

Responding to our feelings





BLUE ZONE

Sad

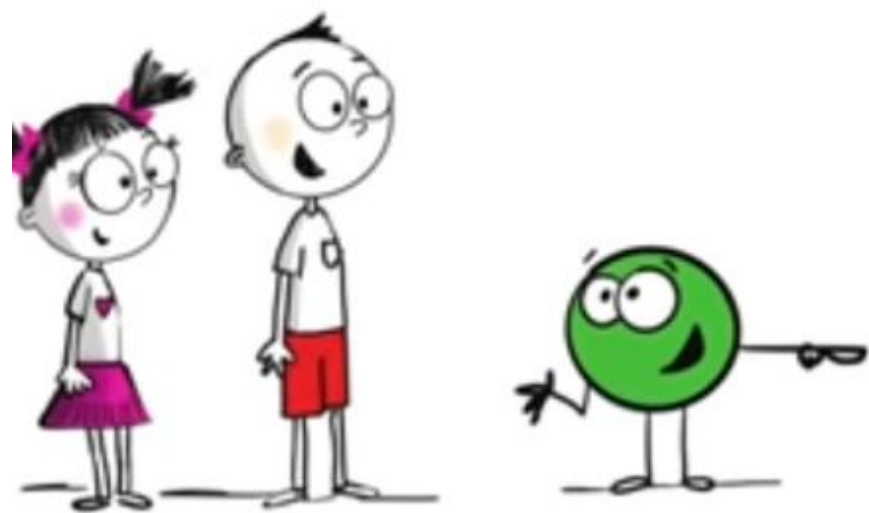
Sick

Tired

Bored

Moving Slowly

A **SADNESS SPOT** can show up when someone is feeling upset, disappointed, or if they experience loss.



SADNESS is one of the many emotions we can experience every day. Other emotions are **ANXIETY** and **ANGER**, too!

We all have these emotions inside of us. But we feel the best when we are able to **CALM** them down into a **PEACEFUL SPOT**.



Hi! I'm a **PEACEFUL SPOT!**
And this **BLUE SPOT** is a **SADNESS SPOT.**



You will see both **SMALL** and **LARGE SPOTS** of **SADNESS**. Having your **SADNESS SPOT** around is okay, but when it stays **TOO LONG** or becomes **TOO BIG**, it doesn't make you feel very good.



That's why I'm here to show you how to recognize when someone's **SADNESS SPOT** shows up and how to help them find a **PEACEFUL SPOT!**

I'll also show you how to manage your own **SADNESS SPOT**, too!



A **SADNESS SPOT** is unique because it is one of the few emotions that other people can help you with. That's why I want to show you how to **SPOT** it!



CRYING is one of the ways a **SADNESS SPOT** releases energy, which can help you feel better. It can also show you when a person is feeling down, so you can go and help them find their **PEACEFUL SPOT**.



It's also important to know that a **SADNESS SPOT** may be there even if someone is not **CRYING**. You can look at their body language, too.



If you see someone **FROWNING** or **MOPING**, their **SADNESS SPOT** is definitely nearby.

This person could use a friend.



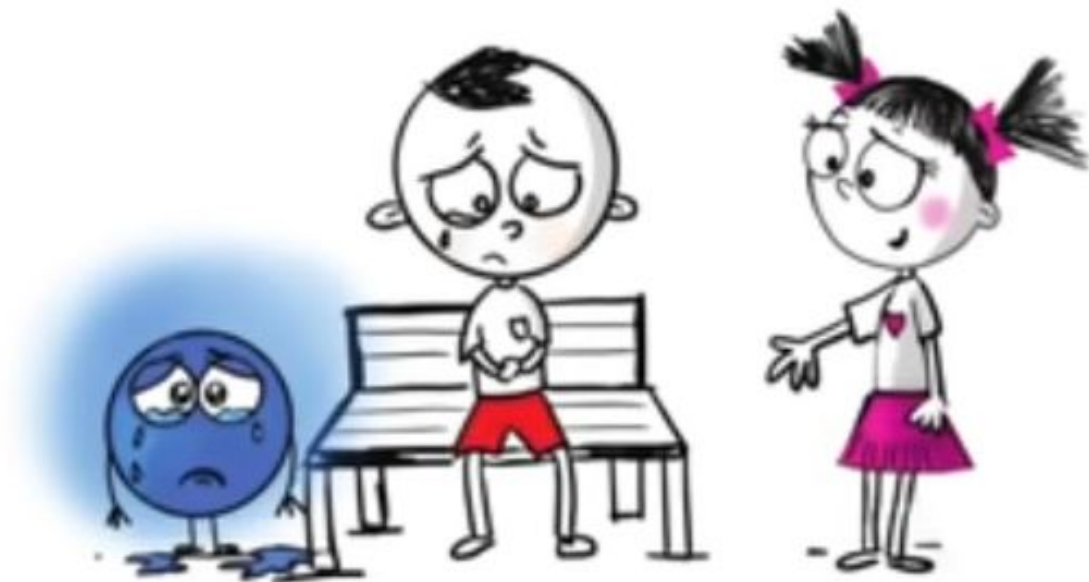
LONELINESS can cause your SADNESS SPOT to get bigger, too.

If you see someone who could use a friend, ask them if they are okay and be there to listen.

If you have experienced what they are going through, let them know they are not alone and you are there for them.



You are CALMING their SADNESS SPOT with EMPATHY.



It can be common to see an ANXIETY SPOT with a SADNESS SPOT. When a new kid arrives to class, they may be worried and sad at the same time. You can help them feel more welcome by saying hello and introducing them to your friends.

You are **CALMING** their **SADNESS SPOT** with **COMPASSION**.



A **SADNESS SPOT** can be a little sneaky!

Like when it shows up before you decide how to react to the problem.

Sometimes it takes the help of others to see it's only a tiny problem that can easily be fixed.

You are **CALMING** their **SADNESS SPOT** with **TEAMWORK**.



You might also see a **SADNESS SPOT** appear when someone has lost a pet, friend, or family member.

Being there to give them a hug and talk about the happy times they shared with that person or pet, can help them feel the **LOVE** that will always be in their heart.

You are **CALMING** their **SADNESS SPOT** with **LOVE**.



Sometimes you might see a **SADNESS SPOT** show up when someone misses a loved one who is far away.

Having a friend to have fun with can really help!

You are **CALMING** their **SADNESS SPOT** with **FRIENDSHIP**.



There are ways to **CALM** your own **SADNESS SPOT**, too.
Some days you just feel **SAD**, and you aren't really sure why.
When you feel like being alone or no one is there to
comfort you, **music**, **drawing**, and **writing** can help
relax your mind!



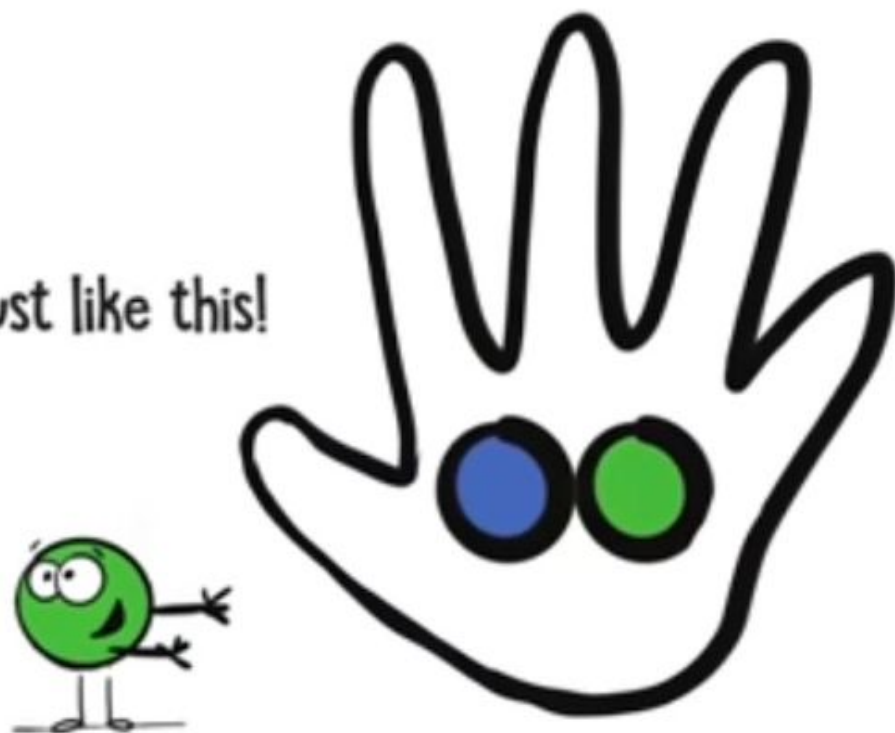
You are **CALMING** YOUR **SADNESS SPOT** with
CREATIVITY.

If your **SADNESS SPOT** won't go away,
I have a trick you can try!

Look at your hand... Now imagine one
BLUE SPOT and one **GREEN SPOT** on your palm.



Just like this!



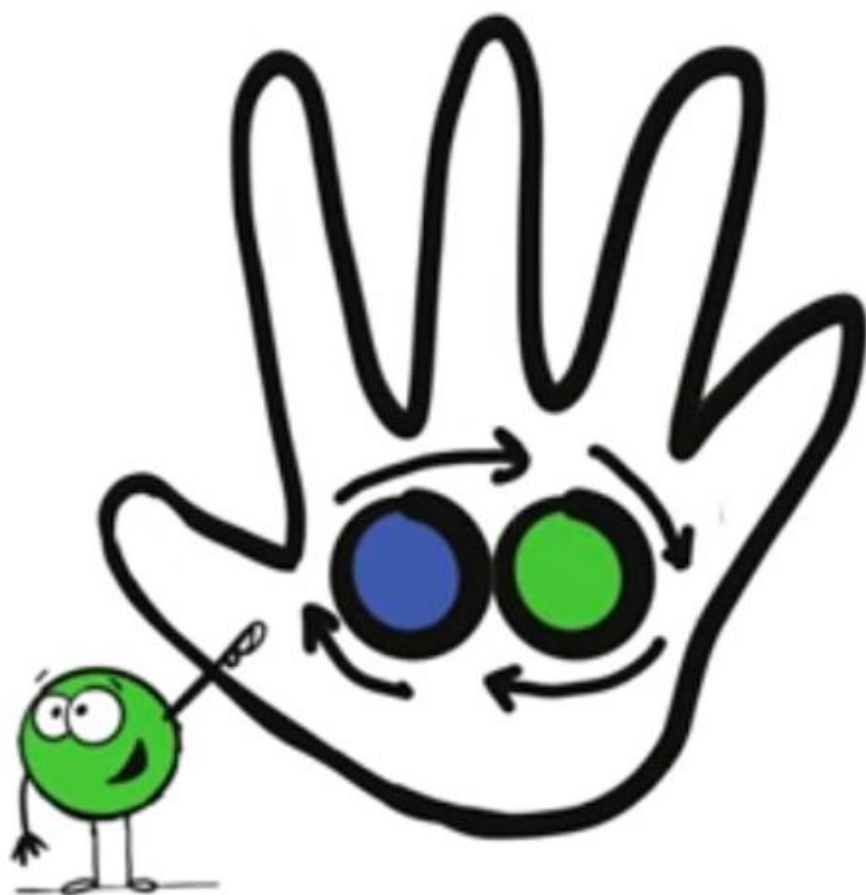
Repeat after me:

Circle the SPOTS in the middle of your palm,
count the swirls down to CALM.

Around and around, and around twice more.

One, then two, then three, then four.

Each time you trace around the SPOTS,
take a deep breath to CALM your thoughts.



I'm so glad to see that you have learned
how to **CALM** down **SADNESS SPOTS**!



Always remember our little trick!

Circle the **SPOTS** in the middle of your palm,
count the swirls down to **CALM**.

Around and around, and around twice more.

One, then two, then three, then four.

Each time you trace around the **SPOTS**,
take a deep breath to **CALM** your thoughts.



How can you **calm** down your **sadness spots?**

I'm so glad to see that you have learned
how to **CALM** down **SADNESS SPOTS!**



Peaceful spot

Sadness
spot



Dear God,

When I meet a sadness spot, whether it be big or small,

Please give me the courage and perseverance to help find peace.

Encourage me to help those around us when they are in need,

So that we can show friendship and compassion in our school.

Amen