

EXPLORING LONELINESS

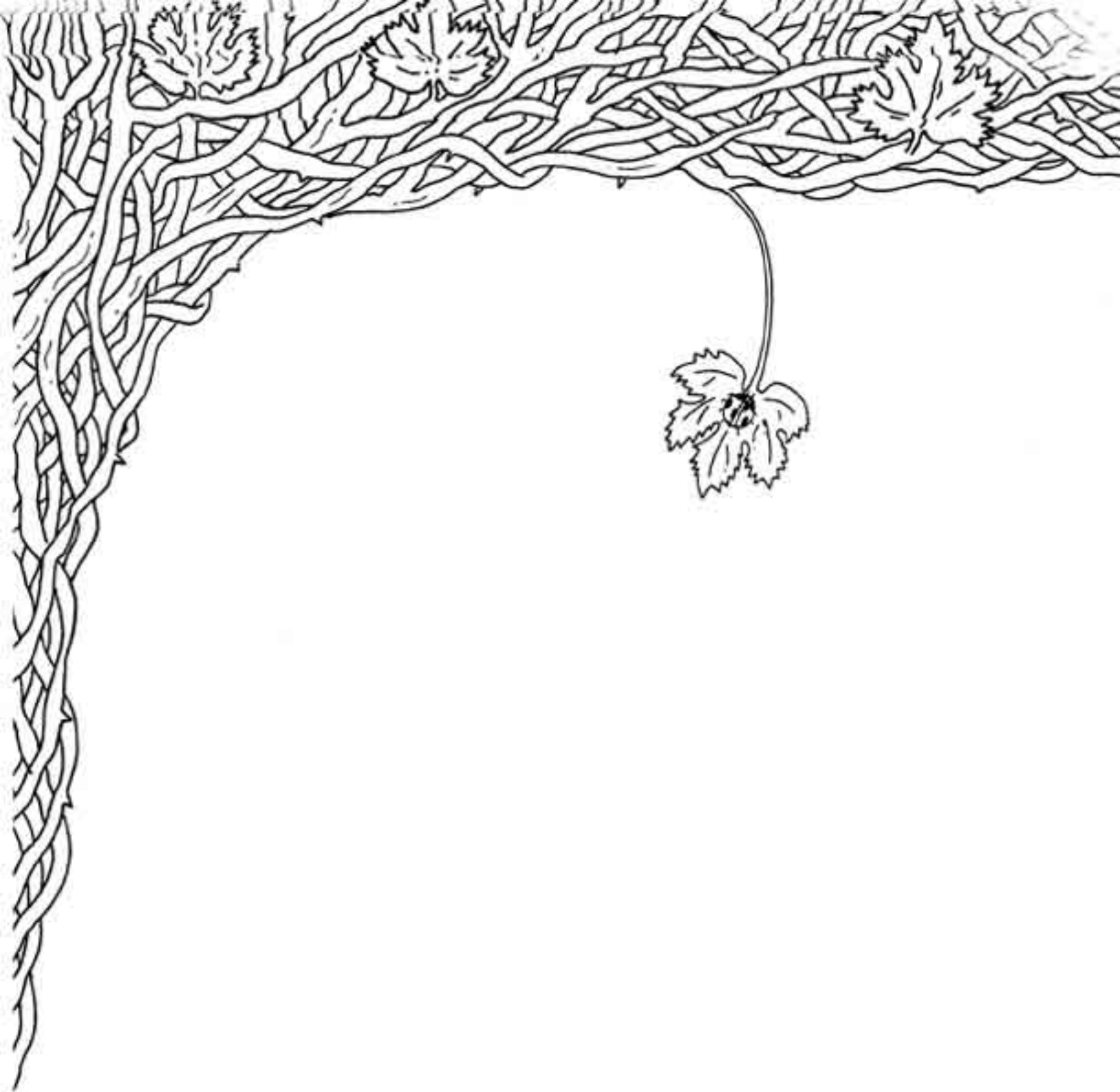
**An Enchanté
Inner-Active Book**



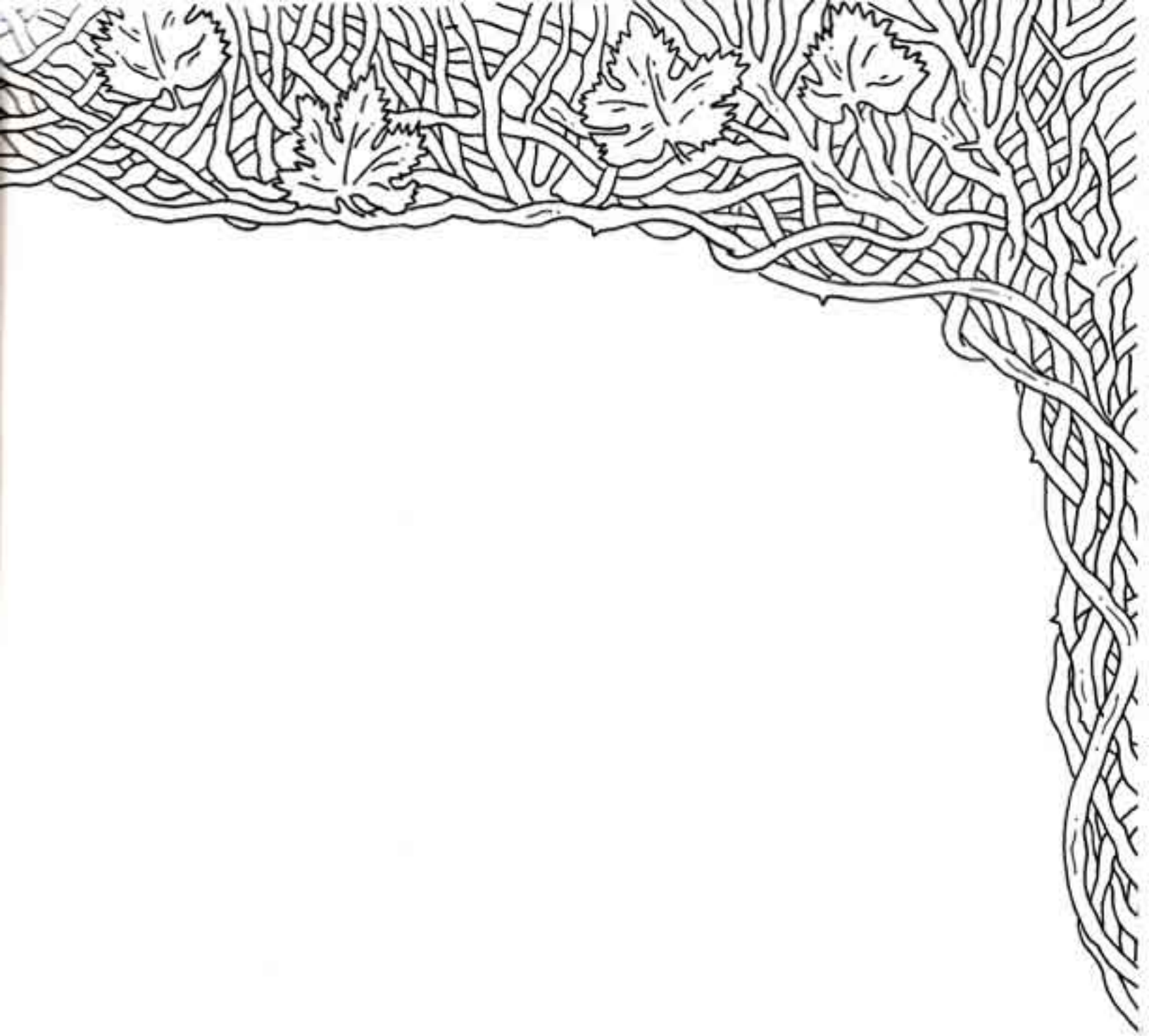
**Written by the Enchanted Family
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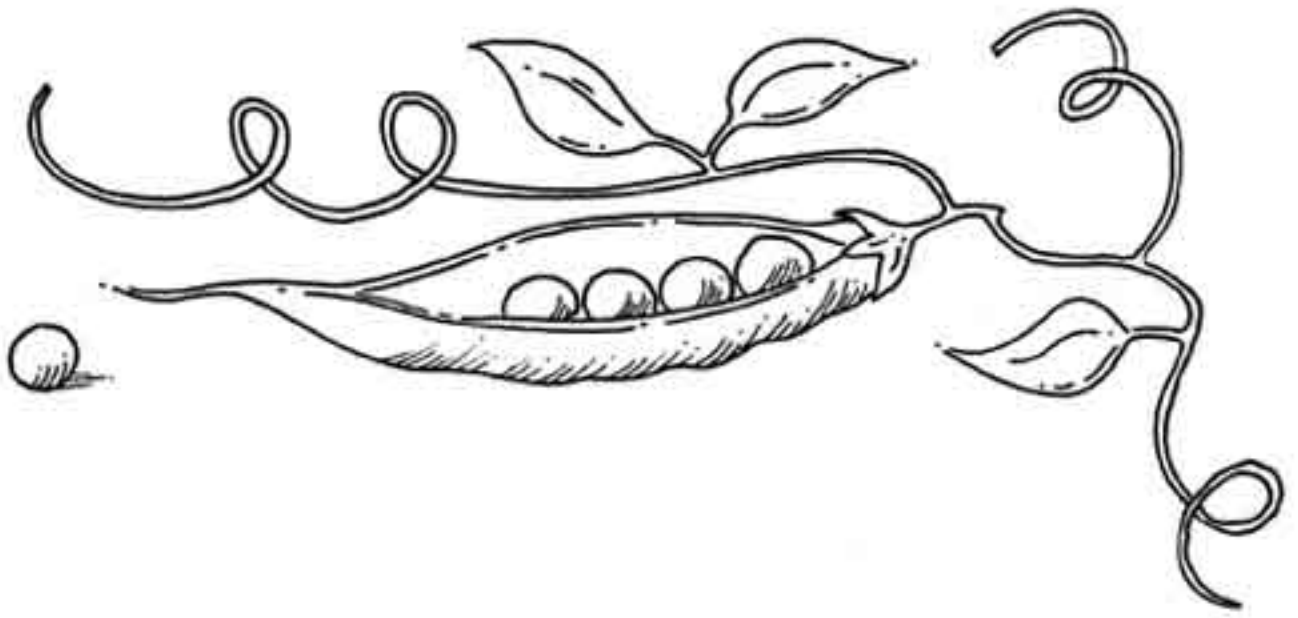


What color is loneliness? Draw a picture using the color you think of when you feel lonely.



What do you think loneliness looks like?
Draw a picture showing what loneliness looks like to you.

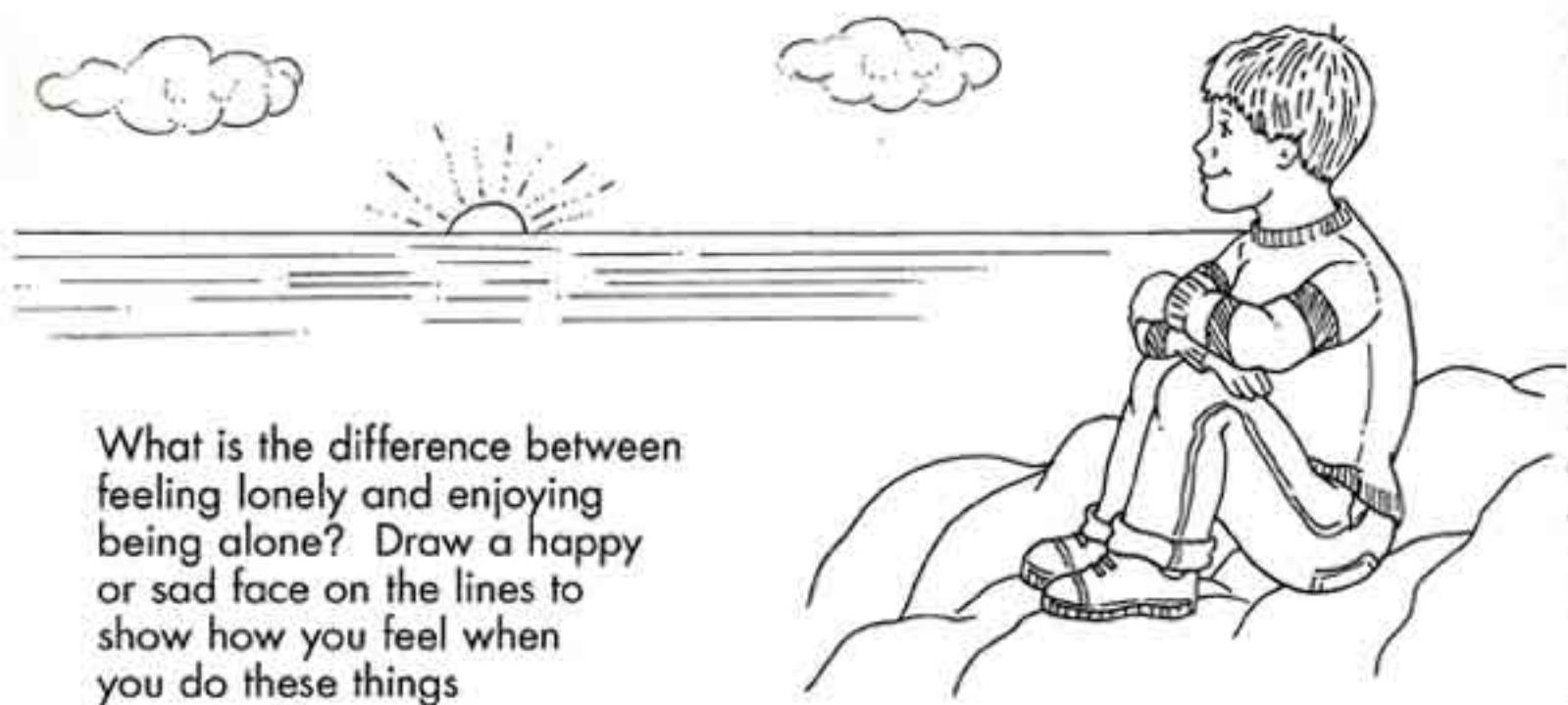






What are you most afraid of when you are alone?





What is the difference between feeling lonely and enjoying being alone? Draw a happy or sad face on the lines to show how you feel when you do these things by yourself.

LONELY	HAPPY BY MYSELF
---------------	------------------------

- | | | |
|--|-------|-------|
| Take a walk | _____ | _____ |
| Go to a new school | _____ | _____ |
| Watch my favorite television show | _____ | _____ |
| Go to a party where I don't know anyone | _____ | _____ |
| Paint a picture | _____ | _____ |
| Listen to music | _____ | _____ |
| Stay home from school with the flu | _____ | _____ |
| Read an exciting book | _____ | _____ |
| Stay at home while my parents are away on a trip | _____ | _____ |



What is Mrs. Murgatroyd doing?
Do you think she feels lonely or happy being by herself?

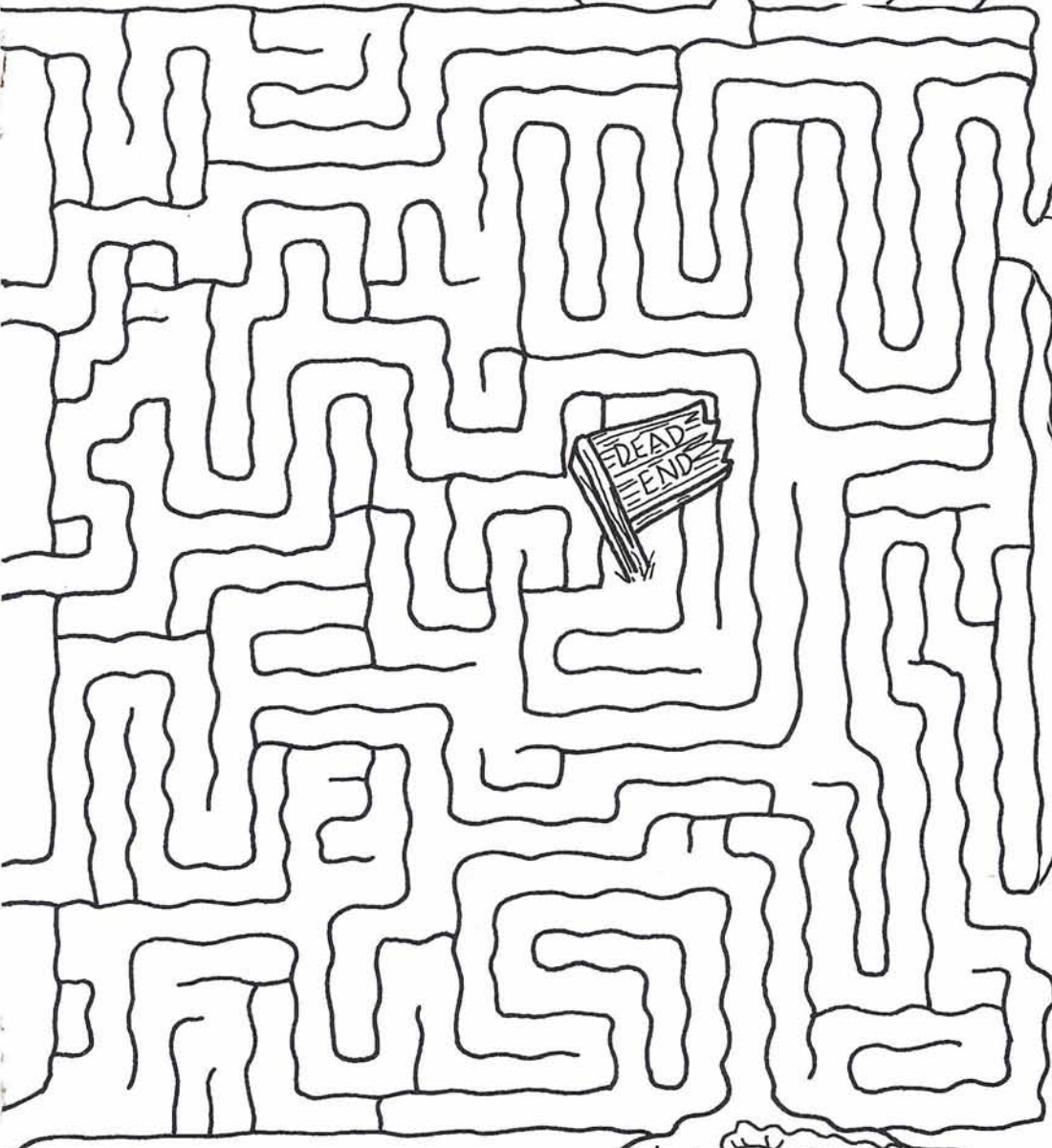
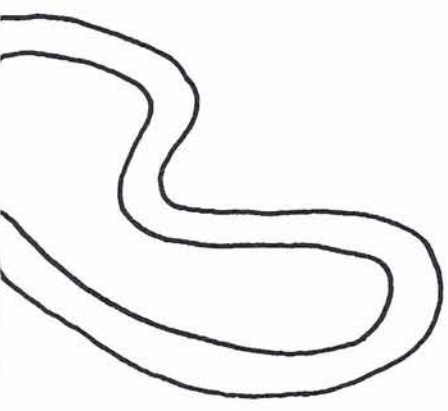


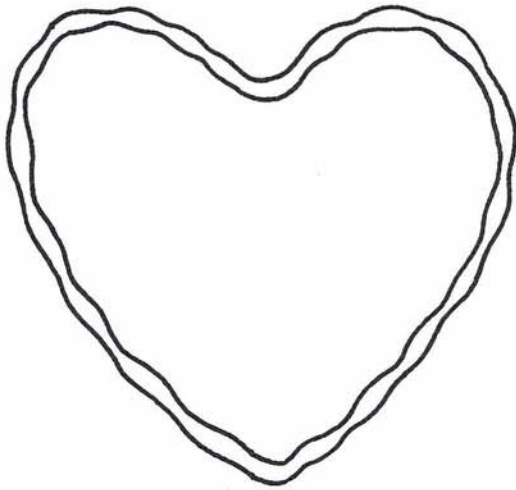
Color in this picture and find all the things that she can do when she is alone.

Each child is doing something alone. Follow the paths from each picture on this page through the maze.

See how you can choose to spend your time alone.

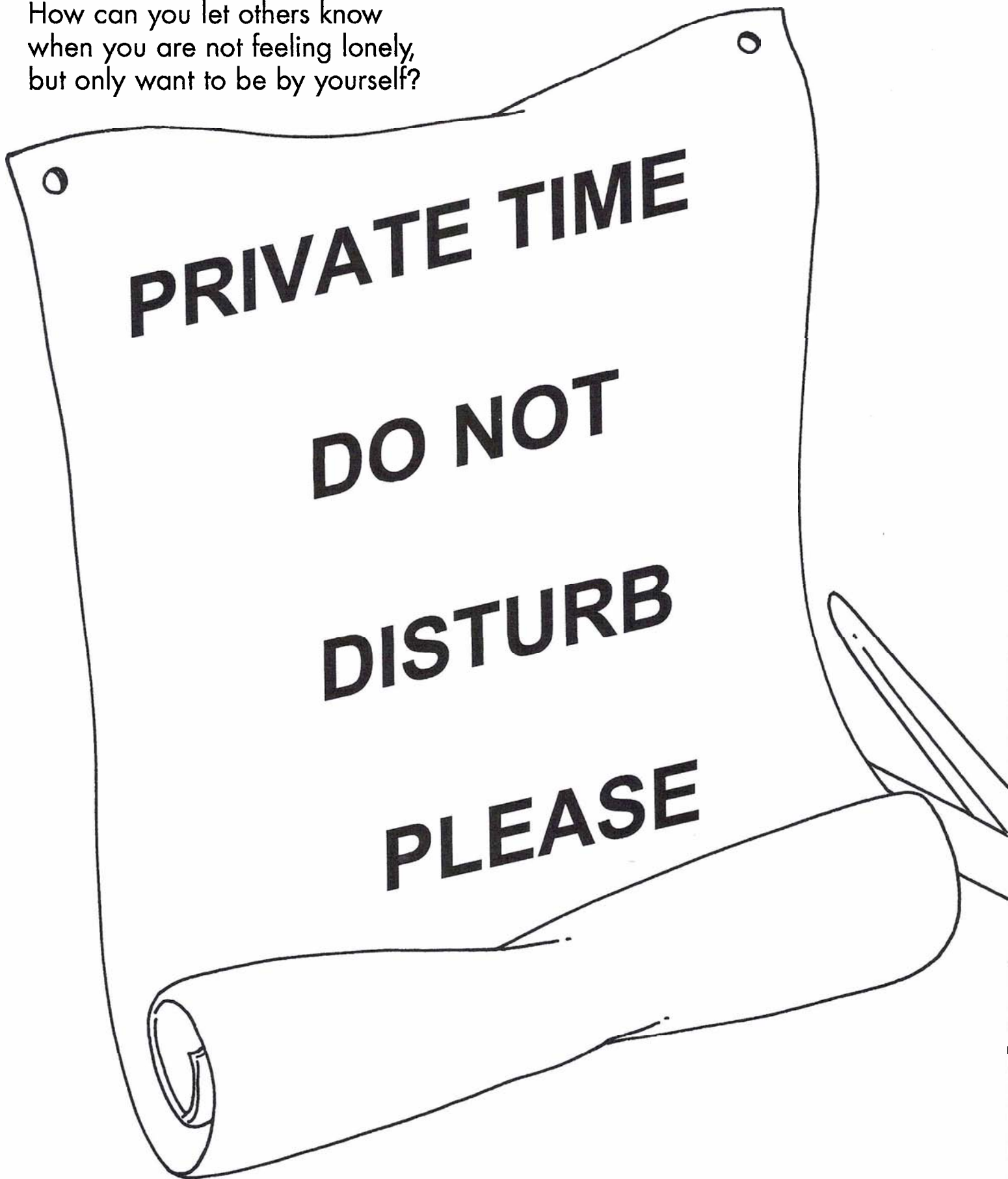






When you are lonely is there anyone you can talk to? Draw your special friends the empty hearts.

How can you let others know
when you are not feeling lonely,
but only want to be by yourself?



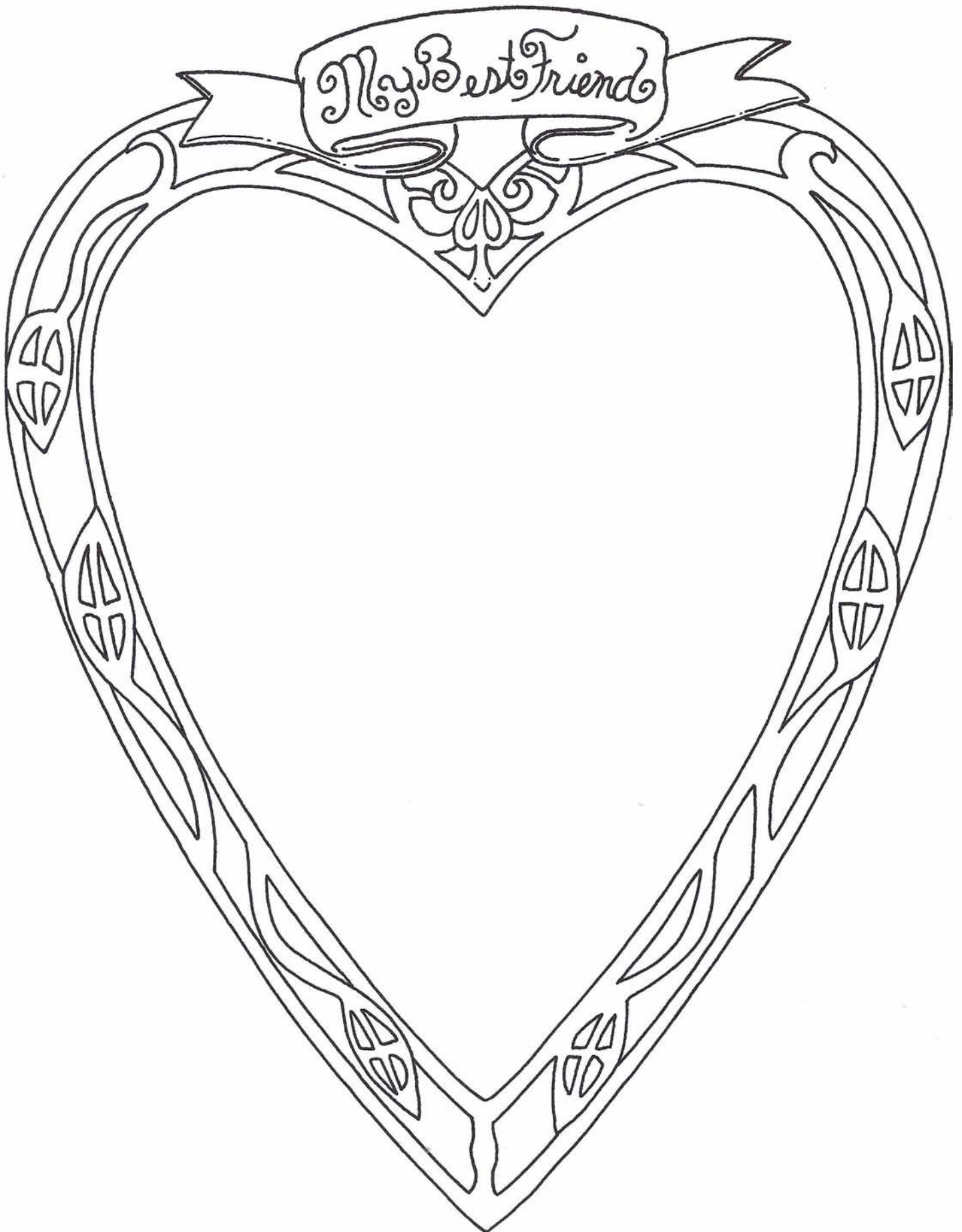
Cut out these signs or make your own to hang
on the door of your room when you want to be alone.

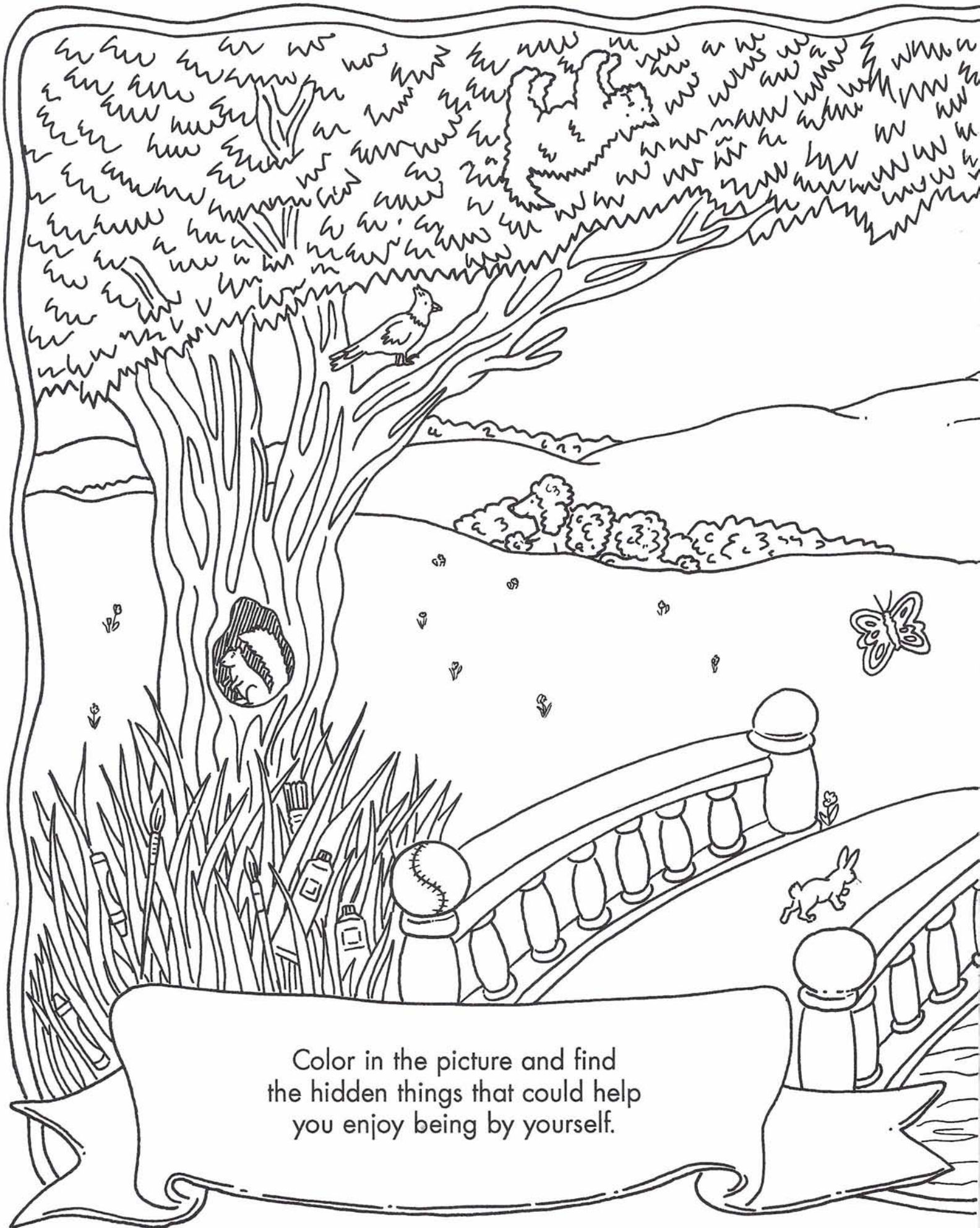


ALONE TIME



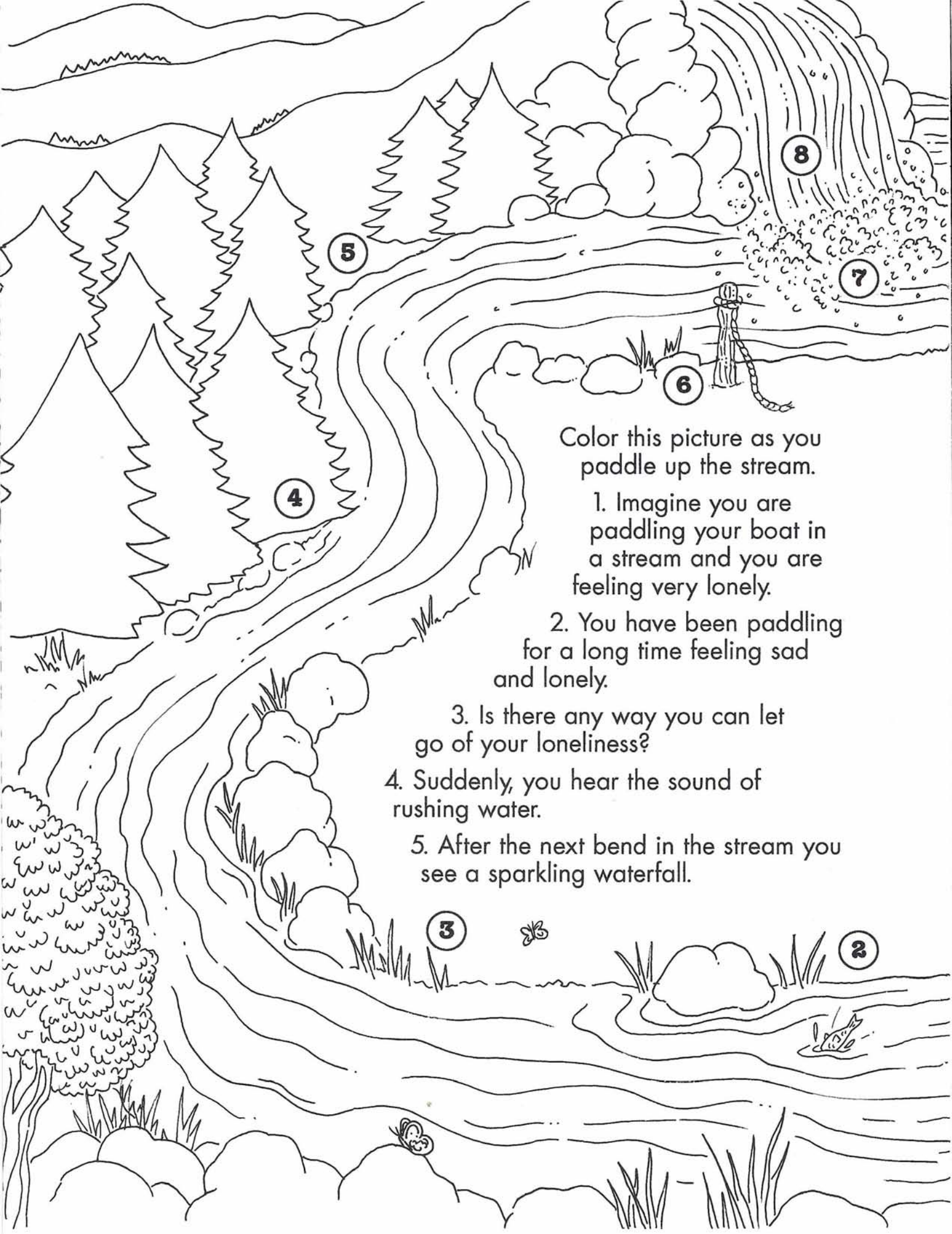
Draw yourself in the frame.





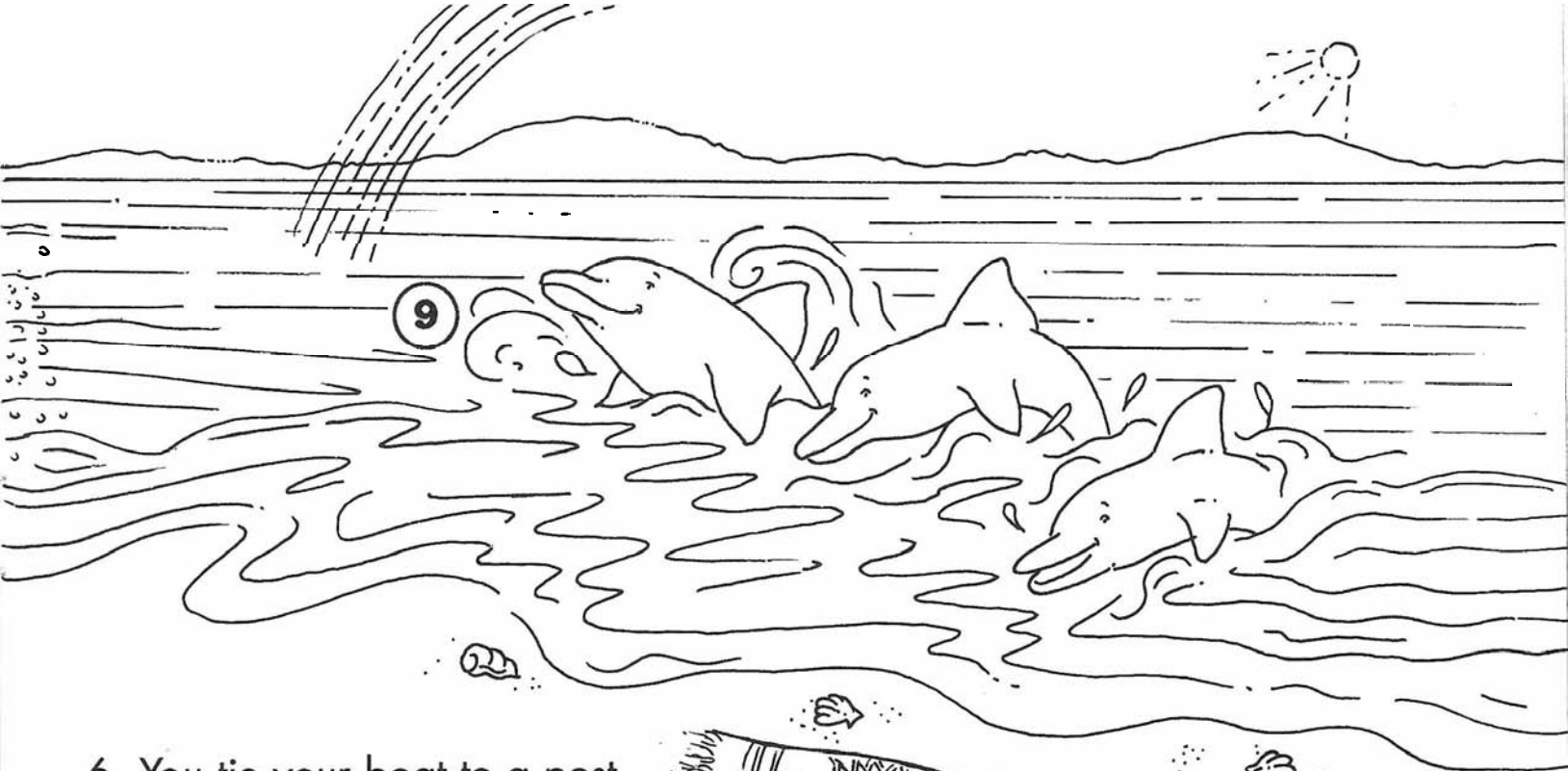
Color in the picture and find the hidden things that could help you enjoy being by yourself.





Color this picture as you paddle up the stream.

1. Imagine you are paddling your boat in a stream and you are feeling very lonely.
2. You have been paddling for a long time feeling sad and lonely.
3. Is there any way you can let go of your loneliness?
4. Suddenly, you hear the sound of rushing water.
5. After the next bend in the stream you see a sparkling waterfall.



6. You tie your boat to a post and as you step out, you notice a beautiful rainbow.



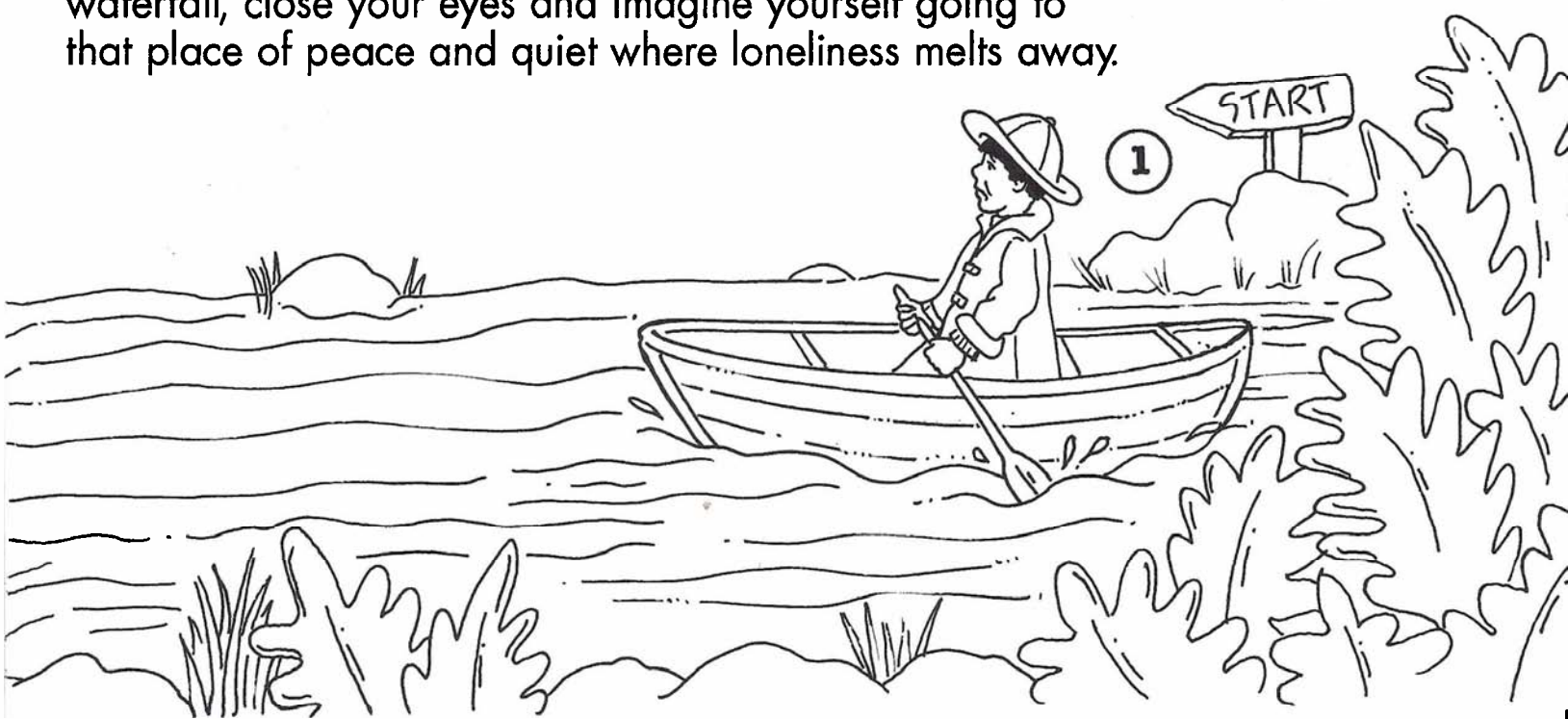
7. You step into the clear water and swim to the waterfall.

8. You stand quietly and let the magic water wash away your lonely feelings.

9. You swim with the dolphins bathed in the rainbow light.

10. Calm and peaceful, step out and warm yourself in the sun.

Now that you know how to follow the stream to the magic waterfall, close your eyes and imagine yourself going to that place of peace and quiet where loneliness melts away.



Draw yourself in this friendship circle.
Then, add all the people who are important to you.

