Date

Name

HANDOUT

Lesson 5: What To Do When You're Sad - Quiz

For each one, pick TRUE or FALSE:

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healthy

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${ m l}_{ m s}$ It's best to ignore sad feelings and pretend you don't feel that way.	TRUE	FALSE
${\mathbb 2}$. It's good to notice sad feelings and know how you feel and why.	TRUE	FALSE
\Im_* If you get angry at yourself when you feel sad, it helps you snap out of it.	TRUE	FALSE
${\mathscr A}_{\circ}$. It's good to accept your feelings. It's OK to feel the way you feel.	TRUE	FALSE
${\mathbb S}_*$ It's good to put feelings into words and show feelings in ways that don't hurt anyone (including you!).	TRUE	FALSE
${\mathfrak S}_{*}$ If you are sad, you can't help the way you act.	TRUE	FALSE
$\mathbb{7}$. Kids can feel sad over big things or little things.	TRUE	FALSE
$egin{array}{c} \$$, Sometimes sad feelings tell you there's a problem to work out.	TRUE	FALSE
${ig O}_{*}$ It's best to keep sad feelings to yourself.	TRUE	FALSE
10. It's good to let someone know how you feel and why.	TRUE	FALSE
${ m II}$. Sometimes you can get over sad feelings quickly.	TRUE	FALSE
$1\!\!2$. It's OK if you are not ready to cheer up right away.	TRUE	FALSE
13. If you are sad, you need other people to tell you what to do.	TRUE	FALSE
${ m M}_{ m c}$. If you are sad, someone can help by showing they understand and care.	TRUE	FALSE

Answers: 1. False, 2. True, 3. False, 4. True, 5. True, 6. False, 7. True, 8. True, 10. True, 11. True, 12. True, 13. False, 14. True.







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