

# Quick guide to loneliness

**Primary**

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## **It's completely natural**

We all feel lonely sometimes, just like how we sometimes feel thirsty or hungry. Feeling lonely is a natural thing that happens because we all need friends and people to talk to. When we feel lonely, it's like our body is telling us that we need more friends or deeper talks with the people we already know.

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## **It's not just for older people**

Many people, not just kids, feel lonely from time to time. In fact, young people between the ages of 16 and 24 often feel lonely most often.

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## **It's not the same as being alone**

Being alone isn't the same as being lonely. You might feel lonely when you're with other people, like during playtime or at a family dinner. This can happen if you feel like you're not really connecting or if you think people don't understand you. You might feel lonely when you can't find friends to play with, or if your friends want to play a different game that you don't want to play.

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## **It's not embarrassing**

If you're feeling lonely, it's okay. It's nothing to be embarrassed about. When we talk about feeling lonely, we should use kind and gentle words, just like we would when talking about anything else that's important.

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## **It doesn't last forever**

The good news is, loneliness doesn't last forever and you can do things to feel better. You can tell someone you trust about your feelings, think about what you need to feel better, and make plans to play or spend time with others.

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## **It feels good to talk**

Feeling lonely is a normal feeling, just like being excited or upset. If you feel lonely a lot, it's a good idea to talk about it with a grown-up you trust because it can make you feel sad over time. But remember, it's a natural feeling and everyone feels it sometimes.