

A Poem About Sadness

Purpose:

Just as many adults find solace in music or poetry during times of sadness, children can also benefit from these things. The purpose of this activity is to give children outlets for their feelings of grief.

Preparation Time: One hour

What You Need:

- “It’s Okay to Feel Sad” (page 94), one copy per child
- Crayons
- Chart tablet (optional)
- Tape recorder (optional)
- Cassette tape of soft music (optional)

What to Do:

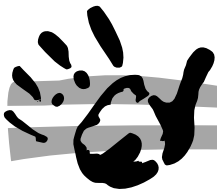
In this activity, you will share a poem about sadness with children and let them have the opportunity to read and color their own copies of the poem. This simple poem about sadness puts the feeling of grief into simple, easy-to-understand language. Children will find comfort in the poem. It will help them realize that death is a natural part of life and that it is normal to have feelings of grief when people or pets die.

Prior to doing this activity, reproduce the poem. You may wish to use a chart tablet to make an enlarged copy of the poem to hang up in the classroom. Then read the poem aloud to the children and discuss it with them. Ask volunteers to share experiences with death and sadness. Accept all responses. For example, some children may tell stories of feeling sad over a lost or broken toy. Point out to the class that grief can be felt any time something special is gone.

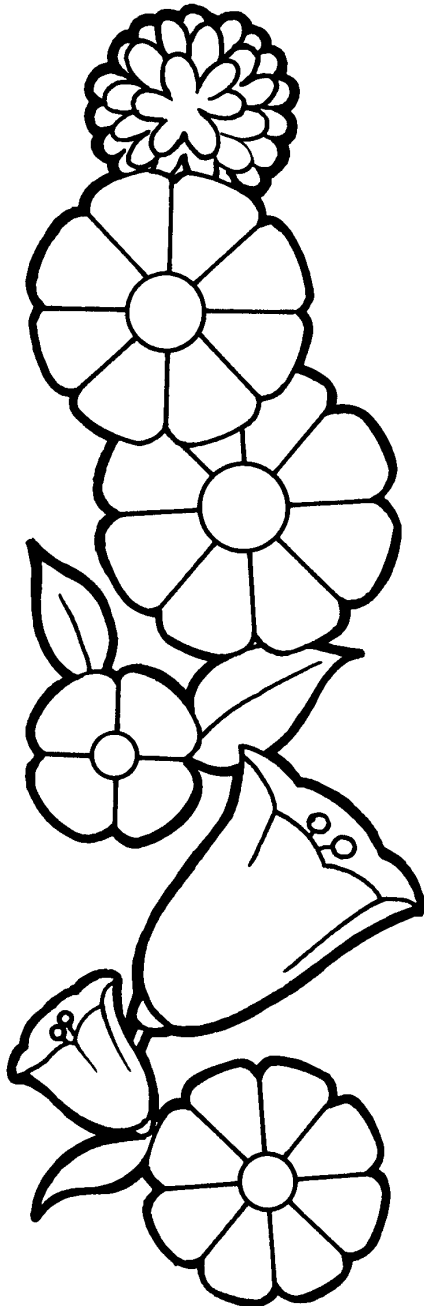
Encourage children to color their copies of the poem. While children are coloring, they may enjoy listening to some soft music. The music can help create a quiet and reflective mood for the activity. Then invite children to share the poems with their families.

What to Say:

Today I am going to read aloud a poem entitled “It’s Okay to Be Sad.” This poem tells some of the reasons that people feel sad. It explains that everyone has times when they feel sad and that it is okay to feel this way. First I will read the poem to you, and then we will talk about it. *(Read aloud and discuss the poem.)* When have you felt sad? *(Invite volunteers to respond.)* What can you do to help a friend who feels sad? *(Encourage each child to respond.)* Now I will give you your own copy of the poem. You may color it and take it home to share with your family. *(Give each child a copy of the poem and provide crayons for children to use.)*



It's Okay to Feel Sad

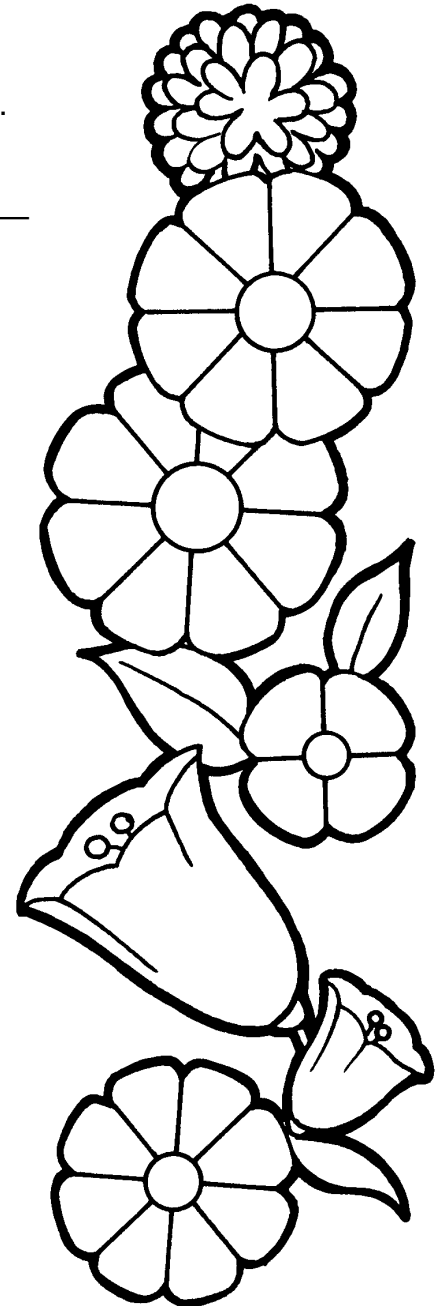


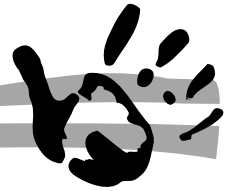
Sometimes we feel sad
And that is okay.
We feel sad for many reasons.
And in different ways.
Sometimes it's because
We have lost something dear —
The thing that we loved
Is no longer here.

It's okay to feel sad
When this happens to you.
It's okay to cry.
And to feel blue.
It's okay to need hugs.
And to talk to a friend.
Then you will feel better,
And the hurting will end.

Hearts can get scrapes
And bruised sometimes too,
Hurting from the loss,
Will heal inside you.
The sadness you feel
Will one day go away,
And then you will know
That you are okay.

When you see a sad friend,
Don't just say to smile.
Sit down with your friend —
Hold hands for awhile.
One day all the sadness
Will drift far away,
And the friend that you helped
Will soon feel okay.





Different Ways People Show Sadness

Purpose:

The purpose of this activity is to give children an understanding of the various ways people express feelings of sadness. This activity also helps them begin to become sensitive to the feelings of others.

Preparation Time: One afternoon

What You Need:

- Emotion Pictures (pages 96–100)
- Markers or crayons
- Plastic page protectors with three holes
- Three-ring binder



What to Do:

Before presenting this activity, prepare an Emotion Book using the following directions. Reproduce the Emotion Pictures. Use markers or crayons to color them. Insert the pictures into plastic page protectors. Then place the pages into the three-ring binder. When you talk to children about the activity, you will have a flip-picture-book to show them.

Begin this activity by talking with children about feeling sad. Then mention that not everyone shows sadness in the same way. Use the Emotion Book to show pictures of children expressing their sadness in different ways. Point out that the reason someone behaves a certain way may be difficult to understand.

The following pictures are presented in the Emotion Book:

- A sad child who is laughing and cracking jokes to feel better
- A sad child who is angry
- A sad child who is withdrawn
- A sad child who is crying
- A sad child who is afraid

What to Say:

Sometimes when we feel sad, we might cry. Have you ever cried when you felt sad? Have you ever been angry when you felt sad? Have you ever been afraid when you felt sad? What did you do? Let's look at some pictures to see what these children are doing. Here is a child who is smiling and laughing. How could he be sad? (*Let students respond.*) That's right. He might be trying to make himself feel better.



Emotion Pictures





Emotion Pictures *(cont.)*



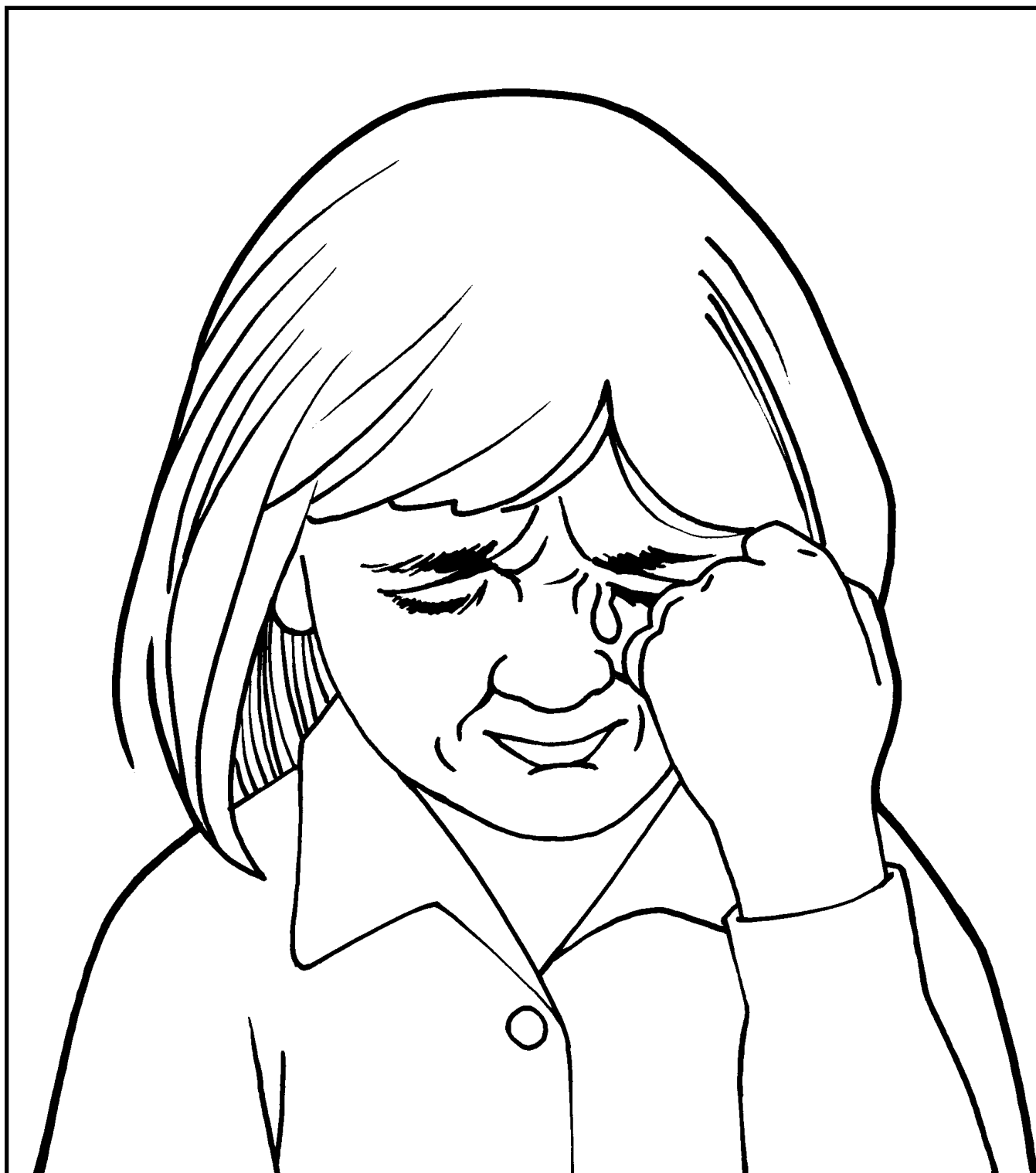


Emotion Pictures *(cont.)*





Emotion Pictures *(cont.)*





Emotion Pictures *(cont.)*

