

What happens when I feel sad . . .

I feel irritable

Headaches

Academic decline

I don't feel interested in activities that felt fun before

Trouble sleeping or sleeping too much

I don't feel hungry

Crying

I feel tired

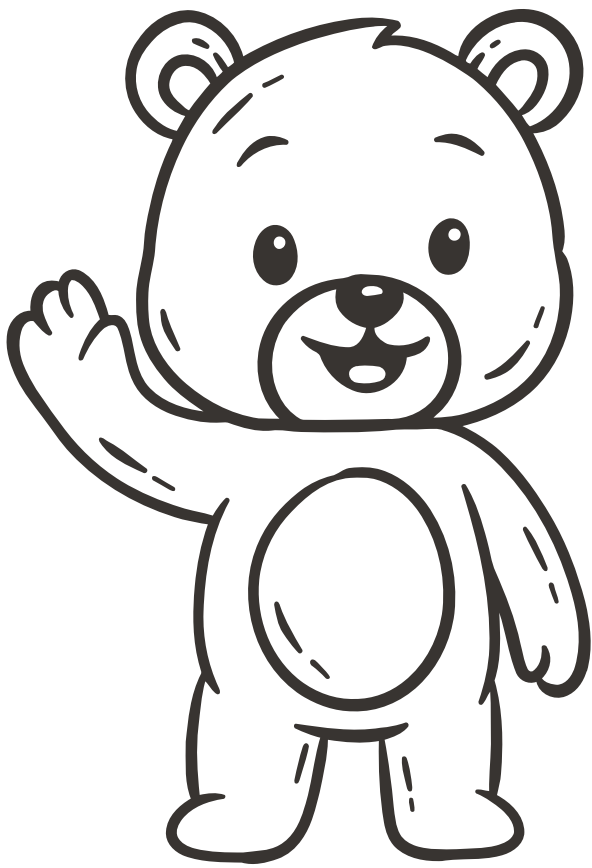


Quando mi sento triste, posso...

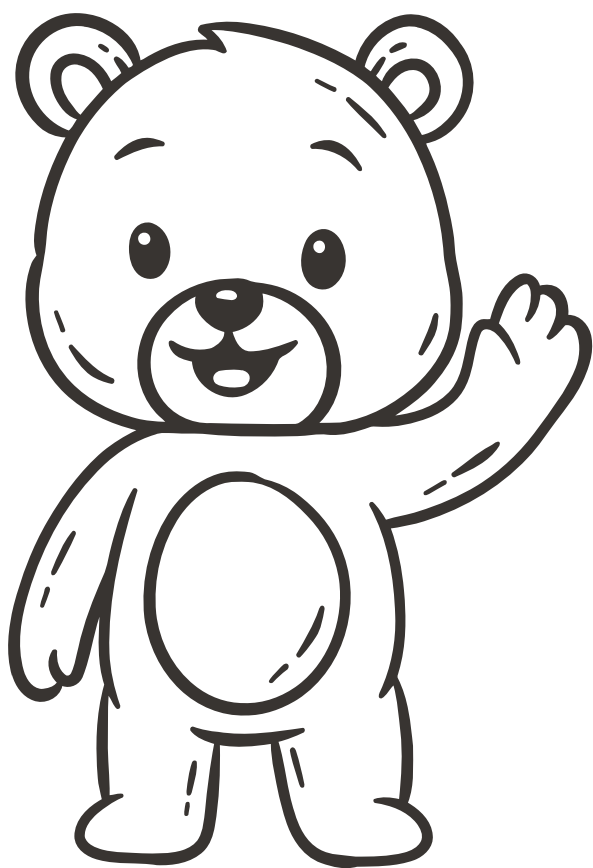
When I feel sad I can....



Pray



Tell an adult how I am
feeling



I can do physical activity



Spend time with people who
love me

Why are you cast down, O my soul and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation and my God.
(Psalm 42:11)