

One day, when my aunties saw that I was sad, they told me a secret.

Sammy's Tears

Sammy cries when something hurts, when he is sad, when he misses his mum, when he remembers her, when he is angry. He also cries with laughter, when he is tickled, and sometimes, he is not even sure why he cries.

At first, Sammy thought that crying was something bad, until one day he realised that it helped him to calm down. Crying helps him to feel better. He knows now that it is a way of expressing how he feels and also of telling other people that he needs help, when words fail. Tears help him to let out a little bit of sadness so that it doesn't get bottled up inside.

Today Sammy is feeling sad. Draw his tears and help him to feel better.

