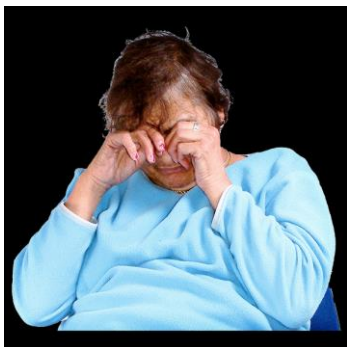


Sadness



Some people cry when they are sad.



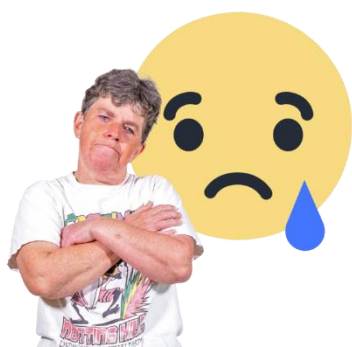
Some people feel tired when they are sad.



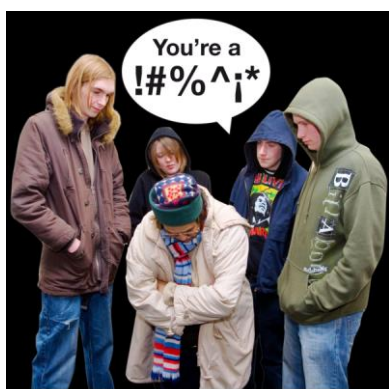
Some people shout when they are sad.



People do not show they are sad in the same ways.



Everybody feels sad at some point.



You may feel sad if someone says something nasty to you.



You may feel sad if your friends or family are sad.



When you feel sad, it can help if you spend time doing things you enjoy.



You could spend time with your friends.



You could have a hot drink.



You could spend time outside.