

**BECAUSE OF JESUS...
I DON'T HAVE TO BE
- ALONE -**

I'M NOT ALONE ACTIVITY

Everyone feels lonely sometimes. Think of some people you know who could be feeling lonely. Then, think of some ways that you could communicate with them. When we help others who are feeling lonely, we are also helping ourselves! **Draw a showing one way you could talk to someone else, then go ahead and do it. You may be surprised how much it means to them!**



A FRIEND

A FAMILY MEMBER

A NEIGHBOUR

A CHURCH MEMBER

AN ELDERLY PERSON



*What other ideas can you come up with?