💙 FEELINGS & EMOTIONS

Feeling Sad?

It's okay to feel sad — let's find a cozy comfort!

✏️ Draw a line from each sad moment to something cozy!

😢 I lost my teddy! I feel SAD	📖 Cozy story — snuggle and read
😢 I fell down! I feel SAD	🧸 Teddy snuggle — soft and warm
😢 I miss Grandma! I feel SAD	🤗 Big hug — from someone who loves you
😢 My friend is sick! I feel SAD	🎵 Happy song — sing together

👩‍👧 Parent key (any comfort is a great choice!): Lost teddy → Teddy snuggle • Fell down → Big hug • Miss Grandma → Cozy story • Friend is sick → Happy song

🌟 You did it! Sad feelings are okay — cozy comforts help them feel better. 💙