

# Sadness Family Questions

Today we explored sadness. We looked at what sadness feels like and the impact it has on our lives. We explored the positives of sadness and how our emotions can teach us a lot about ourselves. We also looked at what we can do to work through our sadness and how to express ourselves in healthy ways.



**I heard today's topic was about sadness...**

**How does sadness make you feel?**

**What things make you feel the most sad?**

**What can we do to work through our sadness in a healthy way?**

Tip: It's important to talk openly with children about sadness. Many children will withdraw and not talk about their feelings if they are feeling sad. It's important to create a safe place where children feel comfortable to open up and talk about what they are going through. A great way to start this conversation with your child is to ask about their friends. You could bring up sadness and ask if any of your child's friends have been going through a tough time. Asking questions about other people instead of directly asking your child may help them to feel more comfortable to open up.