

Lonely

One of the app activities says:

Talk about when you last felt lonely

Is being lonely the same as being alone?

How can they be different?

Can you be lonely even when you are with someone? In a group?

Is it different now to when you were a little kid?

How do you feel when you are lonely?

What is good about being alone?

What are some of the things you get to do when you are alone?

What might you do about being lonely?

Choose some songs that make you feel lonely

Choose some songs that make you feel good when you are feeling lonely

Write a poem about lonely or alone

Create a song about being lonely

Make some music about loneliness

Draw a picture of aloneness

Start a journal

Make a collage about loneliness

Create a chart with five things to do when you feel lonely

Interview five other people about being lonely and what they do about it.

Make a movie



Creator: John & Leith Hogan