



ALL  
play  
learn

WHEN I FEEL

LONELY AT  
SCHOOL

You might feel lonely or left out at school sometimes.



Sometimes when you are feeling lonely or left out at school, you might feel sad or worried.



You might think you have no friends.

Your body might feel heavy, tired and tense.



You might not want to talk or play with others.

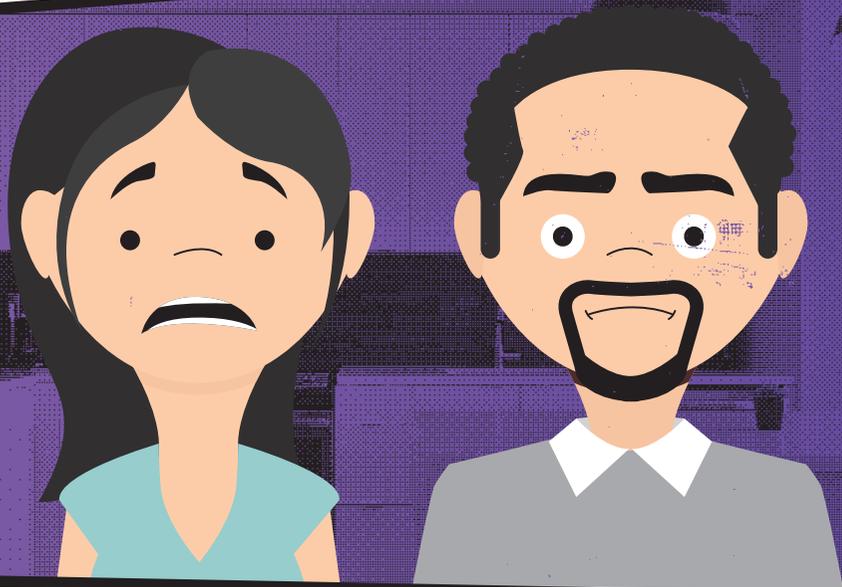


No matter how lonely you feel, there are always people who can help, and things you can do.



If you feel sad or lonely,  
talk to someone you trust.

Talk to a parent, teacher,  
or a big brother or sister.



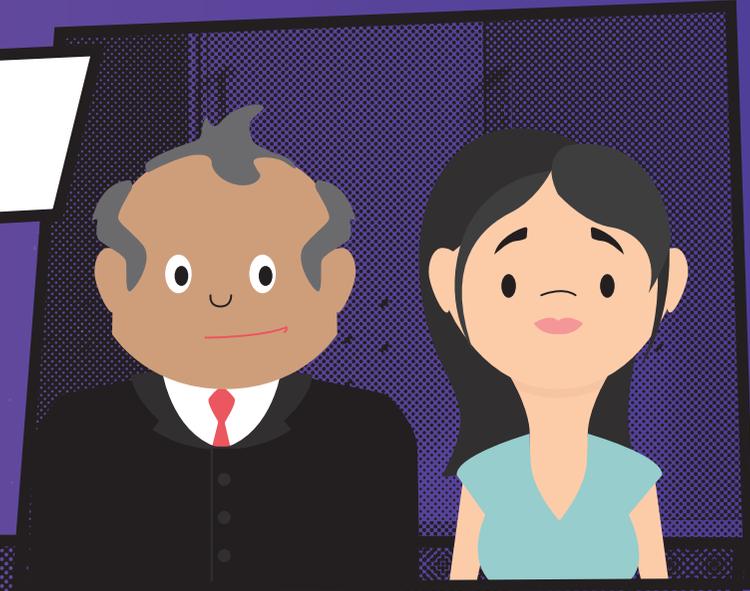
You can call a  
helpline for young  
people. They are  
good listeners.



When you are feeling lonely, think  
about the things you enjoy doing  
outside school.



Ask a teacher or adult at school to help you make some new friends.



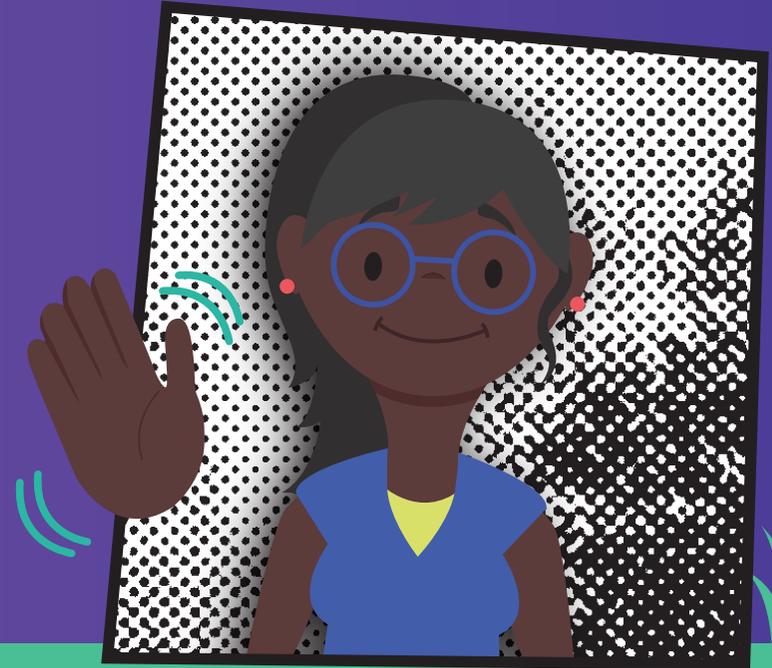
Clubs are a good way to hang out with others who like things that you like.



Ask if there are any school clubs that meet at lunch time, or join a club after school.

If you are on your own, it is OK to sit and watch things that are happening around you.

See if there are other students who seem to be on their own and try chatting to them.



**REMEMBER,**

We all feel lonely sometimes, including at school.  
Let someone know and get help!  
Everyone should feel happy at school.



## **About this story:**

Loneliness can have significant effects on a child/teen's wellbeing. Some children are more likely to experience feelings of isolation or loneliness because they may look or act differently to other children, or experience mental health challenges.

This comic/story is designed for children with intellectual disability, and includes information to support children/teens with understanding what the experience of loneliness may feel like, and evidence-based strategies for how to manage if they are experiencing loneliness.

Common emotional reactions are acknowledged and normalised. A range of positive coping strategies such as activating social supports and engaging in self-care are described.

For more stories and information on making education accessible for everyone  
please visit: [allplaylearn.org.au](http://allplaylearn.org.au)



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