



TERMS OF USE

This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

Thank you for abiding by copyright law.



www.elsa-support.co.uk





Other resources you will LOVE!

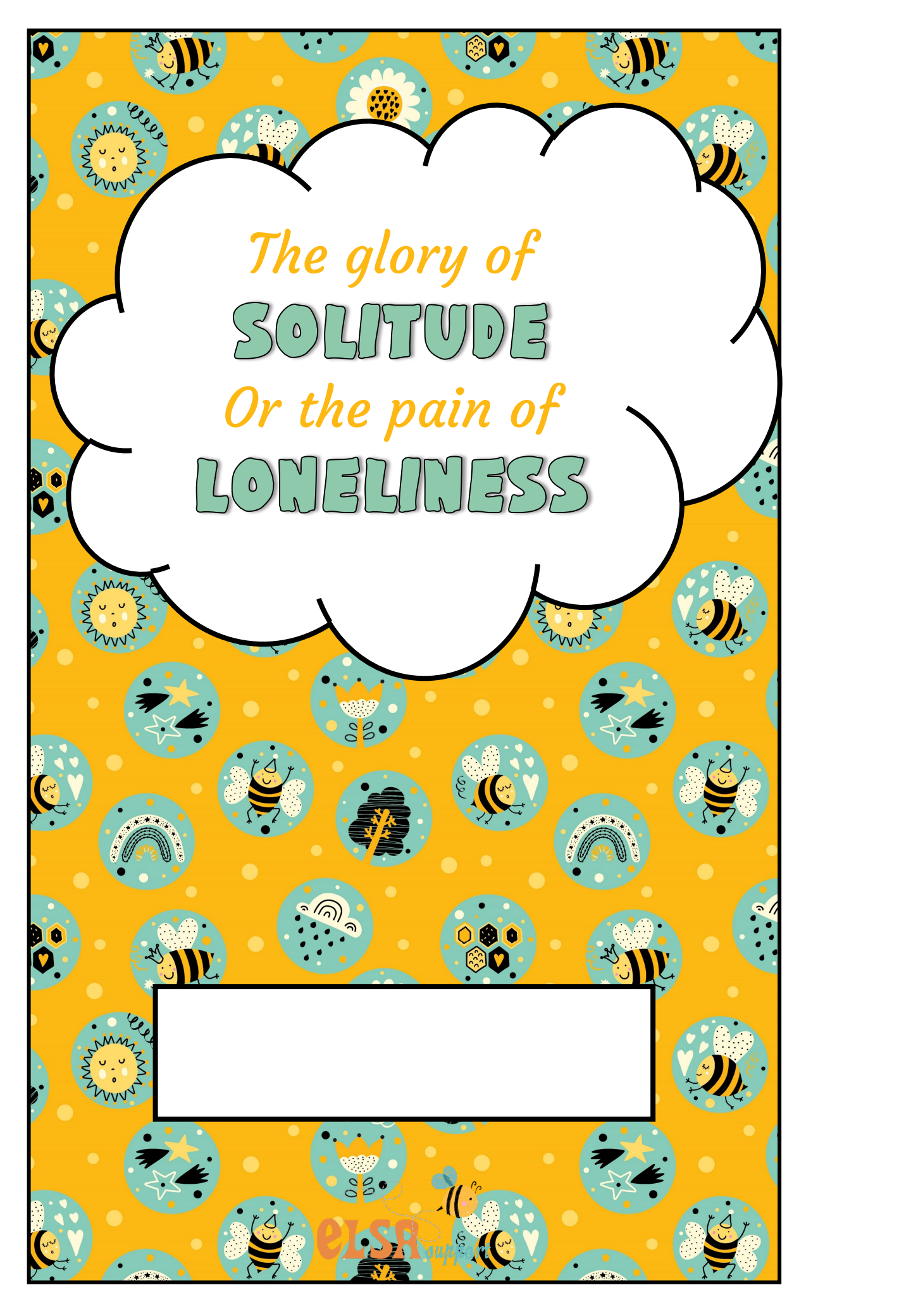


Please click the image to take you to this related and relevant resource:



www.elsa-support.co.uk





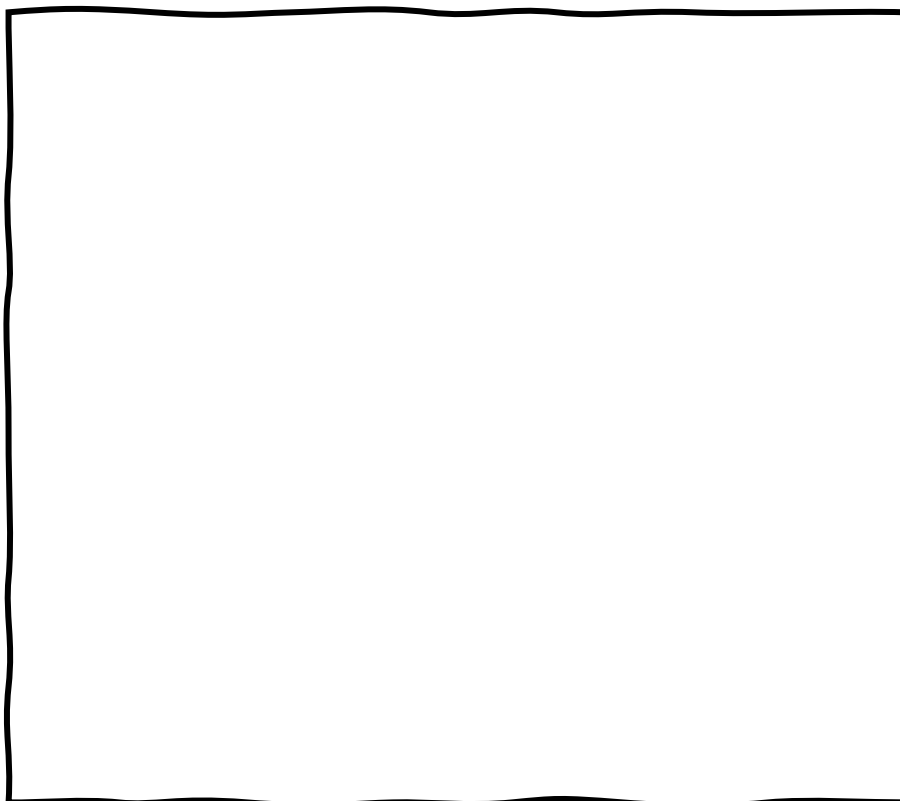
The glory of
SOLITUDE
Or the pain of
LONELINESS

Blank white rectangular box for a name or signature.

What is loneliness?

Loneliness is when you crave connection with others and need social interaction. It is an uncomfortable situation to be in. You may have a whole range of feelings. Your mind is telling you to make contact with others.

Draw a time when you felt lonely and write a couple of sentences about that time. Can you think of something you could have done to feel less lonely?



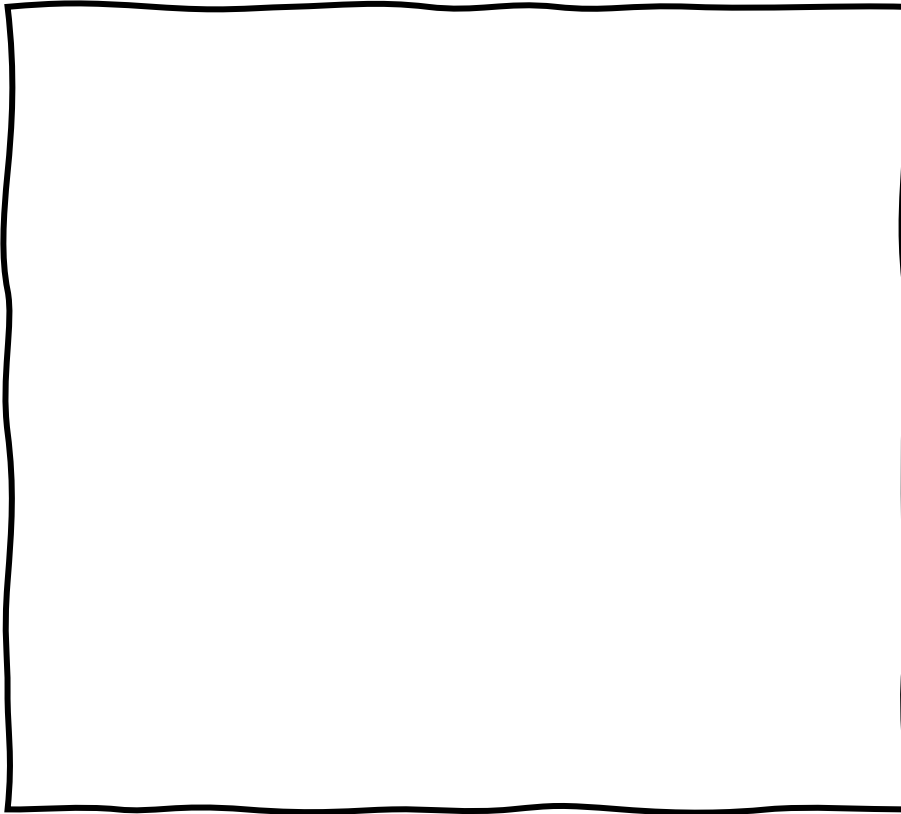
I felt lonely because...

I could have helped myself by...

What is solitude?

Solitude is a more comfortable state of mind. You are on your own but you enjoy being on your own. You may feel peaceful, calm and quite content..

Draw a time when you were solitary but quite happy with that. Write a couple of sentences about that time.



I felt happy and content by being alone because...

What solitude
means to me

Ways to feel less lonely...
What sort of things could you do to feel less lonely? Write or draw in the clouds

Connect with
other people.
Ring a friend.

A grid of ten cloud-shaped boxes arranged in two columns and five rows. The top-left cloud contains the text 'Connect with other people. Ring a friend.' The other nine clouds are empty and intended for the user to write or draw in.

Ways to decrease
loneliness

Ways to feel happy on your own...
What sort of things could you do to feel happy
and content when you are on your own?

Keep myself
occupied doing
something I
enjoy