



WORK SHEET – EXERCISE 4A

What is sadness?

Fill in the table. Order the different indicators by level of intensity.



I feel...	My body, my voice, my breathing...	I think, I tell myself...



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What is sadness?

You can cut out the squares and stick them in the right column.



I feel...	My body, my voice, my breathing...	I think, I tell myself...
I feel powerless, unable to do something.	I don't have any energy left. I want to roll up into a corner.	"I will never make it."
I feel crushed.	I have difficulties breathing. I'm crying.	"I'm stupid."
I feel exhausted.	I'm looking at the floor.	"This is too hard for me."
I feel defeated.	My back is round and my body is soft.	"Pffff! Why is this always happening to me?"
I feel discouraged.	My voice is deep and slow.	"It's tough."
I feel sad.	I sigh. My breathing is short.	"I don't feel like doing anything. I'm bored."
I feel a bit slow and my energy levels are low.	My body is heavy.	"I'm all alone."