

Name _____

Understanding Emotions: How to Recognize When Someone Is Feeling Sad or Upset

Short Answer

1. List three signs of sadness or upset that you can observe in a person's body language.
2. Why is listening an essential way to respond to someone who is feeling sad or upset?
3. How can you validate someone's feelings when they express their sadness?
4. What is one practical way you can offer comfort to someone who is feeling sad or upset?
5. Explain why recognizing and addressing emotions is important for promoting mental health.

