

# SAMMY'S SAD DAY



**BOYS TOWN**<sup>®</sup>  
Press

Boys Town, Nebraska

Written by **Carol Miller**

Illustrated by **Robin Boyer**

## Sammy's Sad Day

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Once in a small, bustling town so sweet,  
a young boy named Sammy lived on Elm Street.





Sammy often loved to run, laugh, and play,  
but something felt different inside him one day.



His eyes looked tired, his smile had gone,  
and he sat all alone, feeling withdrawn.



His friend, Ollie, took note and sat by his side.  
With a gentle voice, he asked, “Sammy, what are you feeling inside?”


Sammy shook his head, then sighed really low,  
**“I feel sad today; I just don’t know.”**



Ollie offered an understanding nod, then leaned near.  
Sometimes we just need someone to listen and lend an ear.



Pages 10-31 are not included in this excerpt.



## Feeling sad? That's okay... Sammy does too.

But Sammy doesn't know why he feels blue. He just knows today he feels different inside. On the outside, he's wearing a frown and keeping his eyes down.

When Ollie sees his best pal looking so glum, he steps in with kindness and support. Together, the boys explore simple ways to try and lift Sammy's spirits. Perhaps a comforting hug will perk him up? Maybe doodling fun places and happy memories will do the trick? What about a walk through the park? There must be some way to turn Sammy's sad frown into a smile!

*Sammy's Sad Day* is more than a young boy's journey through sadness; it's a gentle and hopeful story of friendship, empathy, and emotional resilience.

Written in a fun-to-read rhyme, it includes a special page with helpful strategies parents and educators can use to support children through tough emotions.

"I love how this book normalizes sadness for children and teaches practical strategies to manage it. The rhyme scheme and simple phrasing are perfect for little learners! *Sammy's Sad Day* is a must-have for school counselors, social workers, and caregivers. Be sure to add it to your shelf!"

~ LAURA OATHOUT, Curriculum Writer, *Music City Counselor*



CAROL MILLER is a nationally renowned school counselor and passionate advocate for student success. She has been honored as the New York State School Counselor of the Year and received the New York State School Counselor Association's Career Achievement Award. You can follow her on Instagram @counselingessentials.

ROBIN BOYER has brought stories to life with her enchanting illustrations in numerous picture and activity books for more than two decades. She holds a BFA from Alma College and resides in Grand Haven, Michigan.



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