

Difficult Emotions: Sadness

What is sadness?

Sadness is a feeling that many people are very familiar with. Sadness is the feeling of unhappiness. When children are very young they typically learn how to identify their most basic emotions- one of which is sadness.

When do people feel sadness?

People can feel sadness at many different times and for a variety of different reasons. People feel sadness when they have lost something or someone they care about. People can feel sad when they are alone, or when someone treats them unfairly.

Think of a time recently when you felt sad for a short period of time. What happened?

Think of a time recently when you felt sad for a long period of time. What happened?

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Read the scenario written below. Then decide how the person could cope with their feelings- by **talking, moving or thinking** through it. Choose one, or more, strategies and then explain your thinking on the lines provided.

Scenario #1

You and your best friend have lived across the street from each other for 10 years. You have gone to the same school since the first grade! You have been to one another's birthday parties and played on the same soccer team since you were young. Yesterday your best friend told you that their father got a new job and that their family will be moving to a new city. You can't believe it. You had many ideas for fun things to do together over the summer and starting the following school year. You can't imagine your best friend not living in the house across the street from you. You are feeling an overwhelming sadness which you have not felt before.

Which coping strategy(s) do you think would be the most helpful in this situation: **Talk, Move or Think**? Explain why below.

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Scenario #2

Your cat has been a part of your family since you were a young child. She is fluffy and gentle and sleeps in your bed with you every night. You love spending time with her while watching TV and reading books. You truly feel like she is a member of your family. One day, you notice that your cat has stopped eating and does not seem to be feeling well. You know that she is getting old and your parents take her to the vet to see what is wrong. When your parents return from the vet, they tell you that your cat is sick and will not have long to live. A few days later, your cat passes away. You can't believe that she is gone. You are feeling incredibly sad each morning when you wake up and realize that she is not there anymore on your bed.

Which coping strategy(s) do you think would be the most helpful in this situation: **Talk, Move or Think**? Explain why below.

Coping with: Sadness

In the chart below, first read the experience provided. Then, consider what coping strategy would be helpful to you if you were in that situation. Next, circle the strategy which you would choose and then explain your thinking briefly on the lines provided.

Experience	Coping strategy(s) I would choose...		
	Talk	Move	Think
Your have to cancel your pool party because it started thunder storming			
Your boyfriend/girlfriend breaks up with you on Valentine's Day			
Your cousins are unable to come to your house for the holidays, because their flight was cancelled			