

Feeling Lonely Body Signs

What makes me lonely?
How do you know I'm lonely?
How do others know I'm lonely?

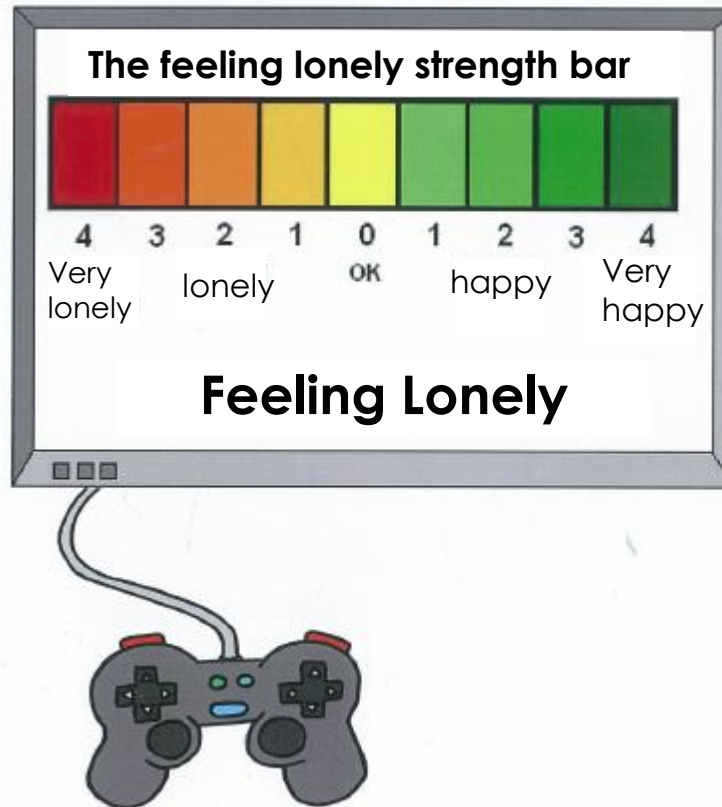


WALT and WILF

- ▶ WALT learn about **FIBS**
- ▶ Recognise different **I**ntensities of “lonely” **F**eelings
- ▶ Recognise our **B**ody signs are associated with feeling that way
- ▶ Recognise **S**ituations that make us feel this way

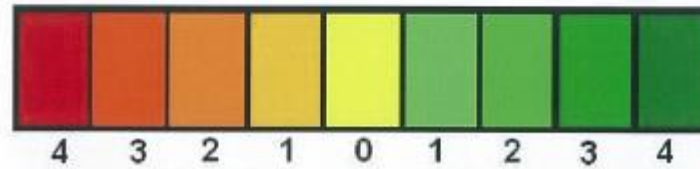
- ▶ WILF I can tell Lonely **FIBS** by using my Strength Bar

The Feeling Lonely Strength Bar



How lonely are the children?

The feeling lonely strength bar



Very
Lonely

Lonely

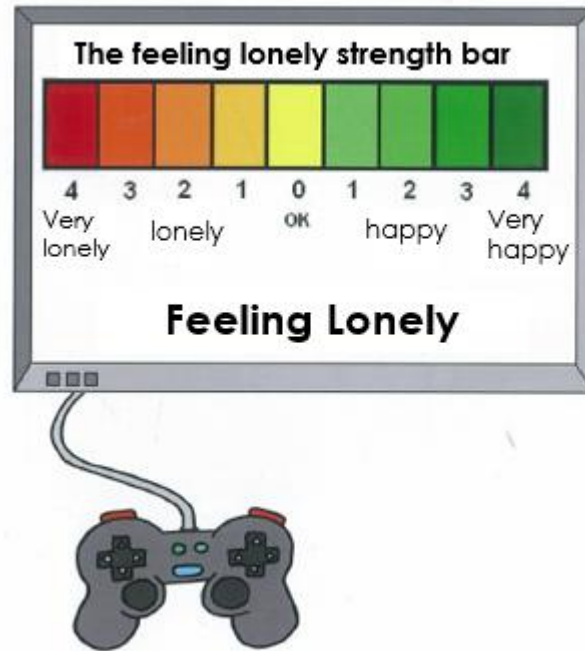
OK

Happy

Very
Happy



Feeling Lonely Activity



Feelings like lonely



Riley video

- ▶ Discuss feelings of loneliness that the characters experience.
- ▶ How intense are they?
- ▶ Why is it important to show and discuss feelings?
- ▶ What Zone of Regulation would the feeling of loneliness go in?

- ▶ Riley feelings