

• FEELING LONELY •

WHAT IS LONELINESS?

Loneliness is the feeling that you get when you want someone to talk to and spend time with but nobody is available. You may also feel lonely if you think that nobody understands how you feel or think.



WHY DO CHILDREN FEEL LONELY?

Children feel lonely for many reasons. Below are some reasons why children feel lonely:



Moving to a new school and they don't know anyone yet

Feeling different from others

Losing a friend, a pet or someone close

Having difficulty making friends

Being at home by themselves with no one to talk to

WHAT CAN YOU DO IF YOU FEEL LONELY?

- **Do something that you like.** E.g. Play games, do some exercise, draw, sing, dance, read a book, etc.
- **Plan fun activities** with family members and friends.
- **Talk to someone** whom you trust about how you feel. This can be your friend, sibling, parent, relative, teacher, or school counsellor.



SPENDING TIME ALONE

Spending time by yourself can also be fun! Here's why:

Being alone can give you time **to be creative**. Many songwriters and artists are most creative when they spend time by themselves. They write the best songs and create great works of art when inspiration hits, usually when they are alone.



Being by yourself can also give you time **to think**.

