



Happy Alone, Happy Together

Alice loves to be around other people. It makes her happy to be in a big group and to make new friends. Josh is happy doing things on his own. He would rather be with just a few close friends than in a big group.

Are you more like Josh or Alice? You might not be like one or the other all the time. Sometimes you might want to sit quietly on your own. Maybe you just want to be with one friend some of the time. Other times you might want to talk and laugh with a bigger group.

Fill in your own answers to the questions below.

When is it nice to be alone?

- to read quietly
- _____
- _____

When is it nice to be with a friend?

- when you need to talk
- _____
- _____

When is it nice to be with a group?

- to play games together
- _____
- _____

Think It Through

Sometimes you want to be around other people but are too afraid to talk. What can you do? Practicing will help you feel more confident the next time you need to speak up. Try answering a question in class or talking to a librarian or cashier when you need their help. It might help to think through what you're going to say first.

Take a Break

Even if you like to be around other people, it's OK to take a break when you need to. You don't always have to be outgoing and talkative. People might be surprised or ask you what's wrong, but don't be afraid to tell them that you just want to be alone for a bit.

WHAT IF YOU'RE LONELY?

What if you're alone and don't want to be?

- Try one of the things you like to do on your own, or learn a new skill.
- Get out and do something active and invite someone along.
- Look for someone else who could use a friend and think of ways to help and serve them.
- What are other things you can try?

If you've been feeling lonely for a long time, talk to a parent or trusted adult about how you feel.

