



Sad Feelings Need Hugs Too



A cozy story about feeling sad and finding comfort. ♥

1

Today, Giggly felt sad. His tower fell down, and his best crayon broke.



Sometimes, sad feelings come when things don't go how we hoped. ♥

2

Giggly's eyes filled with tears. He wanted to hide.



It's okay to feel sad. ♥

3

His friend waddled over and said, "I see you're feeling sad. I'm here with you."



4

They sat together and gave each other a big hug.



Hugs help our hearts feel better." ♥

5

Giggly took deep breaths. He talked about how he felt. His heart felt a little lighter.



Talking helps. Breathing helps. Time helps."

6

Giggly remembered that sad feelings don't stay forever. He drew a smile and felt proud of himself.



★ The Happy Lesson ★

Sad feelings are part of being human. They are not bad. They just mean our hearts need a little extra love.



♥ Ways to Give (and Get!) a Hug ♥

Hug a friend



Kindness makes hearts feel warm. ♥

Hug a stuffed toy



It's okay to hug something soft. ♥

Hug yourself



Place your hands on your heart. You matter. ♥

Ask for a hug



It's okay to ask for help. ♥

Sad feelings need hugs too.

Be gentle with your heart. You are doing your best. ♥

