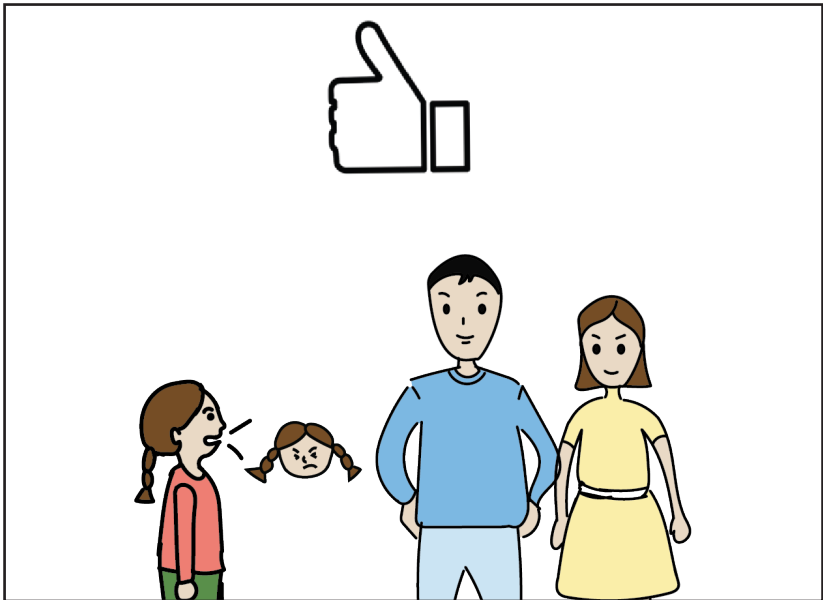


Keeping  my  feelings  inside  of me is

 not healthy.



Sharing my feelings with a safe person is healthy.



Sharing



my



feelings

with

a

safe

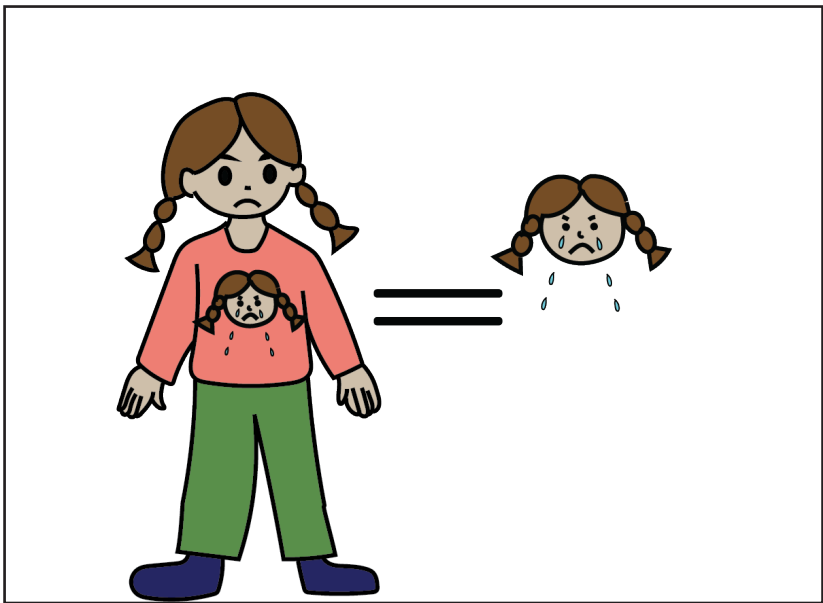


person

is

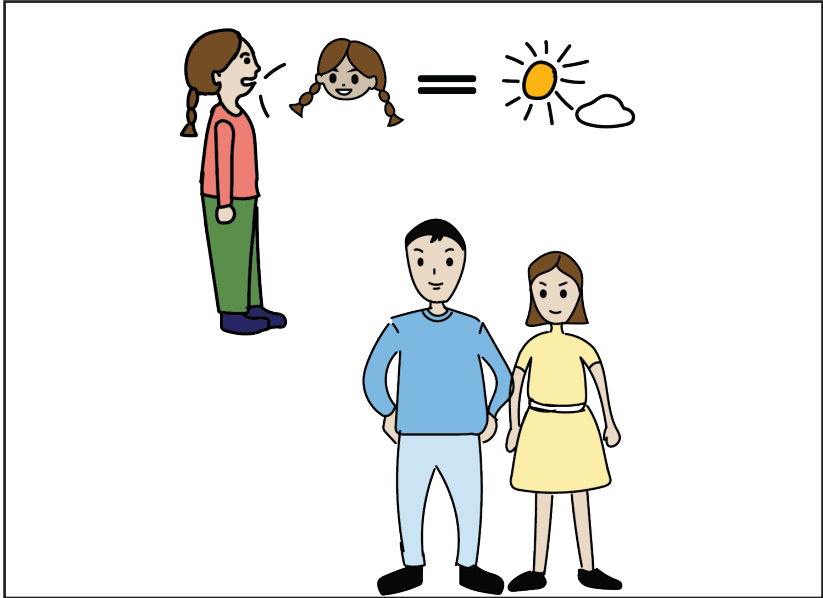
healthy.

When I share my feelings I must be honest.



When I share my feelings I must be honest.

I can start by sharing what I feel safe talking about.

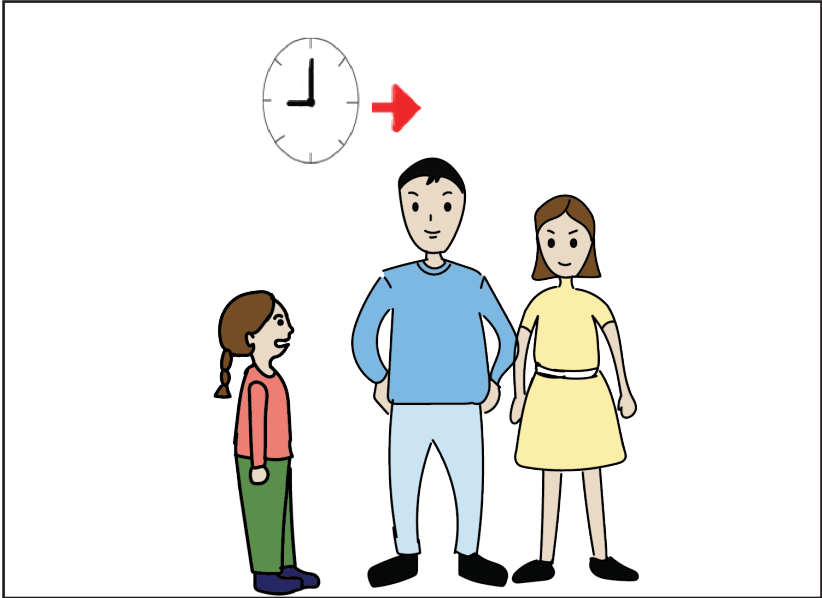


I can start by sharing what I feel safe



talking about.

It is okay to take time and to start slowly.




It is okay to take time and to start slowly.

If I feel sad, or have anxiety I can stop.





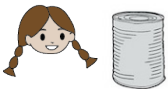
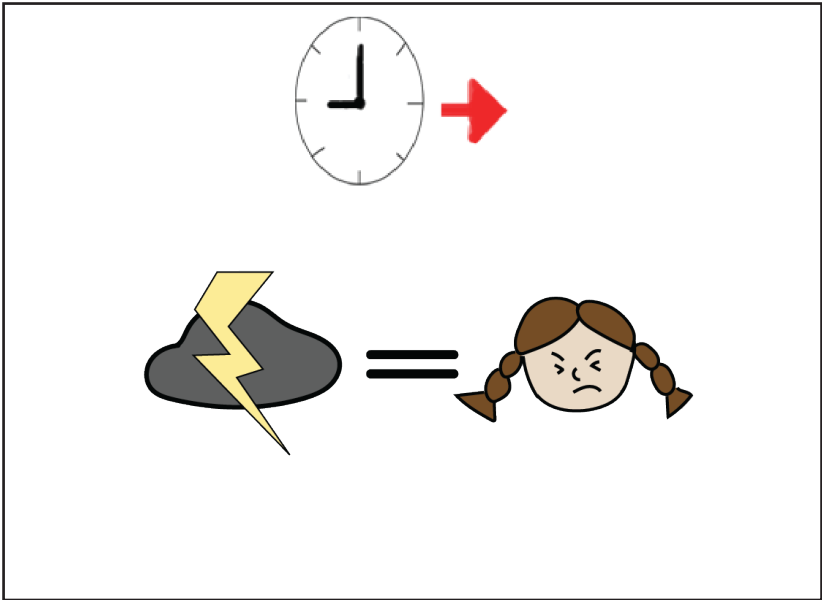






  
 If I feel sad, or have anxiety I can stop.

I can take my time to share my feelings.



I can take



my time to



share

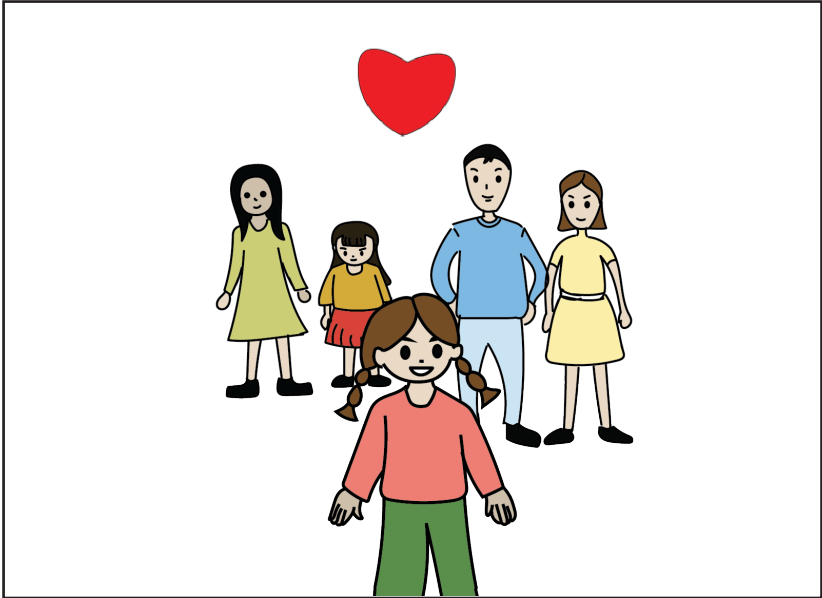


my



feelings.

I must remember, I am always loved.



I

must

remember,



I



am

always

loved.



I must remember that the safe people in my life are always here for me.



I must remember that the safe people

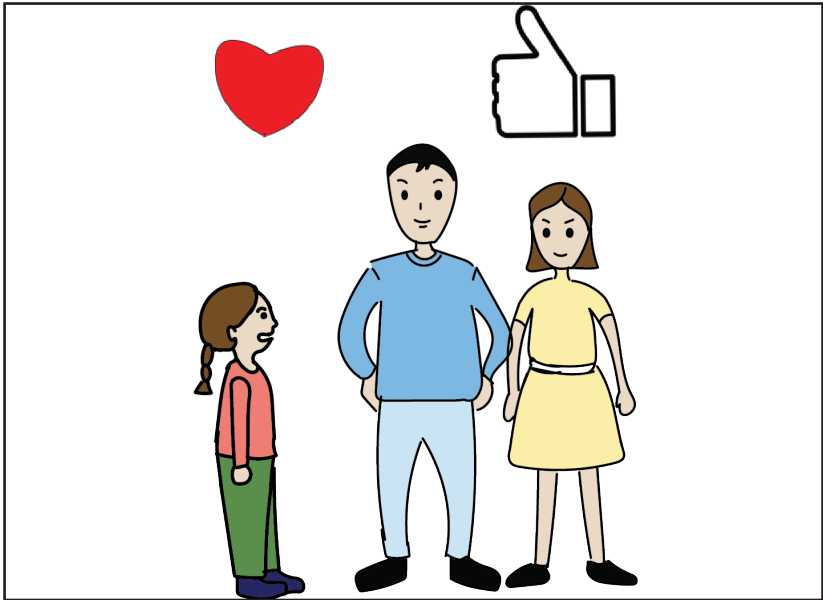


in my life are always here for me.





When I share my feelings, everyone is proud of me.



When I share my feelings, everyone is proud of me.