



## Quiz Answer Key

1. True or false: It's normal for people to feel sad at times.
2. True or false: When you're sad, it's best to keep your feelings to yourself.
3. True or false: There are things kids can do to help themselves feel better if they're sad.
4. A deep, intense sadness that lasts a long time is called depression.
5. The kind of sadness people feel when someone close dies is called grief.

### Extra Credit:

6. Why is it a good idea to talk about your feelings with a trusted adult if you're sad? Any of these: Someone who understands and cares about you can help. You don't feel alone. You feel supported. An adult can understand what you need. An adult can help you think of things to do to feel better. An adult can help you solve a problem, cope with a situation. Putting the feeling into words can help you feel better.
7. Write two things you'll do to try to feel better the next time you're sad:

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