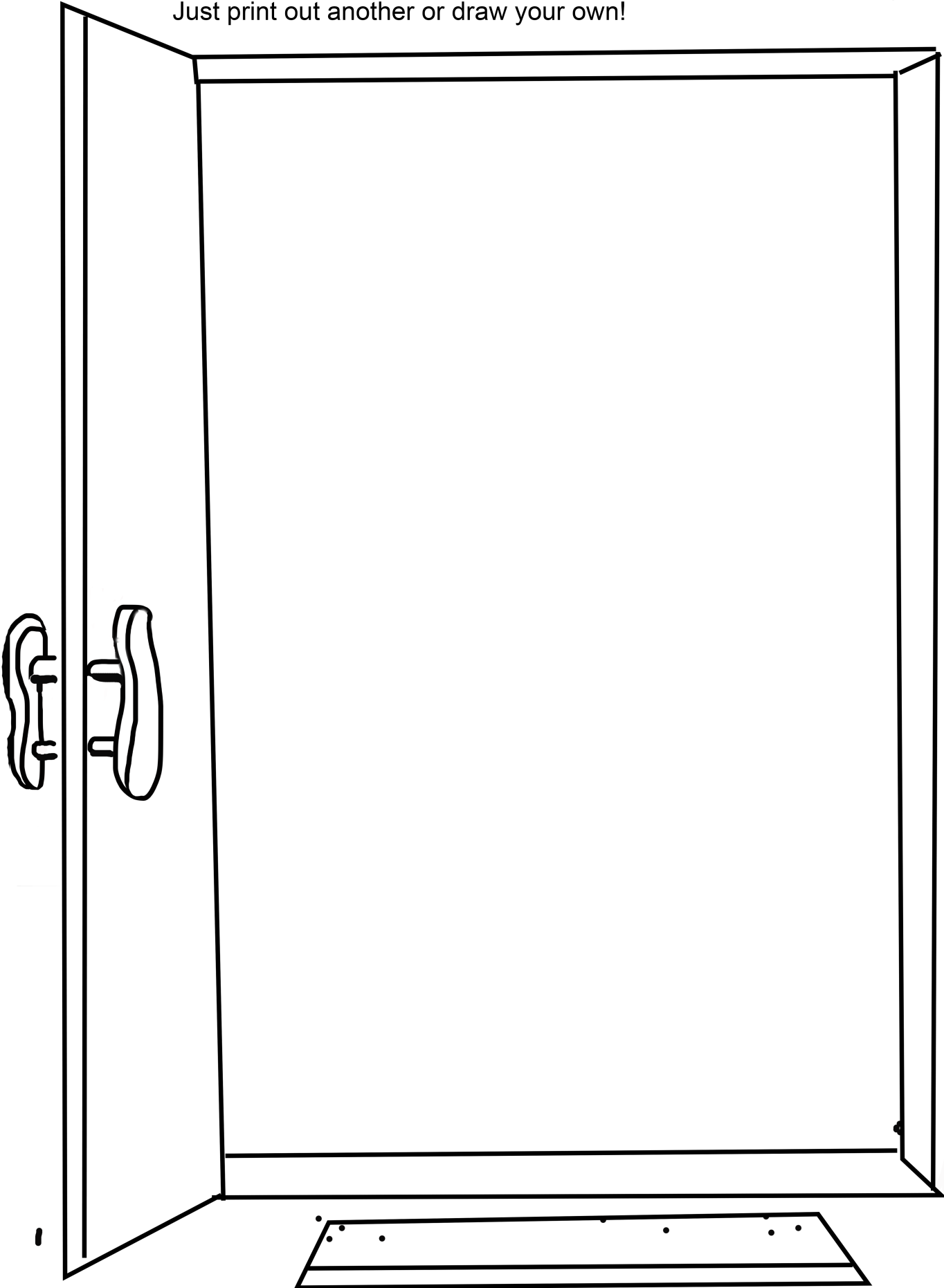


This is an e-Vroom for **SAD** feelings. What do they look like?
Are they droopy creatures? Are they a hole in the ground? What colors?
There is no right or wrong! (Need more than one room? Thats ok!
Just print out another or draw your own!



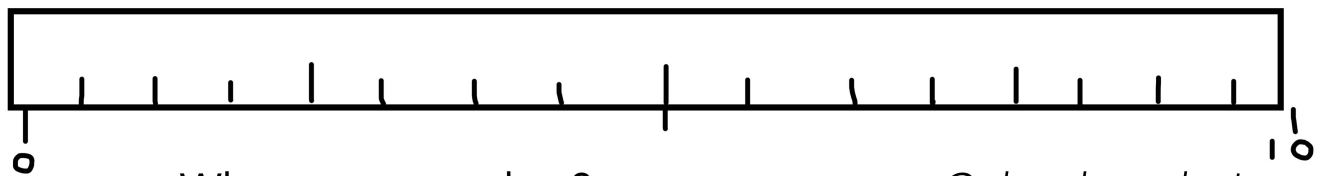
A "HOW MUCH?" page.

This page lets you measure HOW MUCH of a feeling you have right now. Print this page to color the bottles and rulers. Show what you feel.

(There are more "HOW MUCH?" pages with thermometers, tanks and dials that can be printed from the HOME page.

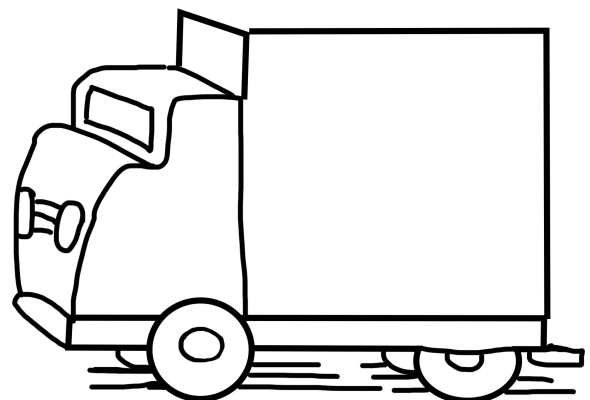
"HOW MUCH" pages are for any feeling).

On this ruler, 1= not much and 10= ALOT of feeling.



Whats your number? _____. Color the ruler!

Fill the bottle
with how much
feeling
you
have!



Fill the truck with your feeling
How high will the pile reach?

Questionnaire for being SAD about COVID-19 and staying inside.

My name is _____ I am _____ years old.

I look like this

My family looks like this:

People can usually tell when I'm sad

Yes

No

When I'm sad I usually: *(underline any that are true for you)*

Cry, complain, sulk, sigh, want to be alone, want to be with people, get quiet
get loud feel lonely, feel like I shouldn't be sad feel hopeless want to talk about it,
lose my appetite, can't sleep read books watch tv/ media call a friend whine
want to be with a pet.

When I'm sad I can also be: *(underline any that are true for you)*

Angry Lonely Disappointed Want attention Want love Feel overwhelmed
Not sure what to do Stressed Hurt Scared Worried Feel misunderstood
Just sad _____

other

- I want to show this page to someone else.
- I want to write about what made me sad *(below)*

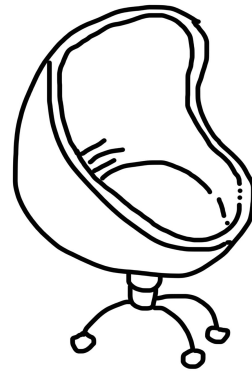
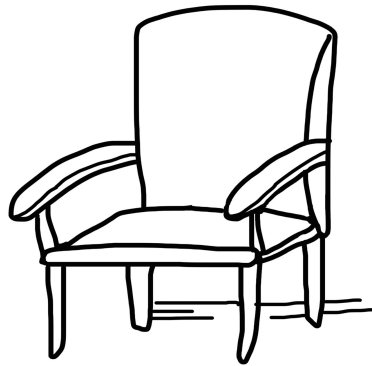
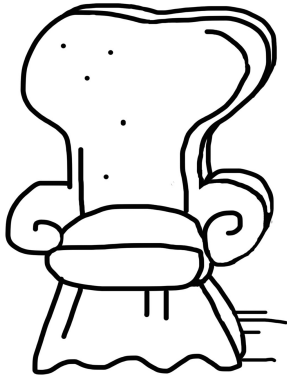
If you need more space; write on the other side of this page and/or get more paper!

If your sadness about COVID-19 was a person..
It would look like this →

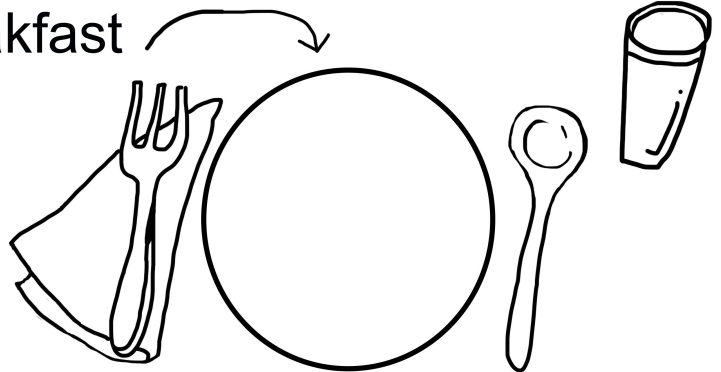


Its nickname would be..

It would sit in this
chair...



It would eat this for breakfast



It would want this
many hugs:

It would want someone
to say this:

