

EMOTIONAL LITERACY POSTERS: Sadness

BODY SIGNALS

BLUE

Droppy shoulders, low energy, wanting to be alone.



UPSET

Wobbly voice, tears may want to come out.



HEART-BROKEN

Loud tears, feels as if your heart is being squeezed.



WHY WE FEEL IT

Sadness happens when we experience loss. It's our body's way of asking us to pause, process what happened and seek comfort and connection.

TRIGGERS

losing a toy

feeling alone

being let down or disappointed

getting hurt

missing out

HOW TO PROCESS IT

TALK ABOUT IT 

ASK FOR HELP 

SIT WITH A SAFE PERSON 

LET IT OUT 

HUG A COMFORT ITEM 

 Feelings are messages from our body. Listening helps us take good care of ourselves!