



*Dagmar Geisler*

## What to Do When I Am Sad

durchgehend farbig illustriert von Dagmar Geisler

5+ years, 2nd edition 13/08/2018

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## Story

**Have you ever been sad? Coping with loss.**

We can be sad for many reasons. Maybe it's raining and you want to play outside. Maybe a friend moved away, or you're sick on your birthday. Everyone feels sadness in different ways. You might feel like crying all the time, or you may be constantly cold or hungry. You might even feel sick to your stomach or angry. There's no right or wrong way to be sad. One event that makes us all sad, regardless of how old we are or where we live, is losing a loved one. When someone we love dies, some people want to be alone, while others need company. Some people may want to hide under covers and do nothing all day, while others want to keep busy. Just like being sad, there's no right or wrong way to mourn.

In Dagmar Geisler's *What to Do When I Am Sad*, readers will learn to recognize why they're sad and how that sadness is making them feel otherwise. They will also learn that it's okay to express that sadness through tears, controlled anger, creativity, or conversation. The book gives parents, grandparents, and caregivers the opportunity to speak with children about sadness, depression, and grief.

- Sensitively narrated picture book illustrated by **Dagmar Geisler**

- Approaching a difficult and important topic

## Dagmar Geisler

Dagmar Geisler was born in 1958 in Siegen and studied drawing in Wiesbaden. After graduating in 1984, she worked as graphic designer and illustrator for several publishing houses and broadcasting companies. In 1987 Dagmar Geisler illustrated her first book for children, the “Leselöwen-Quatschgeschichten” by Manfred Mai. From now on she focused on drawing comics and illustrations for children’s books, which have been awarded several times. For some years now she also writes successful children’s books. Her educational picture books deal with recent and sensitive issues. With her sensitive stories Dagmar Geisler succeeds very well to transport useful preventive measures not only from an educational perspective, but also with a certain amount of excitement and humor. Today, Dagmar Geisler lives with her family in the Franconian Switzerland.

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