Lonely

Feeling lonely is the feeling we get when we are not around our friends or family and we want to be.

Times we might feel lonely:
- When we haven’t seen our friends in awhile
- When we don’t have anyone to play with
- When we have nothing to do and we feel bored

When we feel lonely, our body might feel like:
- Our eyes are heavy or tired
- Curling up to give ourselves a hug
- Our shoulders turn inward

Understanding Lonely / Questions for learning:

What are some times a person might feel lonely?

When you feel lonely, what does your body feel like?

Write about a time that you felt lonely. What was it like?