

A child with spiky red hair, wearing a red and white striped shirt, stands on a bed with a purple frame and an orange blanket decorated with blue stars. The child is looking towards a large, blue, furry monster with a sad expression and a tear on its face. The monster is sitting on a brown armchair. The room is decorated with colorful bunting and string lights. A green dresser with a piggy bank on top is visible in the background. A blue teddy bear sits on the bed. A small green car and an orange bus are on the floor.

Hello, my friend.  
It's me, Sadness.  
I'm visiting again.

It doesn't have to be gloomy or gray.  
I might stop by on a beautiful day.  
You feel hurt or confused, and that's why I'm here.  
You'd rather be brave. You wish I'd disappear.





I know, I get it . . . You don't want me around.  
Last time I came, You made sniffing sounds.