Name _____

Exploring Sadness and Finding Ways to Cope

Open-Ended Response Questions

1. Share a personal experience where you felt sad and describe how you coped with it.

2. Can you think of any other ways to cope with sadness that were not mentioned in the passage? Explain.

3. How might talking about your feelings of sadness with someone you trust improve your emotional well-being?

4. Imagine you have a friend who is feeling very sad. What advice from the passage would you give to help them cope with their sadness?

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