Dagmar Geisler

What to Do When I Am Sad

durchgehend farbig illustriert von Dagmar Geisler

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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**

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- Approaching a difficult and important topic

Dagmar Geisler

Dagmar Geisler, was born in 1958 in Siegen, studied drawing in Wiesbaden and now lives in Franconian Switzerland. She has been writing and illustrating for children and the young for over 25 years. Her educational picture books address recent and sensitive issues, providing useful preventive measures with excitement and humour from an educational perspective. With her books, she accompanies children in their social-emotional development and encourages talking together about feelings, difficult situations and body awareness.

More titles by this author

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 To Cry, Laugh, and be Angry – I am not too little for that!	 Go for Sometimes Saying NO	 That's How I Can Do It! Of Anger, Being Sick and Confidence
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