



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?



Depression and Bipolar Support Alliance