

WORK SHEET – EXERCISE 8B

Helping my friend who's feeling sad ...



How do you feel when a friend is feeling sad and discouraged?

Do you think you can help them overcome their feeling of discouragement and help them carry on?

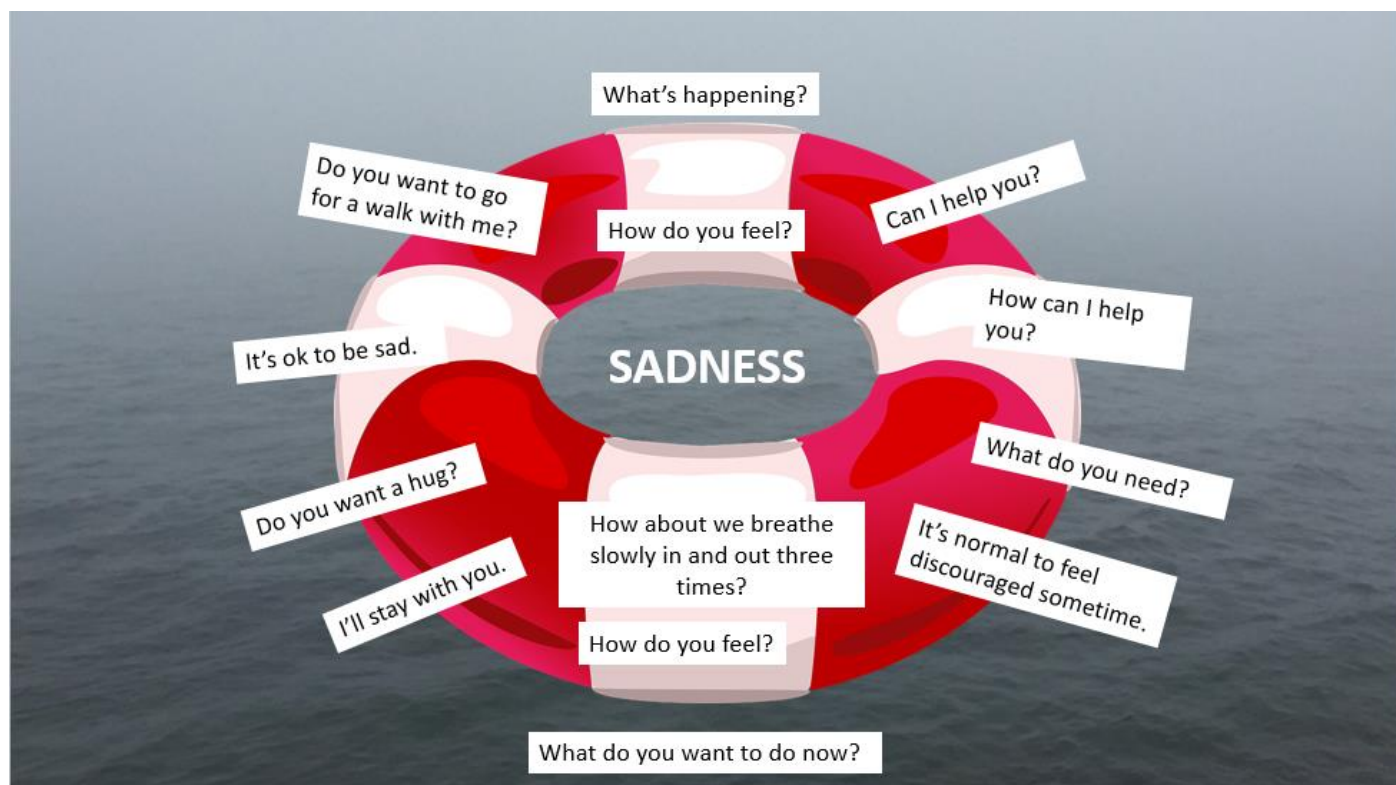
You are not obliged to go to him or her. If you don't know what to do, you can ask someone else or talk to an adult and observe what they do. That could give you some ideas for the future.

If you think you can help them, breathe calmly and ask yourself:

- What can I do?
- What can I say?

Then, go to your friend...

Here's a **Lifesaver** to give you some ideas!



What is the first possible small step?

In every situation there are a few small steps that can be taken to help someone feel less sad and help find the strength to continue.

You can also cut out one of the smaller lifesavers further down and offer them to someone else.

sadness

What's
happening?

sadness

I'll stay
with you.

sadness

Do you
want a
hug?

sadness

How do
you feel?

sadness

Would you
breathe
slowly in and
out?

sadness

It's okay to
be sad.

sadness

Can I help
you?

sadness

It happens
to be
discouraged
sometime

sadness

Do you
want to go
for a walk?

sadness

What do
you need ?

sadness

What do
you want
to do?

sadness

