Conversation Starters

About Sadness



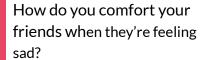
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How does it feel in your body when you're sad?



Is there anything I can do to help you feel better when you feel sad?

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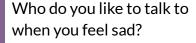
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What kinds of things make you feel better when you're feeling down?

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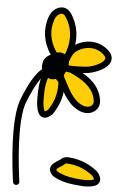
What place feels safe to you when you're feeling sad?

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What is one thing you can do on days you're feeling sad that can help you feel better?



ON OUR SLEEVES

A Program of The Kids Mental Health Foundation

