YOU'VE GOT A FRIEND

WHEN YOUR FRIEND IS LONELY



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children grow their self and social awareness. They will learn how to manage their emotions and foster empathy toward others. Lessons and support in SEL help children build relationship skills, establish positive habits in communication and cooperation, and make better decisions. By incorporating SEL in early reading, children will have the opportunity to explore different emotions, as well as learn ways to cope with theirs and those of others.

BEFORE READING

Tell the reader that feeling lonely is something everyone experiences.

Discuss: What causes you to feel lonely? How do you feel when lonely? How do you react? Do you ever notice other people reacting the same way?

AFTER READING

Talk to the reader about how to recognize when someone else is feeling alone.

Discuss: How do you talk to a friend who is lonely? What should you do and say to your friend? In what ways can you help a friend overcome his or her loneliness?

SEL GOAL

Young students struggle to understand their own emotions, and it's even more difficult for them to recognize how someone else is feeling. Being able to spot clues in a friend's body language and actions will help improve their social awareness skills. Lead a discussion about how students feel when lonely. Do they feel sad? Do they feel like no one understands them? What helps them feel better? By sharing this information with each other, students will learn how to communicate with others who might be feeling lonely.

For Review Only

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CHAPTER 1

RECOGNIZING LONELINESS



What does loneliness look like? You might look sad and frown. You might even **pout**.

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We also show this **emotion** with **body language**. We might cross our arms. We could hang our heads or **slouch**. We don't look people in the eyes.

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Loneliness can affect how we feel and act. It can cause us to be sad. Or we might feel **anxious**. We might not want to go out and play or talk to anyone.

ALONE TIME

Not everyone who is alone feels lonely. Some people like spending time alone. They like to **entertain** themselves. They might read a book. Maybe they like to draw or make up stories.

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CHAPTER 2

UNDERSTANDING LONELINESS

Loneliness is the feeling of being alone. We feel lonely for different reasons. Think. What makes you feel lonely? How does it feel? That can help you understand why someone else might feel that way.



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Not having anyone to play with or talk to could make your friend feel lonely. Have you ever been in this **situation**? How did it feel?

For review only

GOALS AND TOOLS

GROW WITH GOALS



Everyone gets lonely sometimes. How can you avoid being lonely and help others who may be feeling lonely?

Goal: Make a new friend! Even if someone doesn't look lonely, you can introduce yourself! Ask what that person likes. Maybe you have something in common!

Goal: Share your interests! Maybe a lonely friend is having trouble opening up. Share with him or her things that you like. This could help that person feel more comfortable talking about his or her interests.

Goal: Stand up! If you see someone alone or bullied, stand up for that person. Be there for that person so he or she isn't alone. You can help him or her overcome loneliness and other uncomfortable feelings!

WRITING REFLECTION



With a friend, write down a list of your favorite things to do.

1. Which of these things are best to do with someone else?
2. Which of these can you do by yourself?
3. Keep this list in mind. If you see someone who looks lonely, you could ask him or her to do something on the list. Or if you are alone, you could do something on the list to entertain yourself and stop yourself from feeling lonely.

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GLOSSARY

anxious
Feeling worried or fearful.

body language
The gestures, movements, and mannerisms by which people communicate with others.

comfort
To calm or reassure someone.

emotion
A feeling, such as happiness, anger, or sadness.

energy
The ability or strength to do things without getting tired.

entertain
To amuse in an enjoyable way.

including
Welcoming.

misunderstood
Not understood, or not understood correctly.

pout
To push out your lips to express annoyance or disappointment.

rewarding
Offering or bringing satisfaction.

situation
The circumstances that exist at a particular time and place.

slouch
To droop or bend forward.

TO LEARN MORE

FACT SURFER

Finding more information is as easy as 1, 2, 3.

1. Go to www.factsurfer.com
2. Enter "**whenyourfriendislonely**" into the search box.
3. Choose your cover to see a list of websites.

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