

All About Sad Scribble

Untangling big emotions – one scribble at a time



Channon Gray





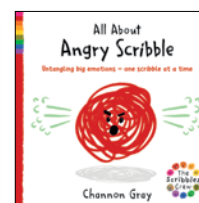
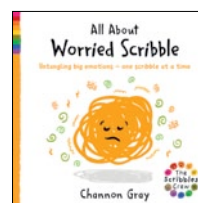
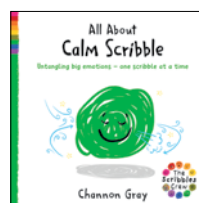
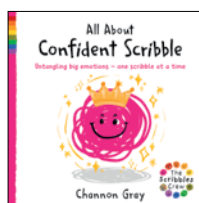
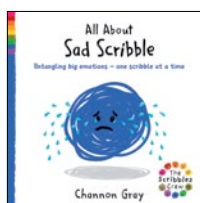
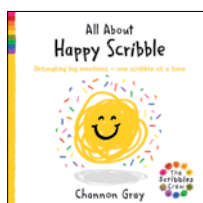
Come and join the Scribbles Crew!



Get to know **Sad Scribble** – find out how
it can make you feel and discover top tips
for the times when sadness stops by!

The Scribbles Crew supports children's emotional literacy by
helping them identify, understand and talk about their big feelings.
Each book is packed with simple, practical steps and activities to
build self-awareness, empathy and resilience, and develop
self-regulation and social-emotional skills.

Collect all of the Scribbles Crew books!



Scan the QR code for more great Scribbles Crew
activities, sing-along songs and teaching resources
specially created by The Exciting Teacher.

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award

I feel...



happy



calm



sad



angry



worried



confident



scared



surprised



disgusted



unsure



excited



embarrassed



panicked



focused



disappointed



silly



friendly



jealous



bored



muddled



tired



unwell



hungry



hot or cold

How do I say
“I feel sad” in Makaton?

I feel



Take one hand with your thumb
and middle finger pointing to
your face and lift your hand
up and say, “I feel”.

sad.



With a sad look on your
face, place one hand in front
of your nose and move it
downwards and say, “sad”.

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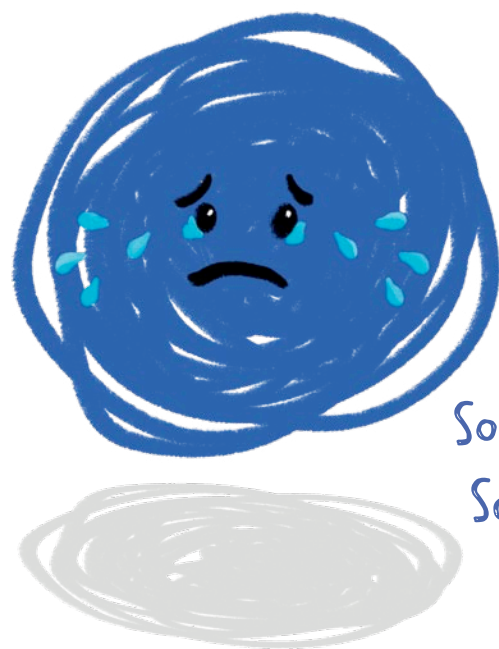


award



Sadness is gloomy
and slow.

It is a feeling that
takes over your body
from head to toe.



Sob, sob! I am
Sad Scribble. "



It's okay to feel sad –
though it might surprise us.



BIG feelings, like sadness,
come in all shapes and sizes.



Sadness happens when
we do less of the
things we enjoy.

And we might cry,



when we feel that
we're failing,



no matter how hard we try.



It can feel like a rain cloud
pausing over our heads,



or sometimes like a

storm
that
never
ends.

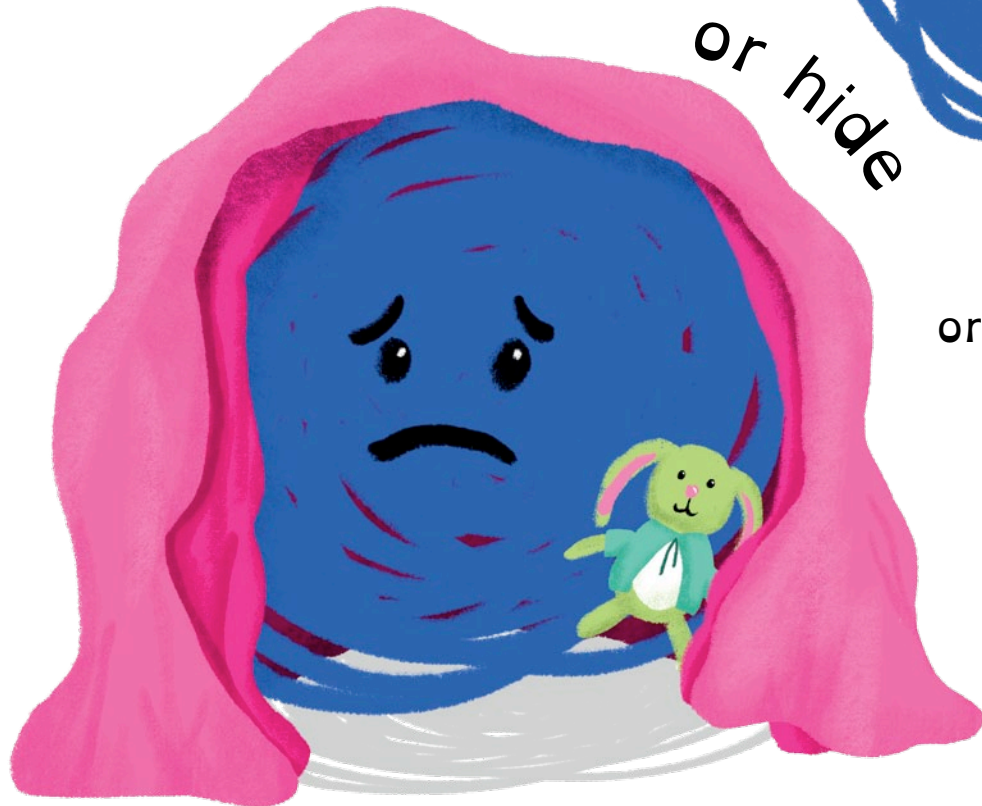
Being sad feels and looks different for everyone!

It might make you

want to cry,



or hide



or avoid
having fun!

It is important to share
when we feel sad...

I feel sad
because I
lost my
teddy.

I feel sad
because this
challenge is
tricky.

I feel sad
because I miss
my family.

I feel sad
because my friends
are being unkind
to me.



...so others can

help us

when we're feeling bad.



What are you feeling?
I am Name-It Scribble.



Feeling sad can
help us to let go of
experiences that are

BIG
and
heavy.

Crying, or talking about sadness,
helps us feel,

