

What to do when I feel sad



Sometimes I feel sad



I like



playing



with my friends



Sometimes my friends



are not around



This makes me feel sad



When I am sad my tummy hurts



When I am sad



at home



I can tell



my mummy

What to do when I feel sad

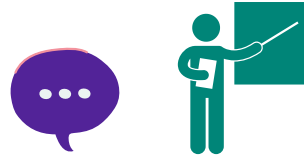


My mummy loves me very much



When I am sad at school

I can



tell my teacher



Telling my mummy or my teacher makes my tummy feel



better



This makes me feel happy