Devastated or depressed. This might happen if someone you know dies. Feeling this sad is very hard to deal with and usually requires help from someone, such as a parent, counselor, or other trusted adult.

Very Sad. This might be if you have to move to a new school or you lose something you care about. Very sad could also be a scary sad. You will probably need help with this.

Basic Sad. This level of sadness might happen if you get a bad grade on a test. It might take a while before you feel happy again, but you’ll be O.K.

A little sad. This might be a small sad feeling that you are not even sure why you have. Maybe your favorite show is cancelled or maybe you don’t like the lunch menu. You will be O.K., even though you are slightly sad.

Not sad. This is when you don’t feel sad at all. It might not be a great day, but it isn’t sad day either.