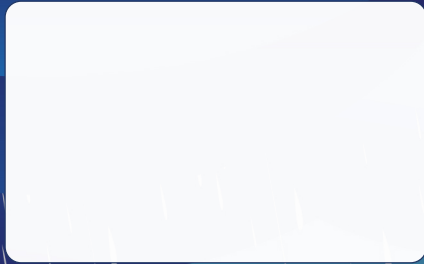


It's okay to be Sad

When I'm sad I can...



This will make me feel happier.



go for a walk



draw a picture



lie on bean bags



listen to music



talk to someone



go outside for a bit



do something kind



play a game



star jumps



hug a teddy



play with a friend



dance



sing a song



tell some jokes



read a book