


my


SADNESS



My Sadness



What happens to your body when you are sad?



- Tiredness
- Head hanging low
- Slumped shoulders
- pouting lips
- Frown
- Upset stomach
- Tears in eyes

HEART and MIND Teaching

MY SADNESS MONSTER

Session Objective:

- *Students will identify how their body feels and looks when sad.
- *Students will recognize different actions that make them sad.

Materials:

- *Pencils
- *Crayons
- *My Sadness Monster handouts

Guiding Questions:

- *How do we look when we are sad?
- *What are some things that make us feel sad?

Session Details (about 30 minutes)

*My Sadness Monster activity: "Everyone expresses their sadness differently, some people slump their shoulders, some cry, some drag their feet, some get upset stomachs. It's important to identify how our sadness looks so we know when we are starting to get sad, and can then do things to calm down." Pass out the sadness monster handout. Show them the example of the one that is completed. "This is your sadness monster, describe how you look or act when sad then share with the group. You will notice some of us express our sadness in the same way." Pass out the color my monster handouts. "Now that we know how we look when unhappy, let's find out what makes us sad and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them sad." Once everyone has completed their pages, go through each one and discuss why they put not sad, a little sad, or very sad. Next, give them the last two pages to complete about people and places that make them sad. "It's important to also determine what others do to bring out our sadness and locations that cause additional unhappiness to us."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

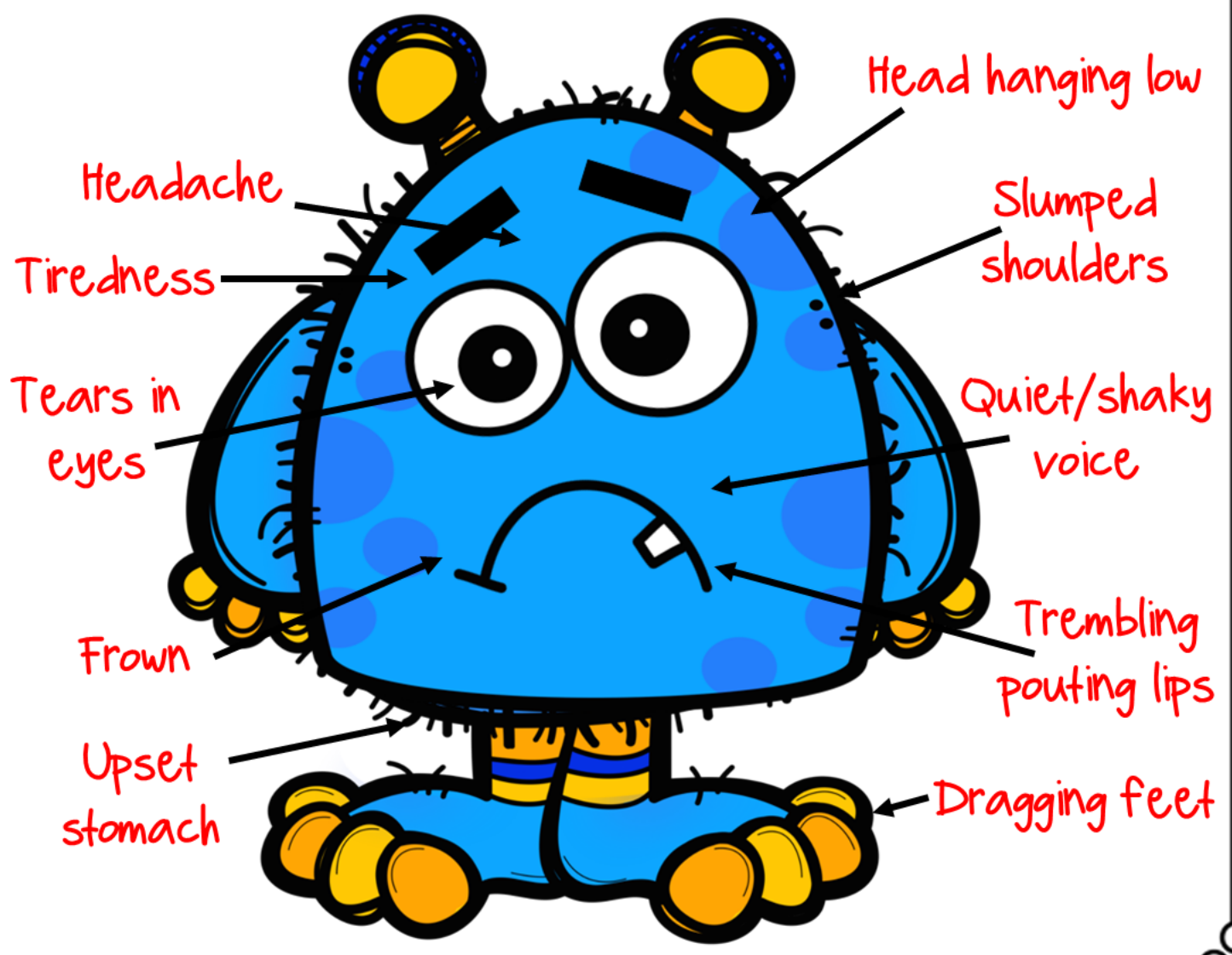
SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

My Sadness



What happens to your body when you are sad?



My Sadness



What happens to your body when you are sad?



Color your Sadness Monster



Not
Sad



A little
Sad



VERY
Sad

Color the monsters using the color code above, based on how you would feel to each given situation.



I was not picked as a classroom helper this week.



Someone bosses me around.



Someone breaks my stuff.



My teacher calls on me and I do not know the answer.



I did not do well on a test.



No one asks me to play at recess.



Someone looks at me while whispering to someone else.



Someone tattles on me.

Color your Sadness Monster



Not
Sad



A little
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VERY
Sad

Color the monsters using the color code above, based on how you would feel to each given situation.



Someone calls
me names.



Someone does not
share with me.



I do not understand
the lesson the
teacher just taught.



I forget to do my
homework.



Someone yells at
me.



Someone won't
give me attention.



I do not finish my
work in time.



Someone gives
me a mean look.

Color your Sadness Monster



Not
Sad



A little
Sad



VERY
Sad

Color the monsters using the color code above, based on how you would feel to each given situation.



Someone laughs
at me.



Someone does not
include me.



Someone makes
me feel stupid.



My parents had
an argument.



Someone does
not listen to me.



I get a bad
grade.



I don't have cool
stuff like others do.



I get in trouble.



My



Sadness Monster

The people in our life sometimes bring out our Sadness Monster, list what these people do that make you sad.

I get sad when my:

Mother

Father

Brother

Sister

Grandparent

Teacher

Coach

Friend



My



Sadness Monster

Some places cause our Sadness Monster to show itself, describe what happens in these areas in your life.

I get sad when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

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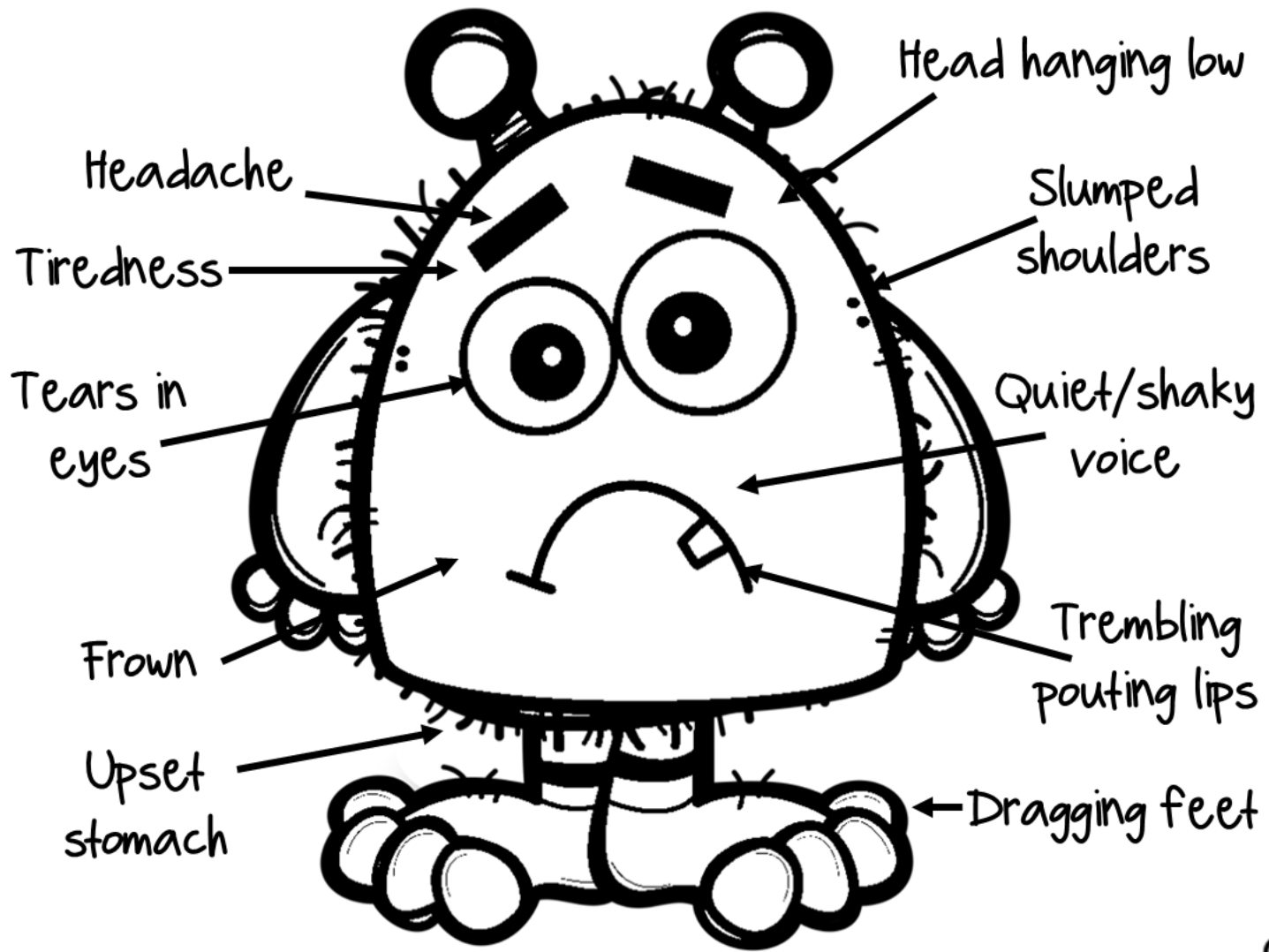
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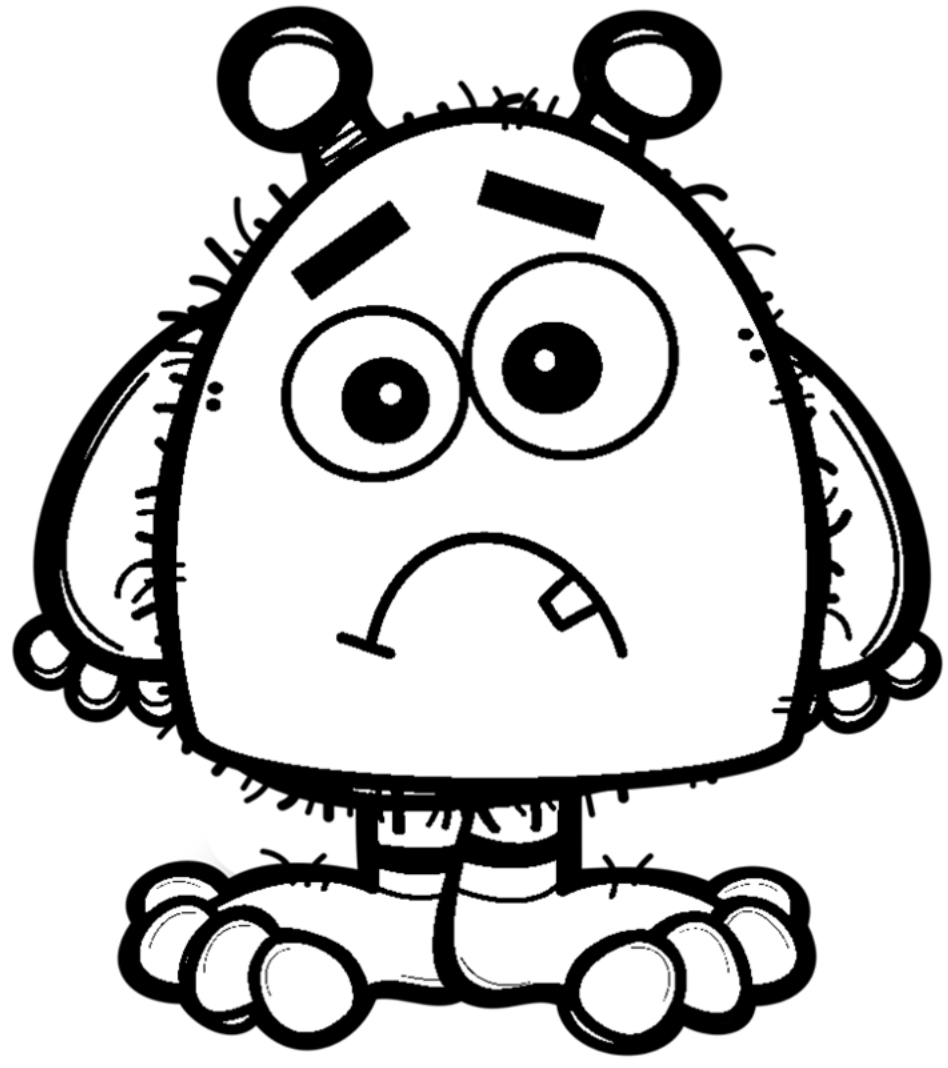
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My Sadness



What happens to your body when you are sad?



Color your Sadness Monster



Not
Sad
(Green)



A little
Sad
(Yellow)



VERY
Sad
(Blue)

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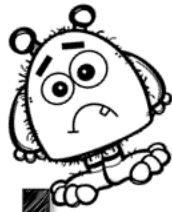
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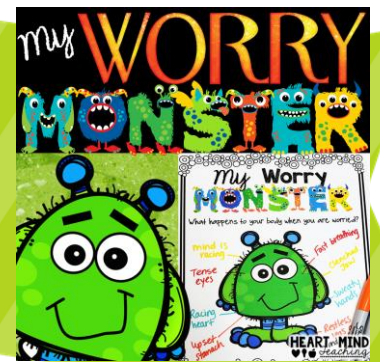
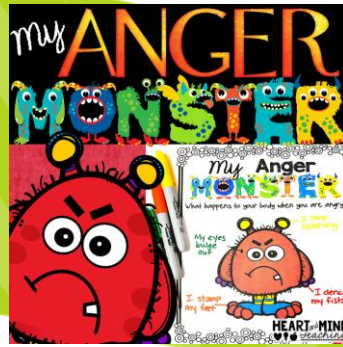
HEART and MIND Teaching

Hi there, my name is Ashley, I'm an Elementary School Counselor. I strive to create fun and engaging resources for Counseling and Social Emotional Learning. Check out my website: <https://heartandmindteaching.com/>

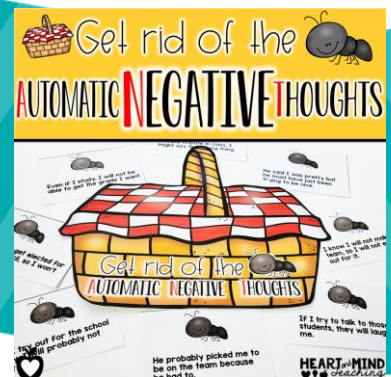
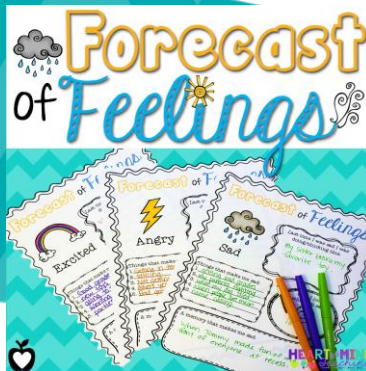
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RECOMMENDED RESOURCES

Check out the other My Monster products



Additional products about feelings





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