

SADNESS (ELEMENTARY)



[Watch the video lesson](#) and then show what you know

1. Some sad feelings last only a moment, some may last longer.

- a) True b) False

2. What are some things that can make us feel sad?

- a) being left out of a game or activity
b) missing a friend or family member who moved away
c) breaking or losing a favorite toy
d) all of the above

3. It is normal to feel sad sometimes.

- a) True b) False

4. Sadness is NOT the same thing as depression. Depression is a medical illness diagnosed by a doctor that lasts several weeks.

- a). True b) False

5. Which of the following is NOT a healthy way to deal with sadness?

- a) talk it out with someone you trust
b) do something you love, like read, listen to music or draw
c) stay up all night playing on your phone
d) exercise