

## WORKSHOP

# Dealing with sadness

Dear parents,

Today, *Minipally* talked to us about ways we can comfort ourselves when we're sad. There are many. You are the one who knows me so well, since I was a tiny baby! You know how to comfort me. Tell me, what did you do when I was a baby and I cried? Now that I'm big, sometimes I hesitate to come see you to feel better. Yet I still like to be in your arms and to be cuddled. I know that I can also go get my teddy bear or my blanket, or rock myself. *Minipally* goes to see his parents or his teacher to feel better. He says that even big people cry sometimes. When you see that I'm sad and you comfort me or help me find a way to feel better, I feel understood and loved.

