

## Lesson 5: Feelings and Emotions

### What is Sadness?



Sadness is a feeling — it's one of the many normal human emotions, or moods, we all have. Sadness is the emotion people feel when they've lost something important, or when they have been disappointed about something, or when something sad has happened to them or to someone else. When they're lonely, people often feel sad.

When you're sad, the world may seem dark and unfriendly. You might feel like you have nothing to look forward to. The hurt deep inside may crush your usually good mood.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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