



It isn't a normal  
sort of a day.

The Sun is up, the birds are out,  
but everybody's indoors.



I miss my friends.



When you feel lonely or sad discuss your feelings with an adult. They can help!

Suitable for 5-7 years

Content from: *Alone Together* (E-book)  
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Maybe I'll  
draw him a  
picture!



Maybe I'll  
write her a  
message!





...we are alone  
together.



You are not alone! Talk to your friends and family as much as you can. We are alone together!

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