All About Sad Scribble

Untangling big emotions – one scribble at a time



The Scribbles Crew

Channon Gray



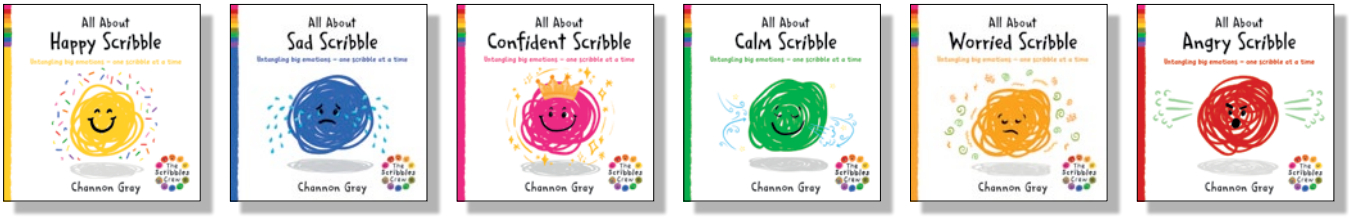
Come and join the Scribbles Crew!



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!



The Scribbles Crew

The Exciting Teacher

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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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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All About Sad Scribble

Written and illustrated by
Channon Gray



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Sadness is gloomy
and slow.

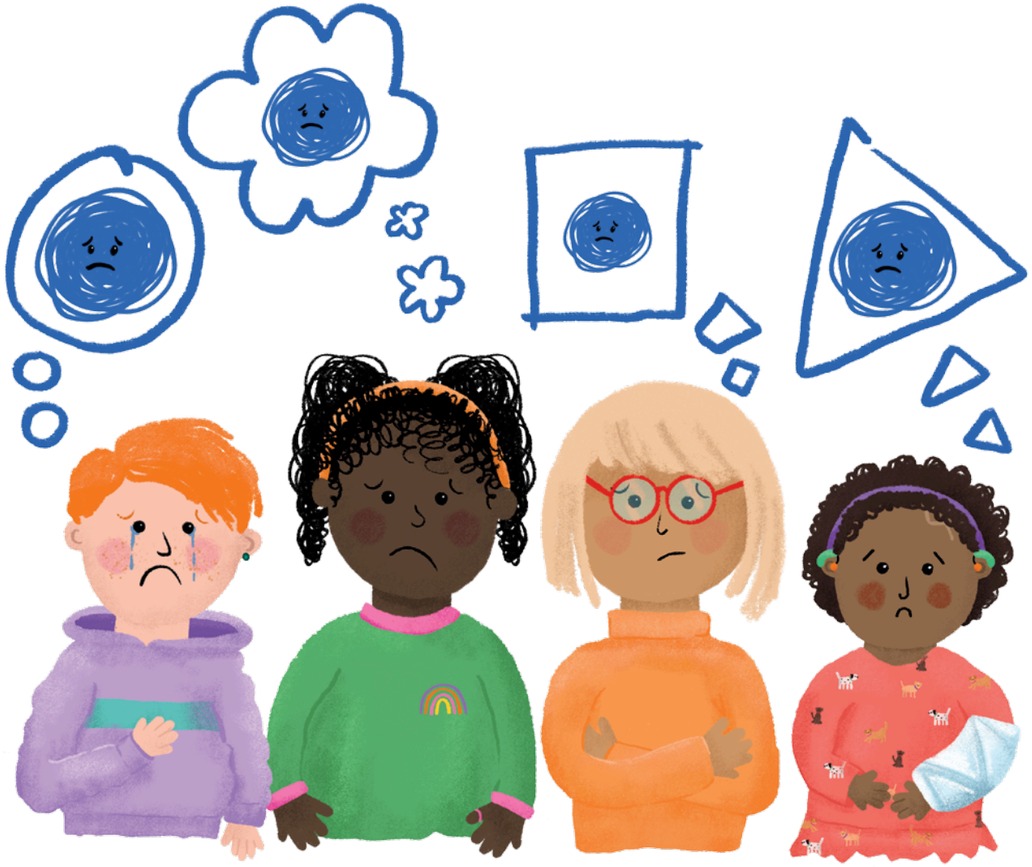
It is a feeling that
takes over your body
from head to toe.



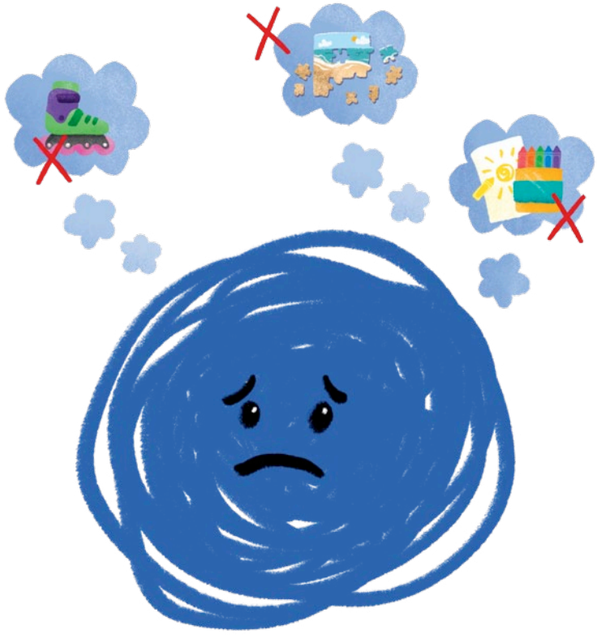
Sob, sob! I am
Sad Scribble.



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

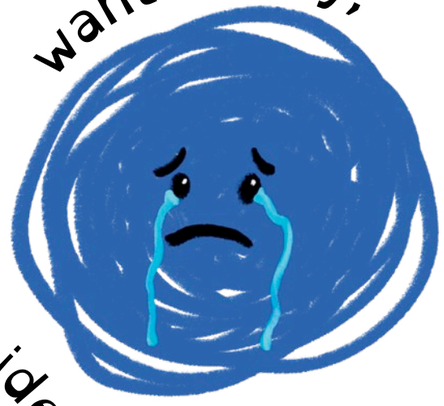
that

never

ends.

Being sad feels and looks different for everyone!

It might make you want to cry,



or hide



or avoid

having fun!

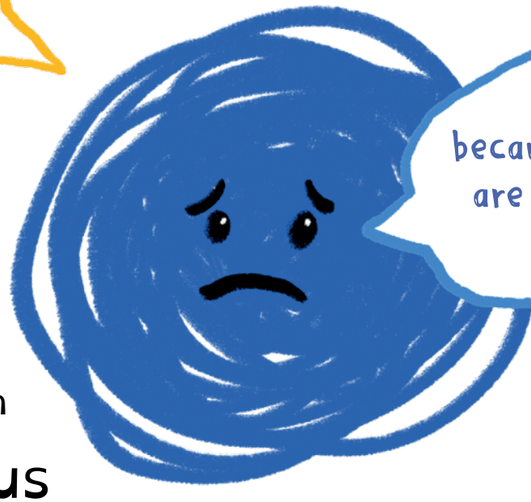
It is important to share when we feel sad...

I feel sad because this challenge is tricky.

I feel sad because I miss my family.

I feel sad because I lost my teddy.

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,

