

Name: \_\_\_\_\_

# WHEN SOMEONE IS FEELING...

**Directions:** When someone is feeling sad, mad, frustrated or disappointed, it's nice if we can find a way to help them feel better. Inside each heart below is a problem. See if you can make things better by writing in a way to help from the choices at the very bottom of the page.

## Ways to Help:

Stand up for them

Ask them to sit and eat  
with you

Ask if they are OK

Help them practice

Help them build it  
back up

Someone called  
Cooper a mean  
name

Karma forgot  
to study for  
the spelling  
test

Podi got  
hurt on the  
playground

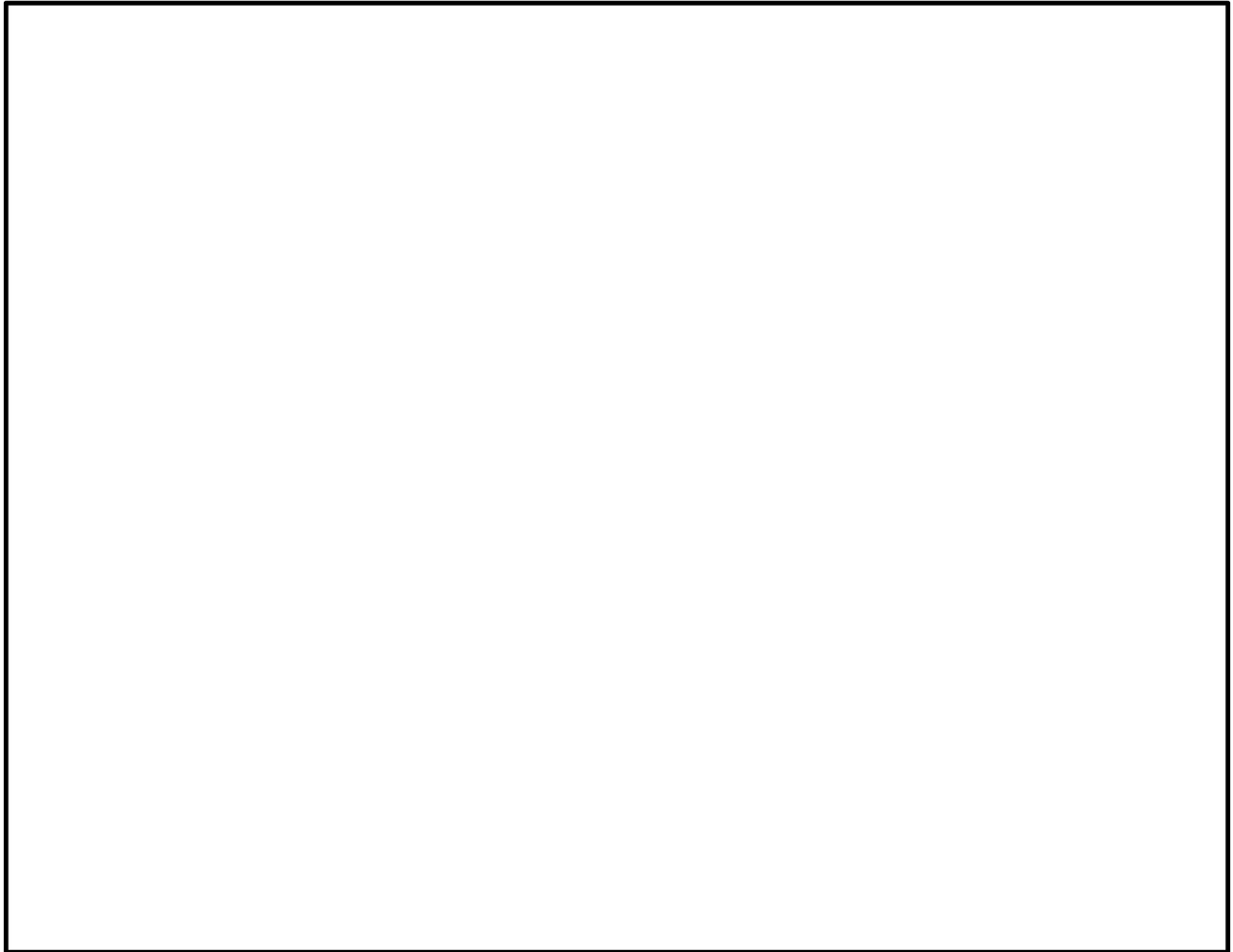
Tango is sitting  
alone at lunch

Lyla's  
sandcastle got  
knocked down  
at recess

Name: \_\_\_\_\_

# WHEN SOMEONE IS FEELING...

**Directions:** In the space below, draw and write about a time that you helped someone feel better.



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