

SADNESS IS TEMPORARY. REMEMBER THIS!

Sadness is something that only lasts for a while. It can last for a few minutes or, sometimes, it lasts longer; for hours, or even days. There are many things that can make us sad and sadness can affect our bodies in different ways too, as mentioned in the video. People also feel sad for different reasons. Are there things that make you sad sometimes?

It is important for us all to allow ourselves to feel sad sometimes, knowing that someday we will feel happy again.



- What makes you sad?
- How do you feel when you are sad?
- How does your body feel when you are sad?
- What helps you when you're sad?
- What can you do to help others when they are sad? What helps you when you're sad?
- What can you do to help others when they are sad?

THE SCIENCE:

**CAN YOU LOOK MORE CLOSELY AT WHAT HAPPENS TO THE BODY WHEN WE FEEL SAD?
WHAT'S THE SCIENCE BEHIND THE CHANGES? WHAT IS HAPPENING TO OUR BRAIN?**

The Feelings Graph

Think of 8 things that make you sad. Write them all on one of the axes on the spider graph, for example, people throwing rubbish on the street, falling out with a friend or losing in a game. How sad do these things make you feel? Mark each one out of eight on the graph, for example, people throwing rubbish on the street - 5/8, falling out with a friend - 7/8, losing in a game - 4/8, and so on. Plot your feelings on the sadness graph. Link all the marks and colour the middle with a specific colour.

Discuss: what makes you feel most sad? Why?

Can you repeat the graph, with things that make you happy? Add these marks to the graph in a different colour, and compare them. When you're sad, can you do more of the things that make you happy? How can you make sure that the things that make you feel sad don't last for very long?

But remember - sadness is temporary...

