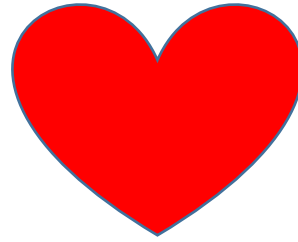


We can all feel lonely sometimes... don't forget to reach out to your loved ones 😊

Some students from Division 5 from Betty Huff Elementary



Hello Friendly Stranger!

- It is hard to be alone during this time not able to see your family
- These are some things you can do if you are feeling alone you can
- talk to your friends and play cards together, I felt lonely when my friends are playing with other friends on the PS4 and it makes me sad because I do not have a PS4
- I did this to cheer up I ~~went~~ ^{went} outside and played with my brother and sister to cheer up. I care and I want

Hi,
You must be so strong! I can't even imagine living without my family. These are some tough times we are all going through. Do you feel stressed? Our teacher always recommends us to do yoga, meditate and relax so if you do feel stressed maybe try one of those ideas. When I feel lonely I like to think about memories I've had with friends or family in the past. I have felt lonely many times before, it's not a nice feeling maybe you could communicate with the people around you and make new friends. Remember wash your hands and stay safe. Take care. #tellyourcare.

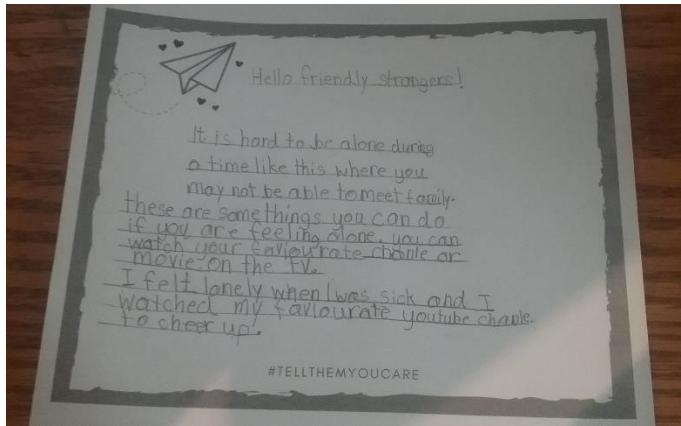
you to know that someone is thinking about you take care,
Student from Betty Huff Elementary.
(Div. 5)

Date

Hello friendly stranger!

It is a hard time to be alone right now usually people connect with their families at a time like this, but right now that can't happen. Instead think about happy memories that you shared with your family. This might make you feel better!

hope this helped,
student from Betty Huff Elem. (Div. 5)



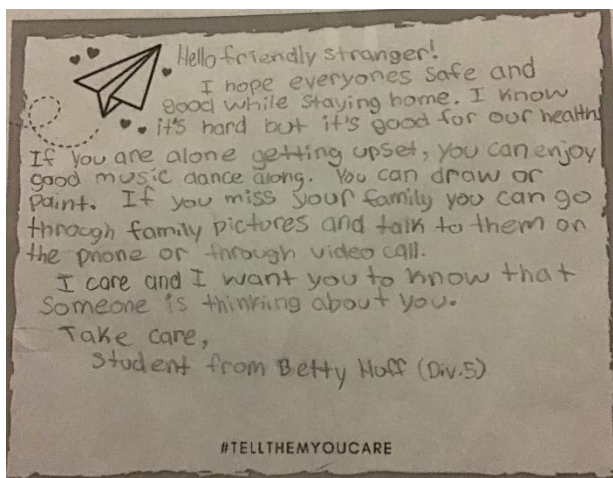
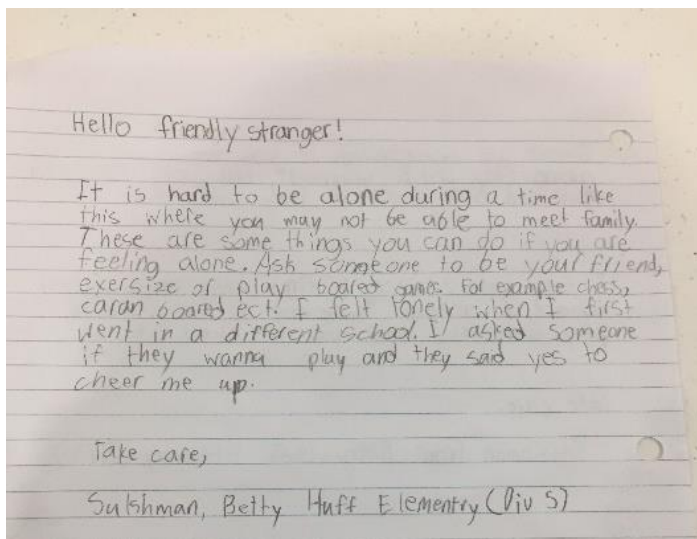
Hi friendly stranger!

It is hard to be alone during a time like this where you may not be able to meet family. These are some things you can do if you are feeling alone, you can read, cook, go for a walk.

I felt lonely when I am home alone and I play on my iPad and Xbox to cheer up.

I care and I want you to know that someone is thinking about you.

Take care,
Student from Betty Huff Elementary (Div.5)



classic crossed pages

Hello friend!

During a time like this it is hard. Not being able to interact with each other besides from the internet.

Having to be lonely and devastated. Its going to be tough to deal with.

Having many help from doctors we have hope!

Well what can we do then?
We can journal, read, draw and remember our loved ones and hope their healthy like us.

Whenever were sad we need things to do to be cheerful!

What I would do is think about the situation, realize my mistake own to it then find my worth. When I find my worth I feel happier.

Hello friendly stranger!

It is hard to be alone during a time like this where you may not be able to meet family. These are some things you can do if you are feeling alone or bored.

I felt lonely when we first started quarantine I did call my cousins to cheer up.

I care and I want you to know someone is thinking about you.

Take care,
Student from Betty Huff Elementary (Div. 5)

classic crossed pages

I hope you are safe,
take care!

Love, Student from Betty Huff (DIV 5)

Hello friendly strange girl

It is hard to be alone during a time like this where you may not be able to meet family. These are some things you can do if you are feeling alone. You can play outside on the grass in the yard. I did play basketball. I did call my friend to come at the school so we can play basketball to cheer up.

Hello loving senior,
It must be difficult for you to be solitary in a time like this but I have some things to cheer you up. You can listen to inspiring music, read, talk to someone close, and stay positive.

When I feel lonely I try to make a new friend and you can do the same.

Sincerely,
Student from Betty
Hult (Div 5)
Gursimrat.

STAY SAFE STAY WELL

4. Sing
The only thing better than singing is more singing, once said Ella Fitzgerald. Singing can be fun, can lift the mood, can inspire and initiate mass. Play your favourite song, and sing karaoke, you will feel as if a huge number of people are listening to you and you want to present yourself in the best light.

5. Dance
Dancing relaxes the body and improves your mood. And when you manage to improve your mood means that your loneliness is no longer on your mind.

I felt lonely when it was my first day of school I did communicate to any of the classmates.

I care and I want you to know that someone is thinking about you

STAY SAFE STAY WELL

Hi Favourable stranger,
I know it is hard to be lonely at this kind of time where you can not meet your families. So here are some things you can do while you are feeling alone...

1. Maybe Watch Your Photos and Organize Them!
Feelings of melancholy or deep sadness likely arise when you do it, but wait a while, hold on until the sensation passes, you will see how, in a while, the feeling is moulded into something much more impressive and internally. You will begin to feel better. Remember the good times, in seclusion or company, it does not matter.

2. Find a hobby
If we are dealing with a hobby means that we do what we like, not what is imposed, said or ordered. When we practice the hobby, one hour a week, it means that we have separated an hour only for ourselves! Hobby characterizes us, dividing from the masses and helps us to get to know ourselves.

Hello friendly stranger!
It's hard being lonely around this time and here are something you can do when your lonely sleep, watch tv or anything else. I felt lonely when I was lonely and I watched youtube to cheer me up.