

;MARGINS

Push Boundaries



SELF-AWARENESS COLOURING ACTIVITY BOOK



A Publication by Marginal
Mind Matters NPC



WHY DO I FEEL SAD?

Self-Awareness for Kids

A Publication by Marginal Mind Matters NPC.

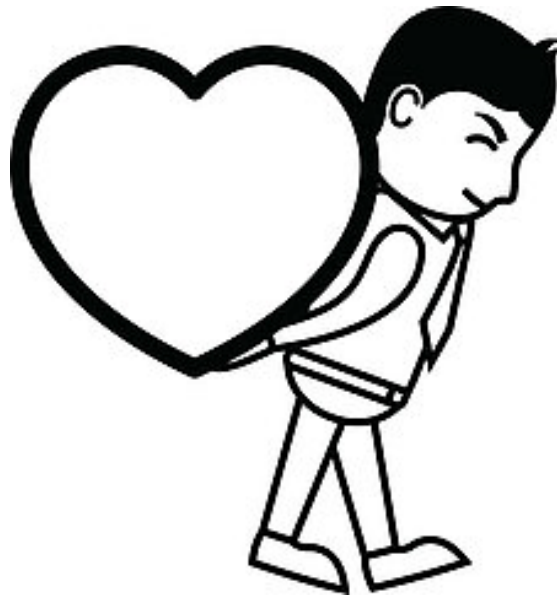
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Chapter 1

Why do I feel sad?

Sometimes we feel sad, but we do not know why, and we carry our sadness with us. It is like carrying a heavy bag. Do you like to carry heavy bags? No, no one likes to carry heavy things. That is why we need to release our sadness.



We can only release our sadness if we know why we are sad. How do we find out why we are sad? We have to look at our life. Some of us are sad because people do not love us and take care of us. When we cannot trust others to give us what we need like time, safety, food, and shelter we become sad.

Chapter 2

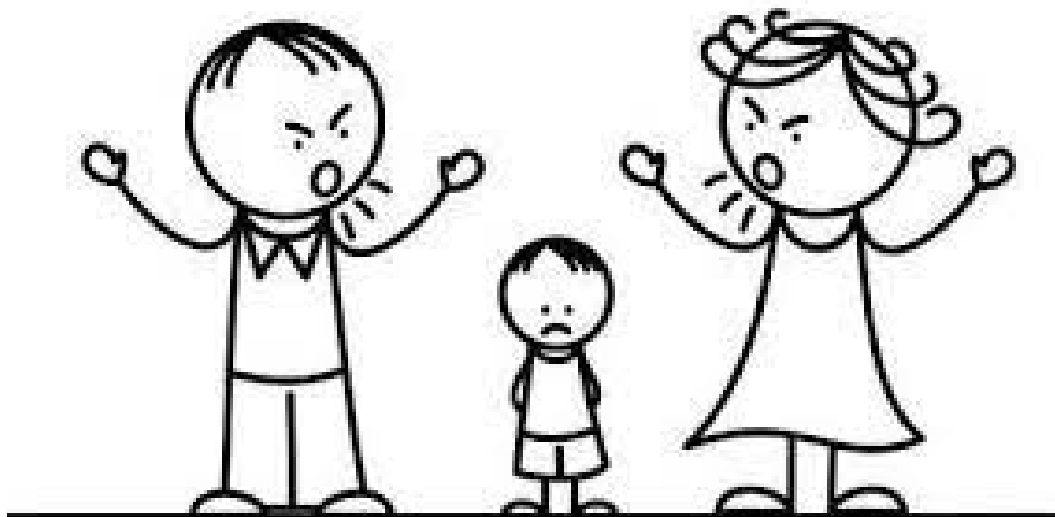
Why do people not love us?

Many children are **socially excluded** and that is why they are sad. Do you know what that means? It means that people do not love us, and they push us aside. People do this in many ways. Sometimes they shout at us, sometimes they beat us, and sometimes they ignore us.

When people do not love us, they do not give us the things we need, and this makes us sad. This is very bad for children because when you do not have the things you need, you do not learn, and you do not grow.

What makes you sad?

Who made you sad?



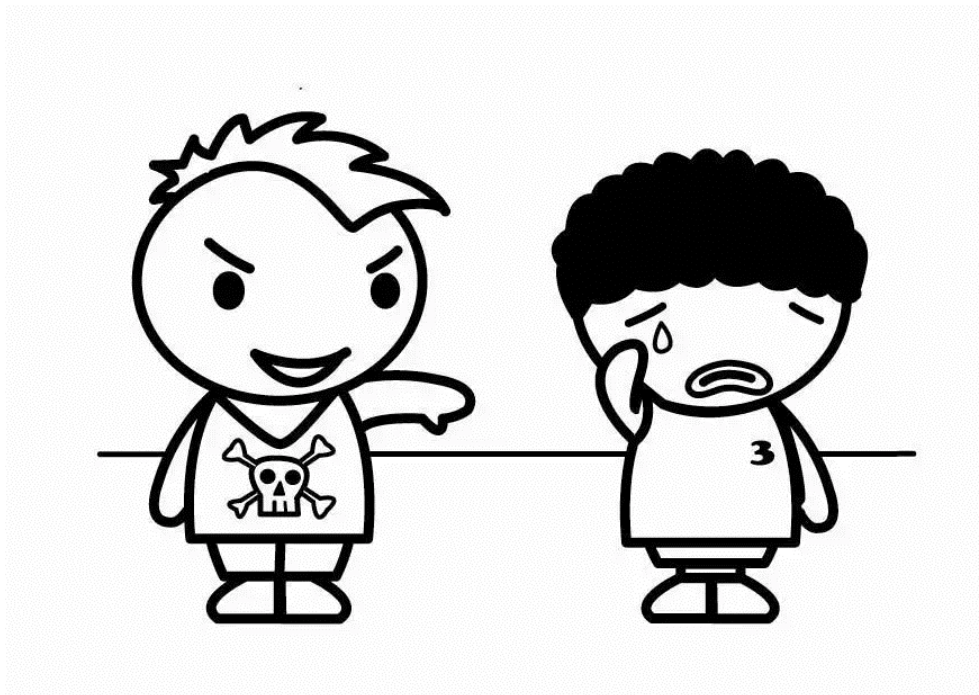
Chapter 3

Why do people push us aside?

Do you know why people push us aside? Sometimes it is because people did not love them, so they do not know how to love others. Sometimes it is because we are different to them, and they do not understand us.

Who pushed you aside?

How did you feel?



Chapter 4

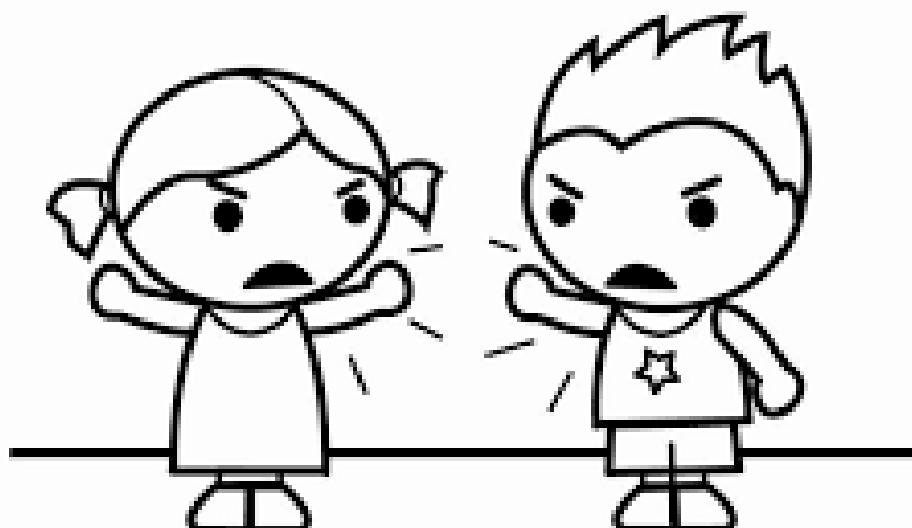
What happens when people push us aside?

When people push us aside it makes us feel very bad. We start to think there is something wrong with us and that is why people do not love us. When we feel bad and sad all the time we do not want to learn or have fun with our friends. We start to believe the things people say and we feel sad all the time and we hide from the world.

What bad things did people say to you?

How did it make you feel?

What do you think about yourself?



Chapter 5

Why is it important to be happy?

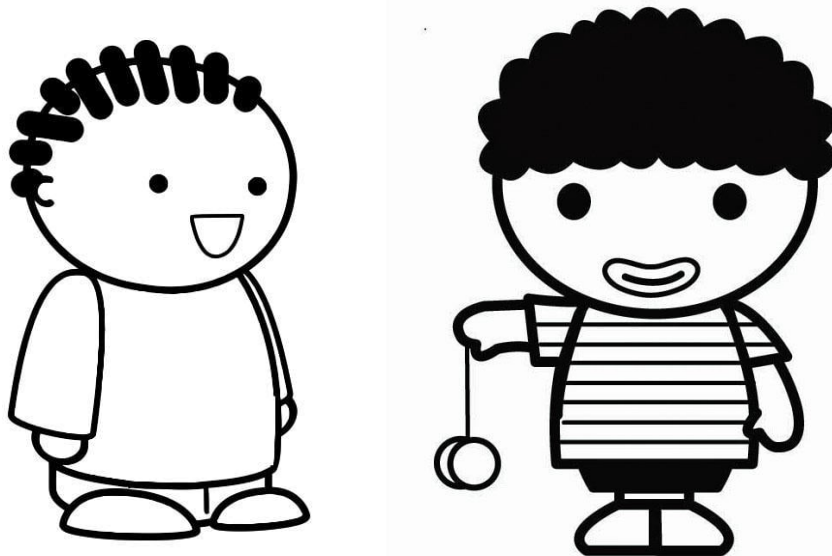
Do you know why it is important to be happy? When you are a child, you need to be happy and feel love because it helps you to grow.

When you are loved, you trust others to protect you and take care of you.

When you feel love, you feel safe, and you are not scared of anyone hurting you. Love helps you to grow and become strong in the body and the mind.

When you are strong, you can do anything!

What are some of the things that would make you happy and loved?



Chapter 6

How can I be happy?

If we are around people who say bad things to us all the time, we will be sad all the time. People say bad things because others said bad things to them, or they do not understand us. When people say bad things, we do not need to believe it. We can be happy if we understand that we are special and we deserve love. We have to say good things to ourselves.

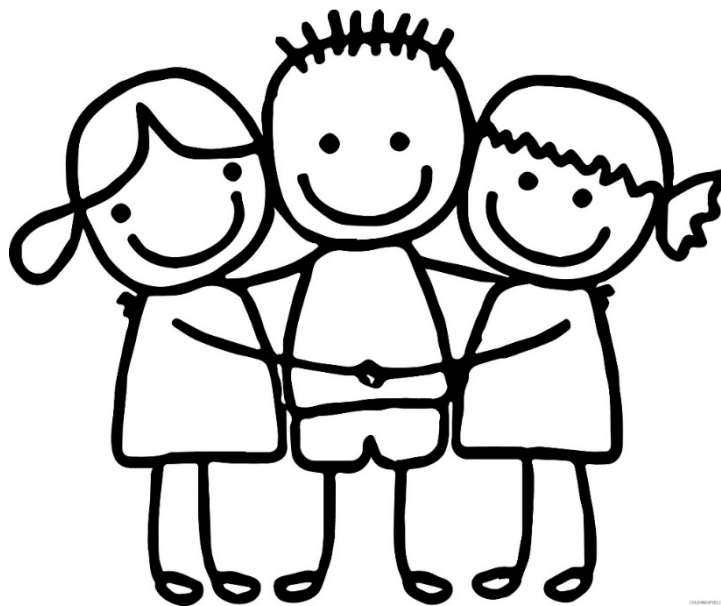
I am strong!

I am beautiful!

I am important!

I can do anything!

When we say good things to ourselves, we love ourselves. When we love ourselves, we treat ourselves well, and we look for people who treat us with love, kindness, and respect.



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