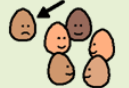


lonely



What does it mean?



feeling alone



feeling of not belonging



needs connection



needs company



needs understanding



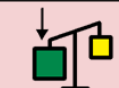
something else



In my body, it might feel like



feeling empty



heavy feeling



heavy feeling in chest



a lump in throat



headache



low energy or tired



aching stomach



cold



teary



something else



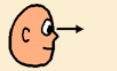
How might someone react to this emotion?



become quiet



stay on own



watch others



find it hard to join in



cry or seem sad



become clingy



irritable



not share



be unkind



knock down things others have built



rip up important items



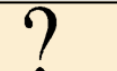
clap



distract others



try to get attention anyway they can



something else



Support Strategies



tell someone



ask for company



join a group or activity



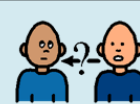
share interests with others



take slow, gentle breaths



ask for comfort



ask someone to play



draw how you are feeling and why



write about how you are feeling and why



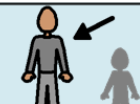
listen to music



go for a walk



use fidgets or sensory items



speak to a trusted adult



make a list of things you like about yourself



"It's okay to feel lonely. This feeling is temporary."



take time to feel lonely



What other things can you do to help you when you feel sad?

