

A Feel Better Book

for Little Tears



Also available:



Sadness can feel like a BIG problem for a LITTLE kid! *A Feel Better Book for Little Tears* assures kids that everyone gets sad sometimes, even adults! This gentle story helps kids to identify sadness and provides them with kid-friendly ways to cope with such big emotions.

Includes a *Note to Parents and Caregivers* just for adults with more information on how to help little ones manage sad feelings.

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My sweet little one,
you don't seem very cheery.
Are you feeling down,
and perhaps a bit dreary?

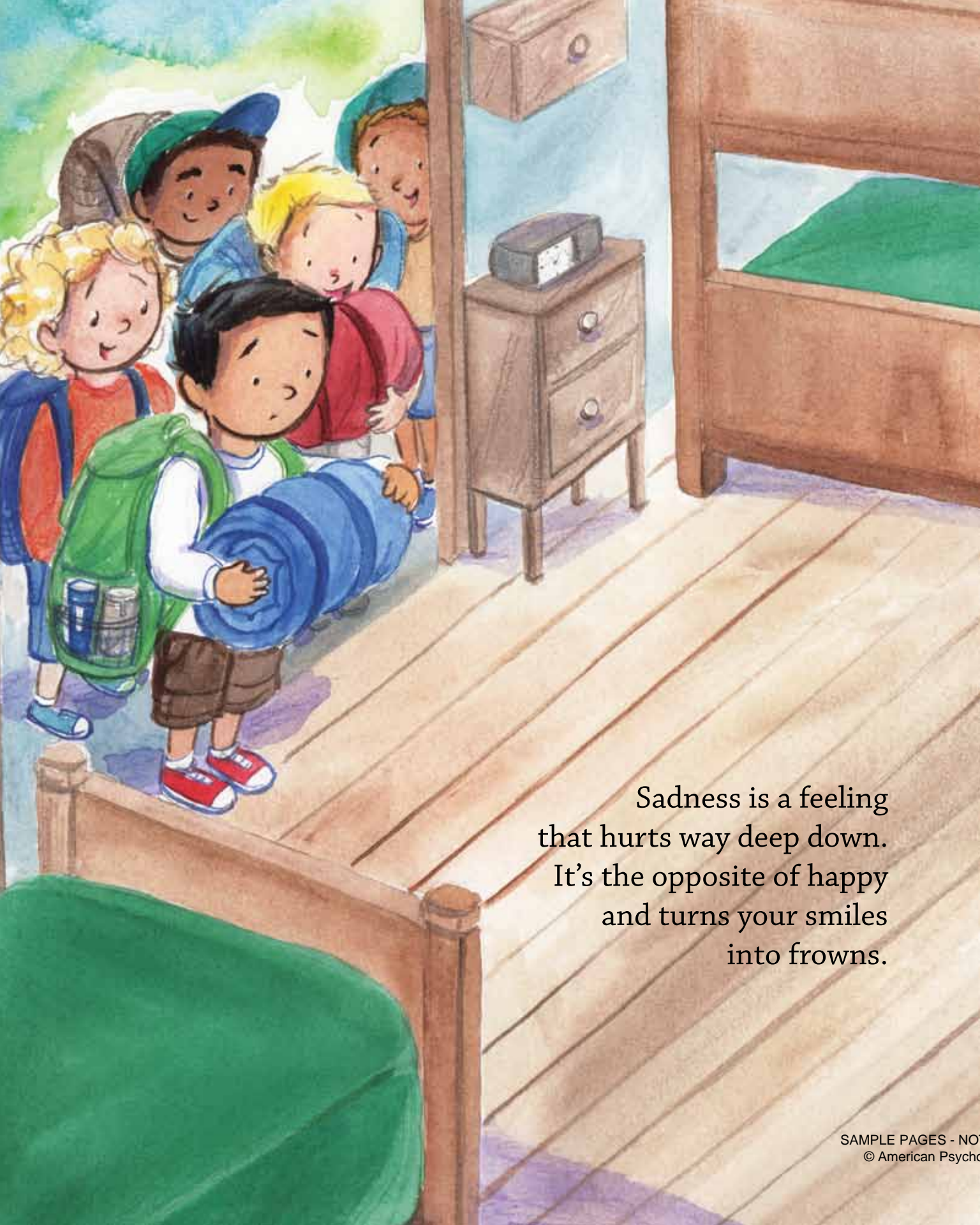
Maybe you're feeling
like nothing's alright.
Like the sky isn't blue
and the sun isn't bright.



There may be tears in your eyes
or an ache in your tummy.
You're moping around
and nothing seems funny.

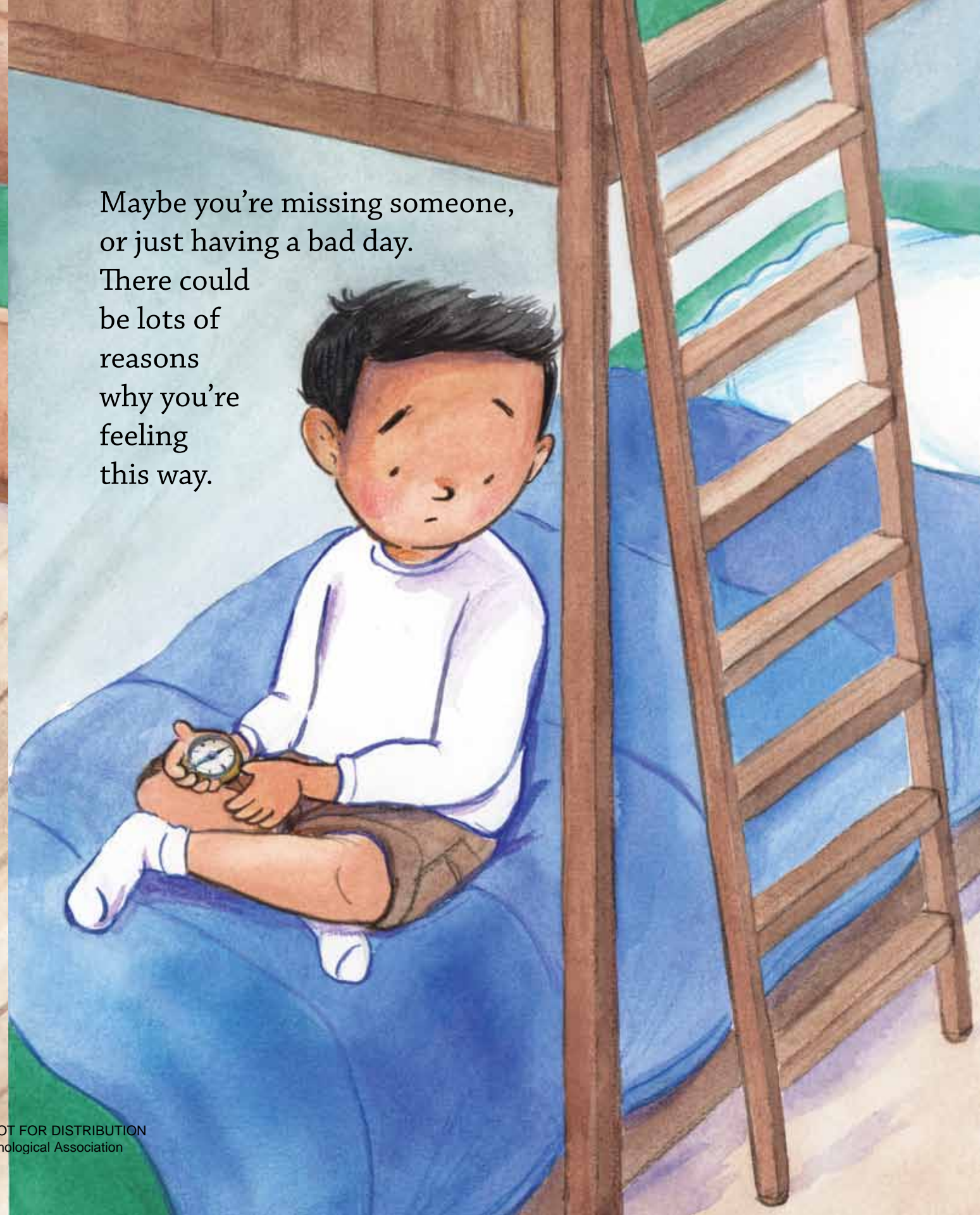


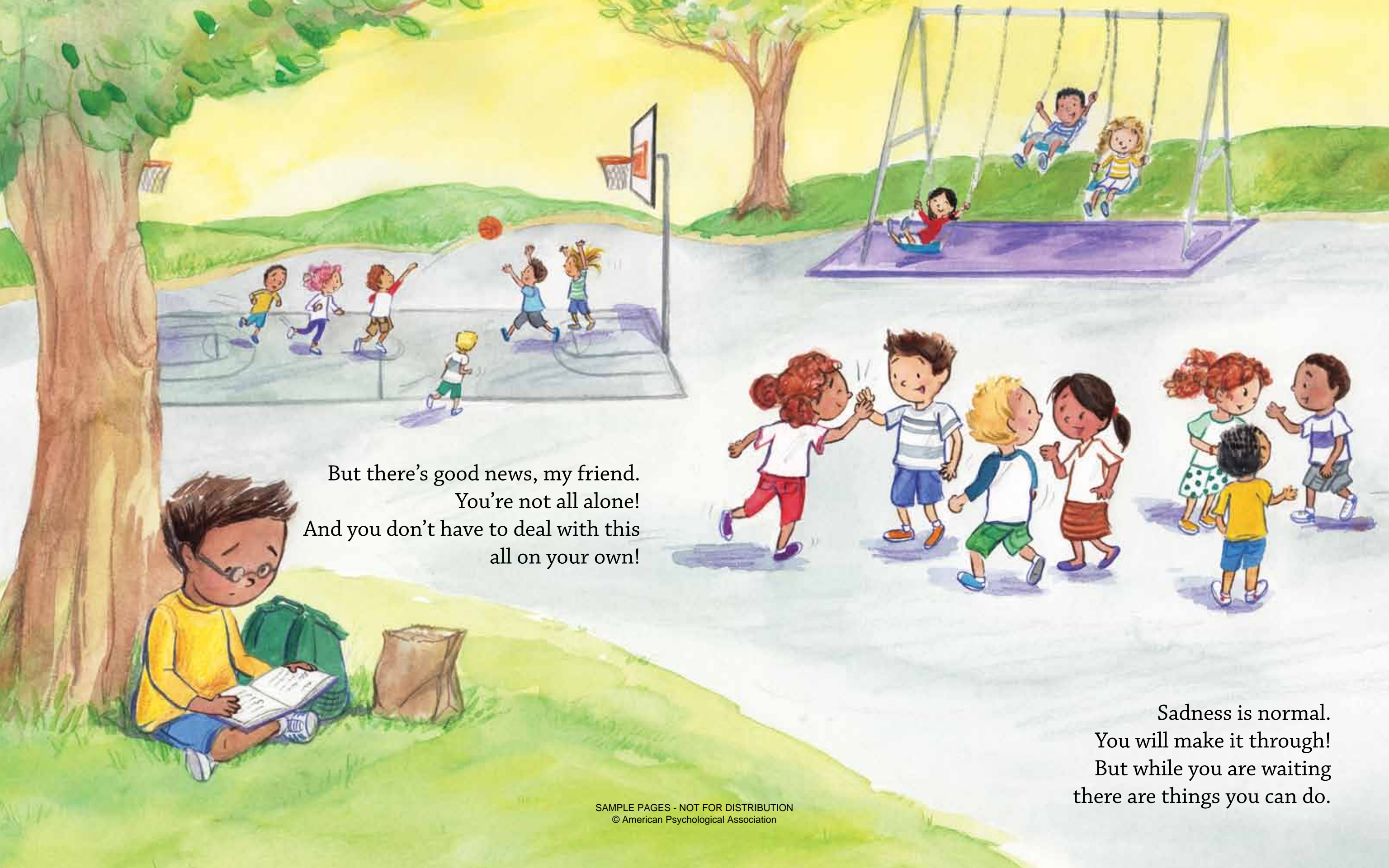
If you don't feel like playing,
or even leaving your room,
then it sounds like the trouble
could be sadness and gloom.



Sadness is a feeling
that hurts way deep down.
It's the opposite of happy
and turns your smiles
into frowns.

Maybe you're missing someone,
or just having a bad day.
There could
be lots of
reasons
why you're
feeling
this way.





But there's good news, my friend.
You're not all alone!
And you don't have to deal with this
all on your own!

Sadness is normal.
You will make it through!
But while you are waiting
there are things you can do.