

An illustration of a woman with dark hair, wearing a purple t-shirt, brown shorts, and black sneakers, lying on her back on a green grassy field. Her hands are behind her head, and she has a peaceful expression. The background is a bright blue sky with a butterfly in the upper left corner. The overall style is soft and artistic.

Sometimes When

I'm
Sad

free spirit
PUBLISHING®

Deborah Serani, Psy.D.
illustrated by Kyra Teis

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Library of Congress Cataloging-in-Publication Data

Names: Serani, Deborah, 1961-author. | Teis, Kyra, illustrator.

Title: Sometimes when I'm sad / by Deborah Serani ; illustrated by Kyra Teis.

Description: Minneapolis, MN : Free Spirit Publishing Inc., [2020] | Audience: Ages 4–8 |

Identifiers: LCCN 2019031721 (print) | LCCN 2019031722 (ebook) | ISBN 9781631983825 (hardcover) |

ISBN 9781631983832 (pdf) | ISBN 9781631983849 (epub)

Subjects: LCSH: Sadness—Juvenile literature. | Depression in children—Diagnosis—Juvenile literature.

Classification: LCC RJ506.D4 S465 2020 (print) | LCC RJ506.D4 (ebook) | DDC 618.92/8527—dc23

LC record available at <https://lcn.loc.gov/2019031721>

LC ebook record available at <https://lcn.loc.gov/2019031722>

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Reading Level Grade 2; Interest Level Ages 4–8

Fountas & Pinnell Guided Reading Level M

Edited by Alison Behnke

Cover and interior design by Emily Dyer

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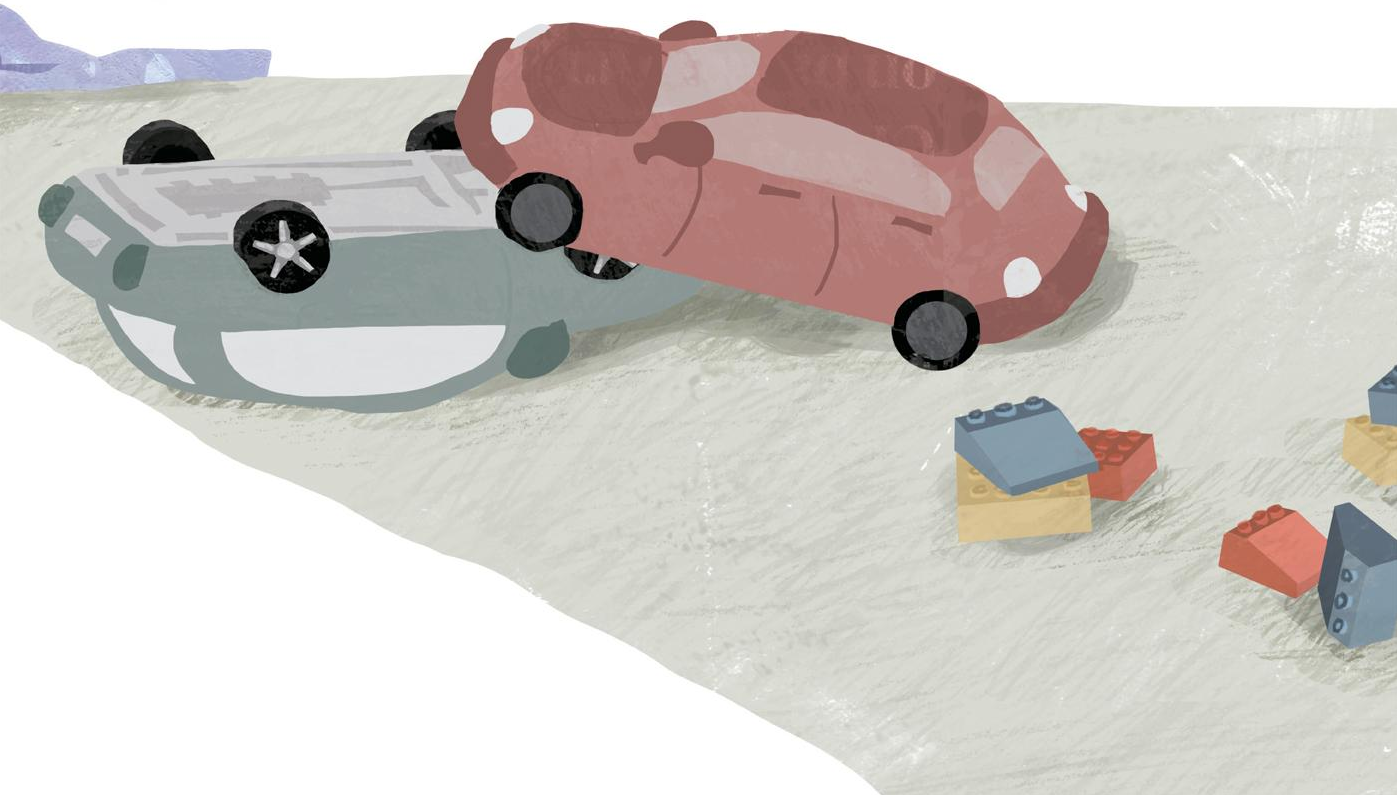
Sometimes when I'm sad, I cry.





Sometimes I hide.

Sometimes I even throw my toys.



Sometimes when I'm sad,
nothing helps me feel happy.

Not even presents.

Or ice cream.





Or a basket full of bunnies.

Sometimes when I'm sad,
I want to sleep all day.





Or just sit on the couch
doing nothing at all.

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