

## 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?







I'm Lonely.

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# LONELY LETTERS Gratitude

Lonely has been feeling kind of down, but he remembered something that always puts him in a good mood—gratitude! Write a letter reflecting on all the things that you are grateful for. You can keep this letter for yourself as a reminder or send it to someone with whom you want to share your appreciation!





# lonely letters **Love**

Lonely didn't have a Valentine this year, so he was feeling a bit down. But, he remembered a tip his grandma taught him long ago: "If you are feeling lonely, write a love letter to yourself." Below, write a letter to yourself and remember to write all the reasons that you love yourself! You are a very special person, so remind yourself of all the ways you shine.





## LONELY LETTERS Make a Trip

Lonely would like to go on a trip! Imagine you could travel anywhere in the world with Lonely, where would you go? Draw a picture of where you wish you could go on the front of the postcard. On the back, write a message about why you want to go there and what you would like to see.



# LONELY LETTERS Make a Trip

Write a message about why you want to go to your destination and what you would like to see.

