As difficult as the changes are for adults, kids are dealing with their own feelings coupled with the emotions they pick up from their parents. As kids process what’s going on in their lives, it’s normal for the sadness they’re feeling to come out in ways that may look very different. Here’s a look at how some of these responses to sadness may appear:

**Resistance**
- Why do I have to do this now?
- I’m not reading for 30 minutes. Fine, I’ll read one chapter and then I’m done.
- You don’t make me do all these chores any other time.

**Displaced frustration**
- Rrrrrrr, this is so annoying!
- Why is the computer so slow?
- I don’t want a bagel. Why can’t you ever make pancakes for breakfast?

**Boredom**
- There’s nothing to do.
- I don’t feel like riding my bike.
- I’ve already watched my Netflix shows.

**Apathy**
- It doesn’t matter anyway.
- I’m just going to watch tv.
- I don’t want to do my school work.

**Anger**
- Leave me alone!
- Why are you always bugging me?
- Don’t you have something else to do?
- This is my room. Knock before you enter.

**Resistence**
- Why do I have to do this now?
- I’m not reading for 30 minutes. Fine, I’ll read one chapter and then I’m done.
- You don’t make me do all these chores any other time.