



A KID'S GUIDE TO FEELINGS

FEELING LONELY



IS ANYONE THERE?



A KID'S GUIDE TO FEELINGS

FEELING LONELY



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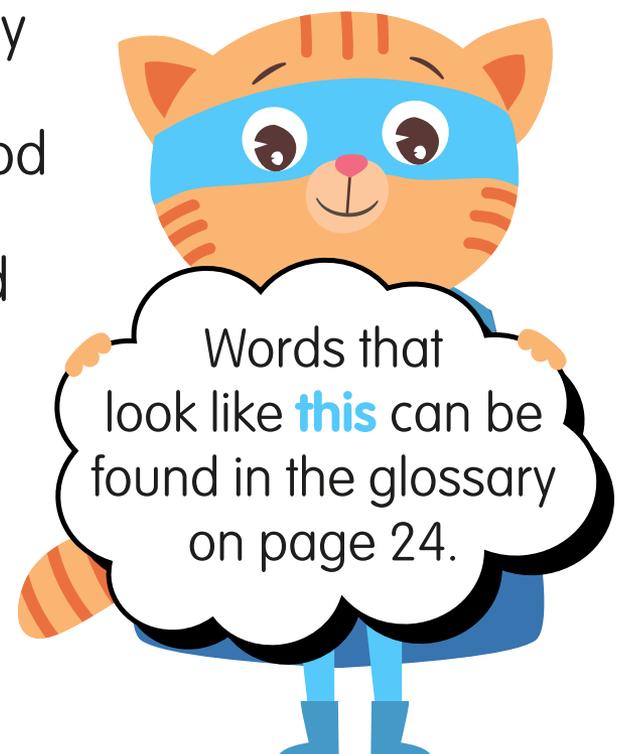
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INTRODUCING...



CAN'T-WAIT-A
GATOR

THE LONE
FURBALL

SHRINKING
VIOLET

**RAGING
RACCOON**

CAPTAIN
CHEERFUL

DR
GLOOM

GREEN-EYED
BUNNY

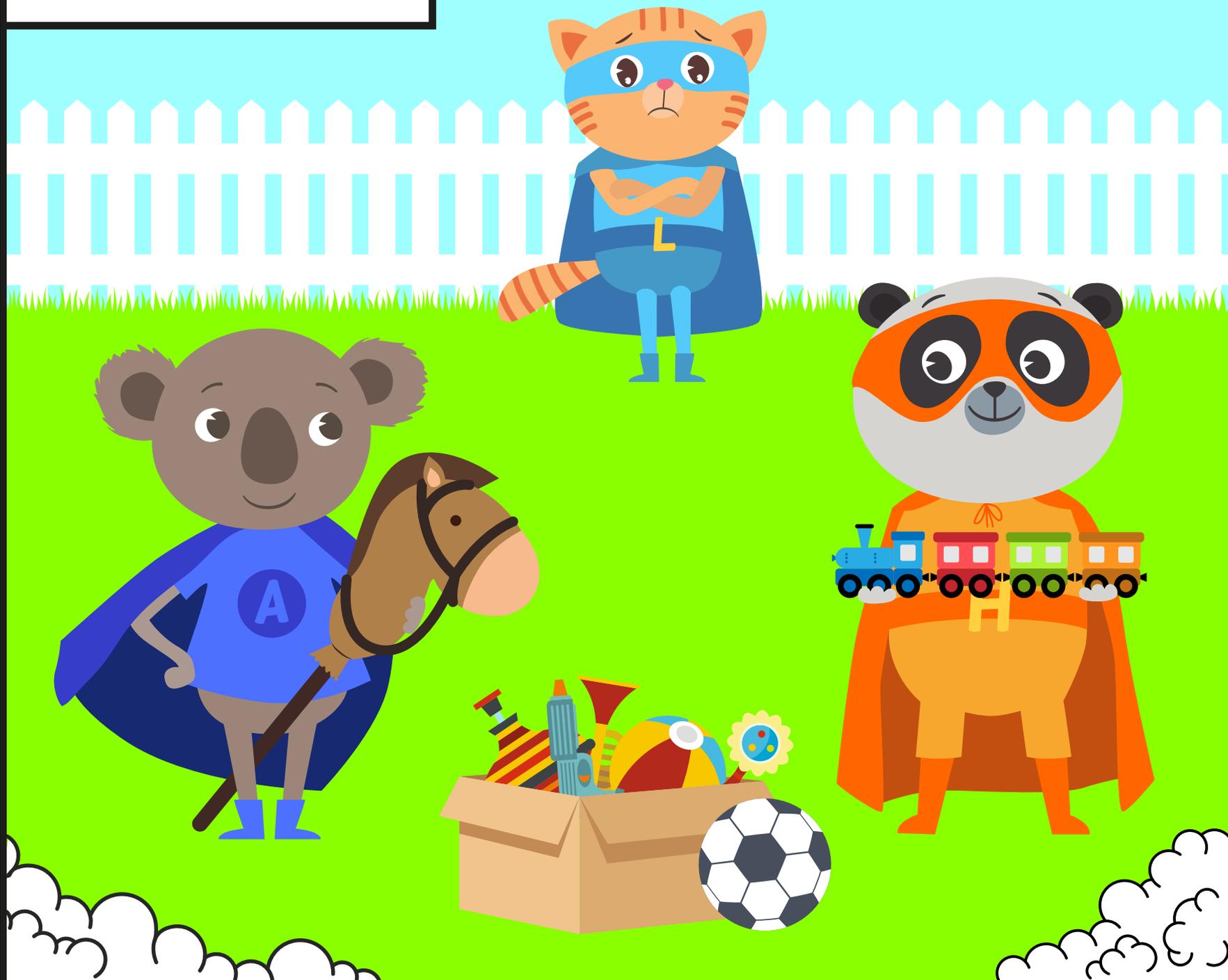
**AGENT
AFRAID**

AGENTS OF F.E.E.L.S!

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FEELING.EVERY.EMOTION.LIKE.SUPERHEROES!

We all have **emotions**, or feelings, all the time. Our feelings are very important. They help us think about the world around us, and know how we want to **react**.



Sometimes, we feel good. Other times, we feel bad.

It's playtime!



But it looks like the Lone Furball isn't playing with the others.



**THEY DON'T
WANT TO PLAY
WITH ME.**

Everyone else is playing with a friend. Our hero is feeling pretty lonely.



Let's find out more...

HOW DO WE FEEL WHEN WE'RE LONELY?

You might feel an **ache** in your heart...



...you might feel **afraid** to speak...



...you might feel like you are empty inside...



...or feel sad and want to cry.



You might want to be on your own...

Being lonely
doesn't feel
very good.



...or not want to talk to anyone...

...or you might
not want to eat or play.

HOW DO WE LOOK WHEN WE'RE LONELY?

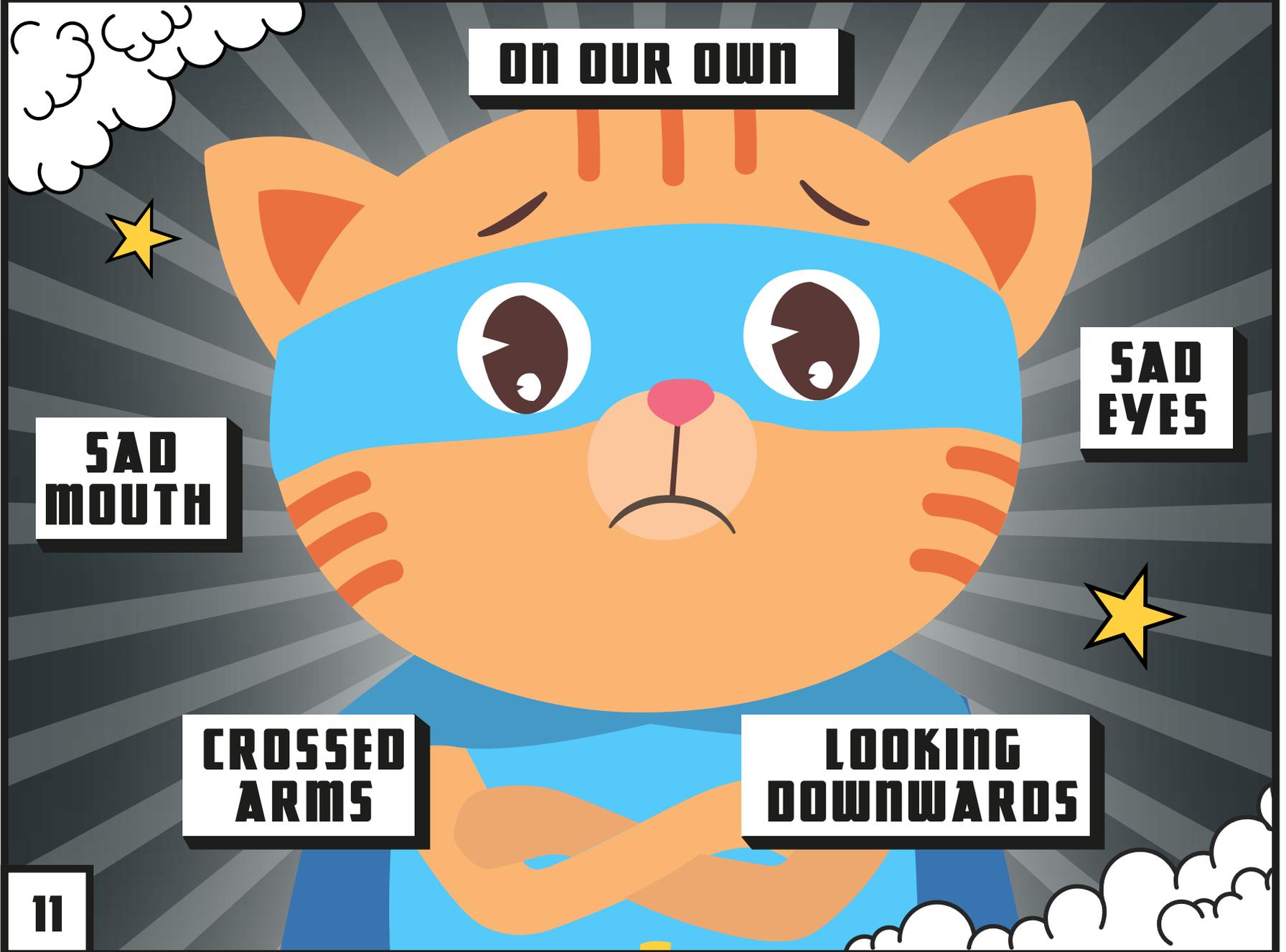
ON OUR OWN

**SAD
EYES**

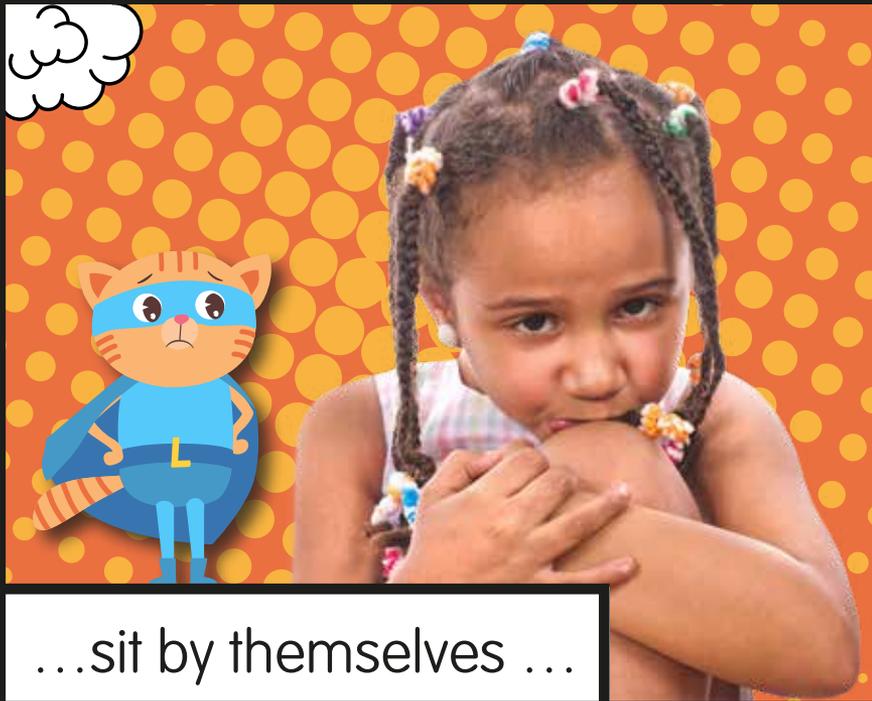
**SAD
MOUTH**

**CROSSED
ARMS**

**LOOKING
DOWNWARDS**



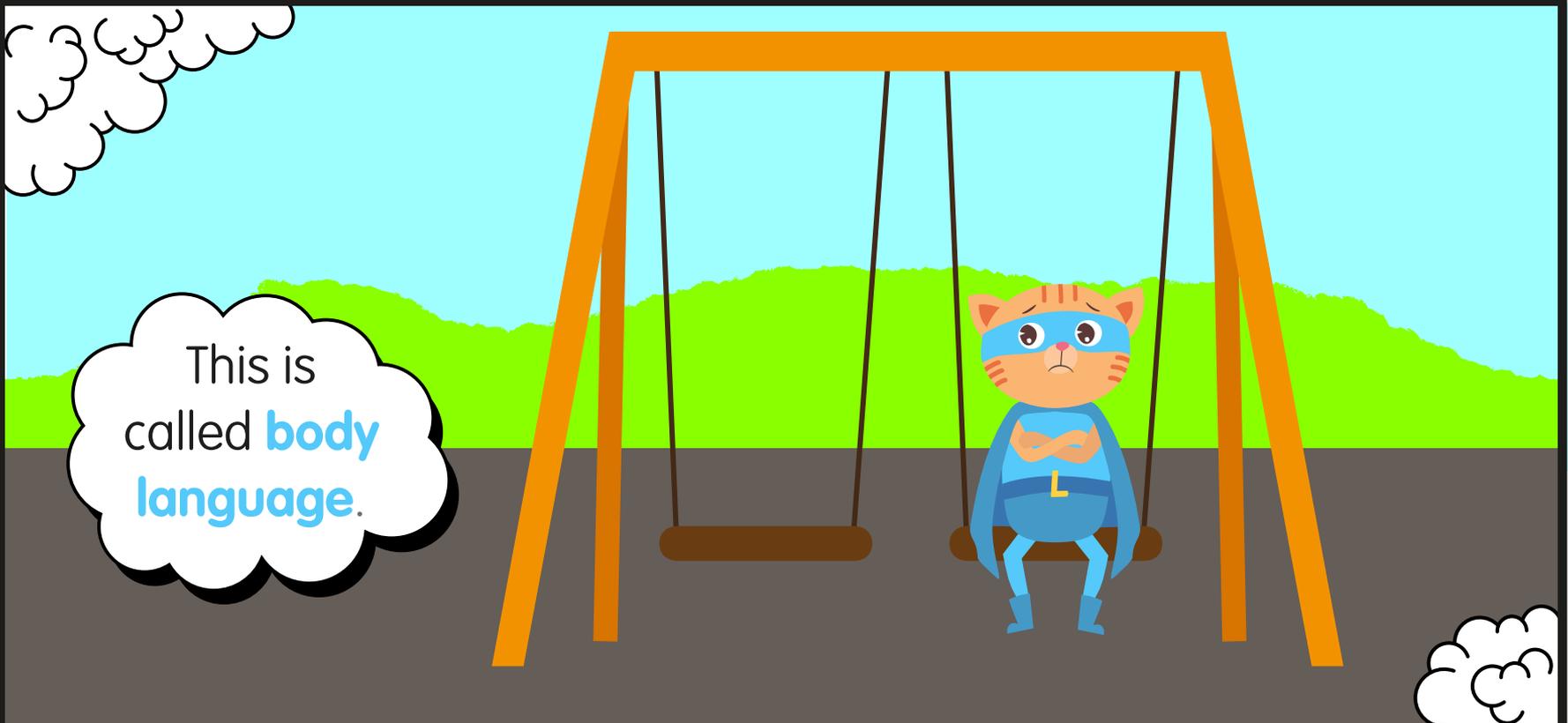
You can tell someone is lonely because they might...



...sit by themselves ...



...or look sad...



This is called **body language**.

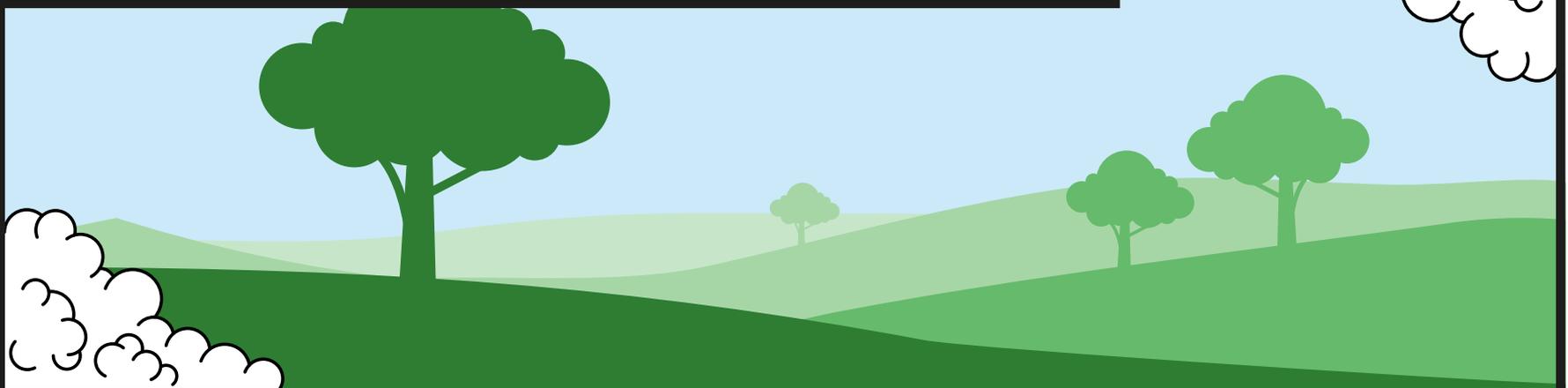
...or they might not have anyone to play with.

WHY DO WE FEEL LONELY?



FEELING LONELY IS AN IMPORTANT EMOTION.

Thousands of years ago, humans lived on **plains**.



Some animals **hunted** people...



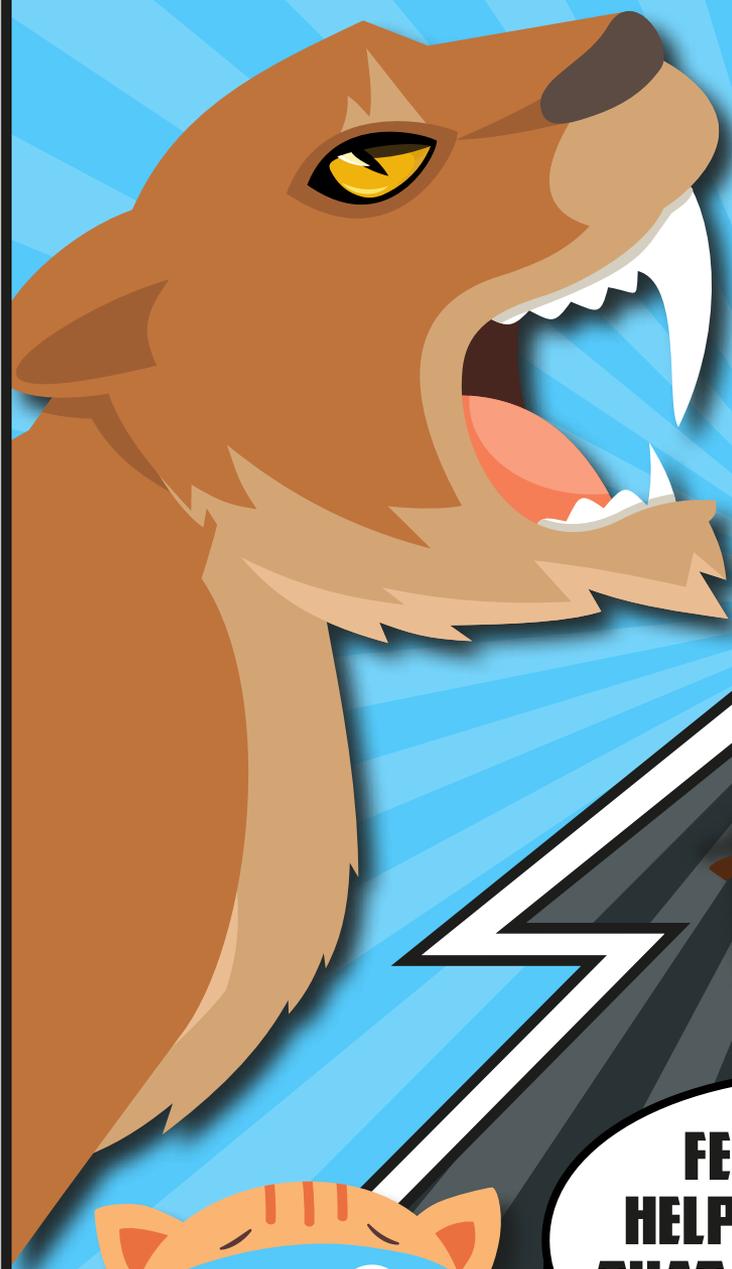
SAFETY IN NUMBERS!

FIND FRIENDS!



...so they stayed together for safety.

Humans who stayed in groups had a better chance of surviving an **attack!**



RARRR!

RARRR!

VS



**FEELING LONELY
HELPED THEM KNOW
THAT THEY NEEDED TO
STAY TOGETHER.**



THINGS THAT MAKE US LONELY



You might feel lonely if you are new in a group...



...or if you fall out with your friends.



OH NO!



We can feel lonely if we are on our own, or even when we are not.

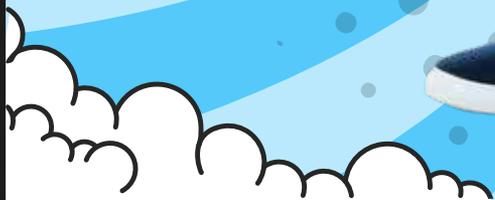


WHEN FEELING LONELY IS GOOD

Feeling lonely can help us. We might feel that we want to meet someone new, or make a new friend.



When we feel lonely, our minds are telling us that we need to be around people!



If we have been with people too long, we might feel tired. It's fine to want to be alone sometimes too.

WHEN FEELING LONELY IS BAD

Feeling lonely can make you feel sad and can make you feel left out.



If you are brave enough to talk to new people, you'll make new friends.

It's OK to want to be alone sometimes, but our feelings of loneliness tell us when we need to be around people too.



It's not nice to feel lonely all the time.

DEALING WITH FEELINGS



21 Her friends will help her to feel better. Agents of F.E.E.L.S: GO!

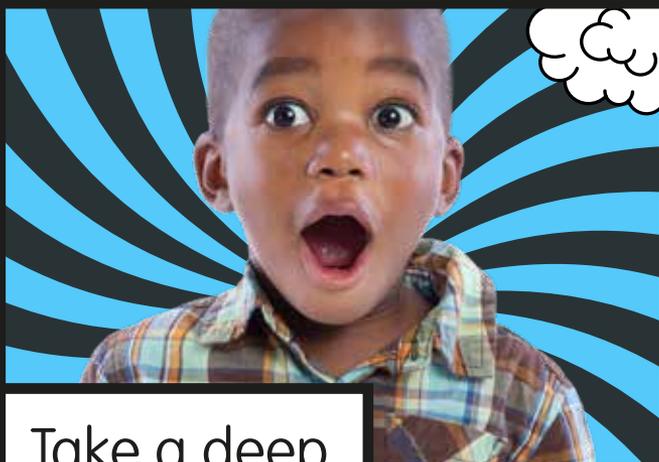
If you want to play...



...try smiling first.



Maybe a grown-up could go with you?



Take a deep breath if you feel shy...



...and ask if you can play too.

LET'S HELP!

Talking about your feelings can help you to understand why you feel lonely.



**I FEEL LONELY
AND I WANT TO
PLAY.**

I'll take a deep breath...



CAN I PLAY TOO?



THAT WAS EASY!



That was fun!



THE END

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GLOSSARY

ACHE

hurt with a dull, constant pain

AFRAID

feeling of fear or being scared

AREA

a place, region or location

ATTACK

cause harm, damage or hurt

BODY LANGUAGE

things a person does with their body that tell you how they feel

EMOTIONS

a strong feeling such as joy, hatred, sorrow, or fear

HUNTED

chased and killed for food or sport

PLAINS

large areas of flat land with a few trees

REACT

act or respond to something that has happened or been done

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A KID'S GUIDE TO FEELINGS

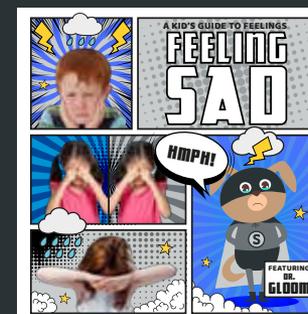
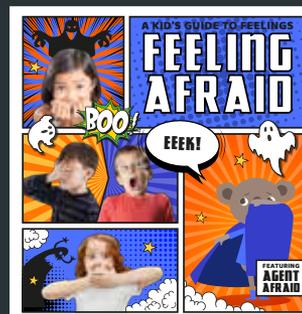
FEELING LONELY

AGENTS OF F.E.E.L.S...GO!

Somewhere, some time ago, the **AGENTS OF F.E.E.L.S** were formed. Working together to Feel Every Emotion Like Superheroes, our helpful heroes are here to assist YOU, the unsuspecting reader, understand the emotions that are trying to mess up YOUR day!



TITLES IN THIS SERIES



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