

Name _____

Exploring Sadness and Finding Ways to Cope

Open-Ended Response Answer Key

1. Answers will vary based on personal experiences.
2. Answers may include suggestions like spending time with pets, volunteering, or seeking professional help.
3. Talking about feelings of sadness with someone you trust can improve emotional well-being by providing emotional support, empathy, and a sense of not being alone in your struggles.
4. Answers may include advising the friend to talk to someone they trust, engage in physical activities, or express their feelings through creative outlets like art or writing.

