

## **Kennedy Day School Social Skills Group Feelings - Sad**

This social skills group lesson is designed to introduce students to different feelings.

The lesson focuses on the feeling **sad**.

There are several ways to complete this lesson. Most important is to incorporate the words and symbols for the feeling throughout your child's day. For example, notice when you, your child, or anyone else in your home looks sad. Describe what their face and bodies look like. Notice what he or she is doing that is making them feel sad. Point out when you see people who look sad when you are watching a television show or movie or reading a book or magazine. Suggest and practice using the coping skills your child selected when you see him or her looking sad.

Feelings are a very abstract concept. The more your child hears and sees these words and is able to relate them to real life situations the better!

The supplemental document has 5 pages

Page 1 - pictures of children looking happy, sad, or angry

Page 2 - pictures symbols of happy and sad faces

Page 3 - picture symbols of things that might make your child sad

Page 4 - pictures symbols of coping skills your child can use when he or she feels sad

Page 5 - links to sad songs and stories

### **Potential way to complete this lesson:**

Introduce the topic to your child. You might say something like "Sadness is a feeling. It is normal to have many kinds of feelings everyday. Some feelings are not nice to have. Sadness is not a nice feeling."

Print or look at the picture symbols of what a sad face might look like and help your child choose the picture symbols that look like a sad face. If your child has speech-generating device, help your child find the feelings page and choose the feeling sad.

Have your child practice making a sad face, using a mirror if possible so they can see themselves. You can also model a sad face for them to see.

Print or look at the real images of kids and help your child choose the kids who look sad. Talk about what you see that helps you know they are sad, for example "this child is crying, she looks sad. This child is laughing, he does not look sad."

Print or look at the picture symbols of things that might make your child feel sad. Help your child make some choices of things that make them sad. If your child has a speech-generating device, help your child find some items on the device that make them feel sad.

Print or look at the picture symbols of coping skills that your child might use when he or she feels sad. Help your child choose the coping skills that will work best for him or her. Help your child practice the coping skills. For example, take deep breaths, or practice asking for a break using their voice, speech generating device, voice output device or sign language. If your child has a speech- generating device, help your child find the pages that have coping skills on them.



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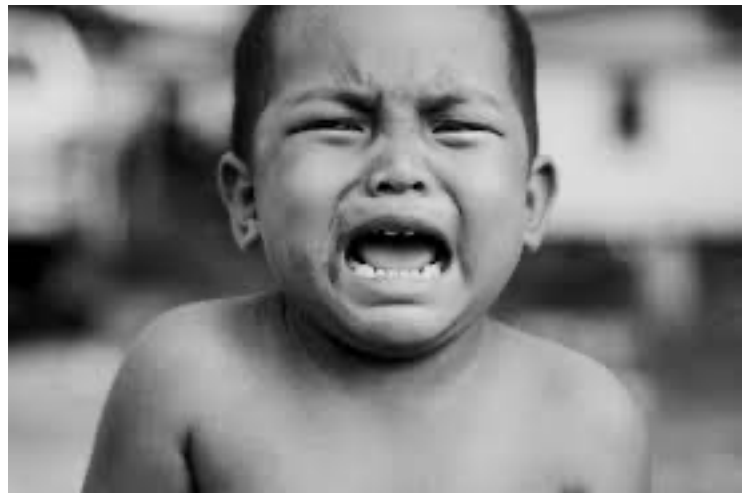
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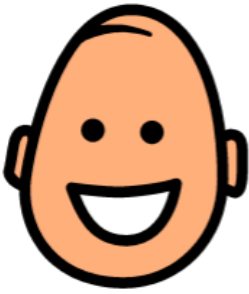


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happy



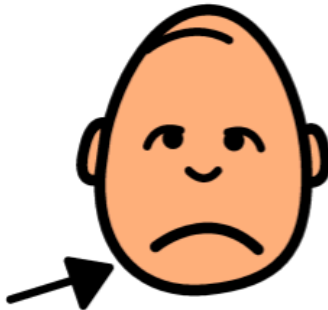
smile



laugh



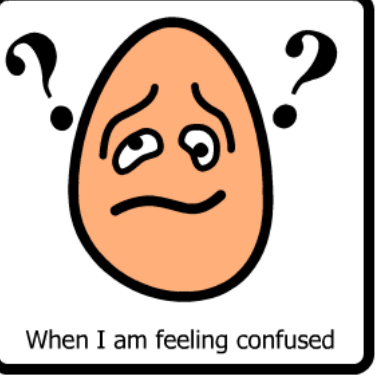
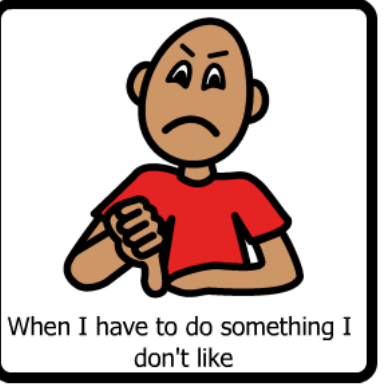
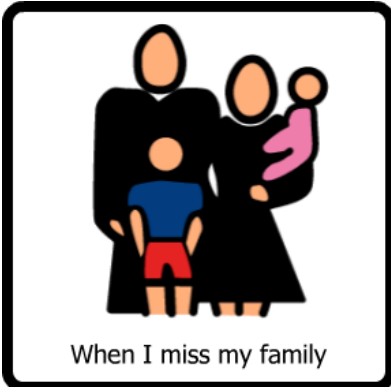
sad

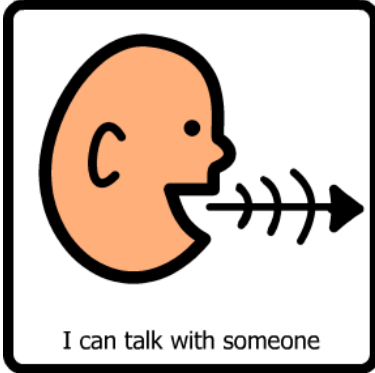
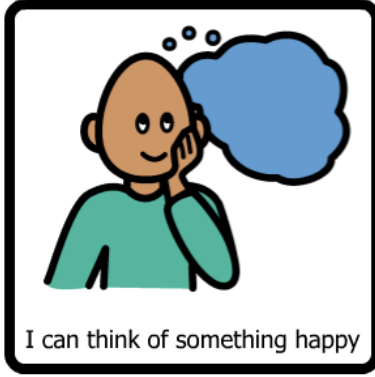


frown



cry





When I'm feeling sad (story)

<https://www.youtube.com/watch?v=-G9znGkIGaw>

Feelin' sad and blue - storybots

<https://www.youtube.com/watch?v=ZctmpqIu1Zs>

Sad piano music

<https://www.youtube.com/watch?v=7ZmHJjpK6rQ>

