

Conversation Starters

About Sadness



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

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

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How do you comfort your friends when they're feeling sad?

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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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Who do you like to talk to when you feel sad?

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

