Alone
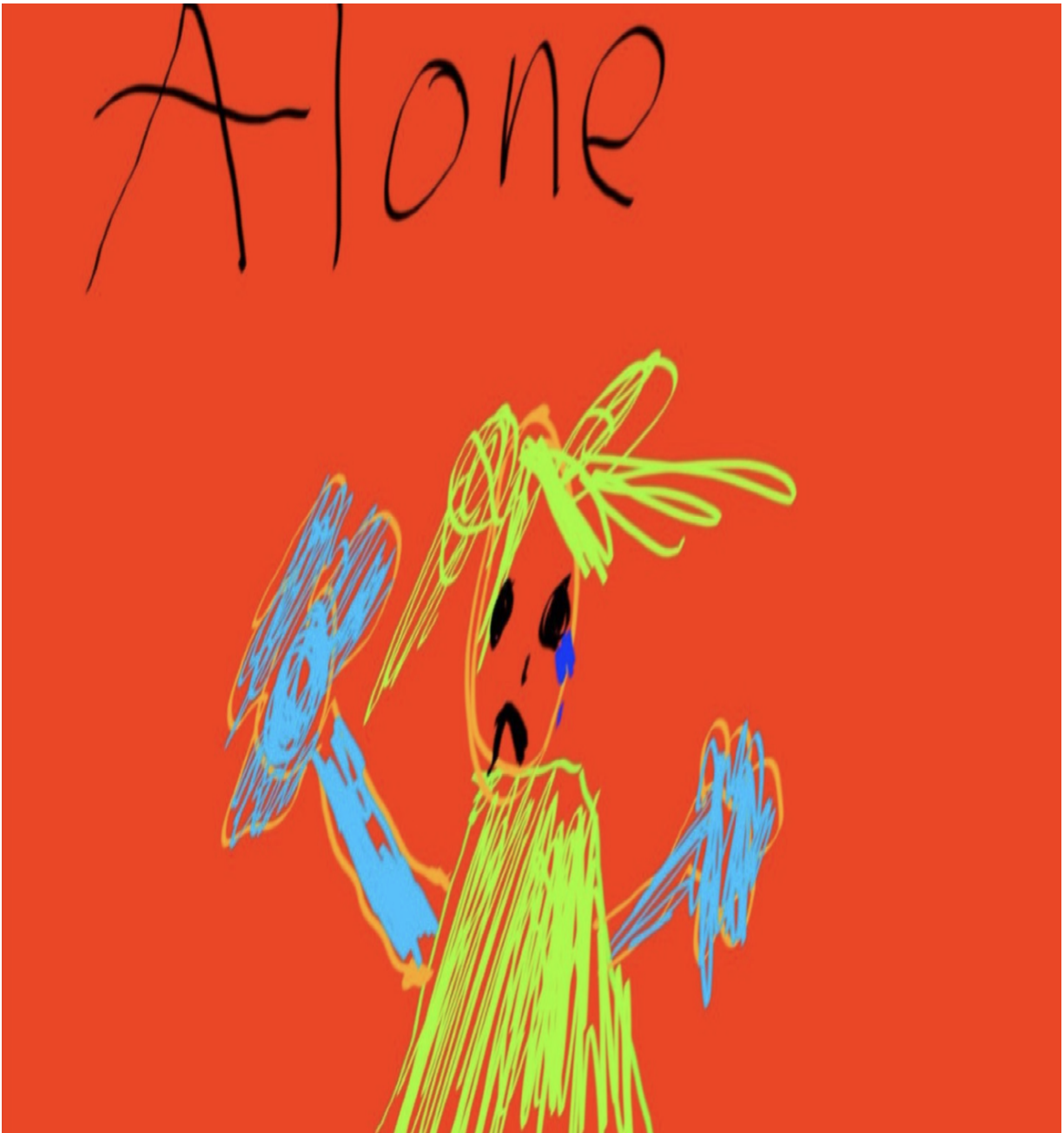

Emily's Solitude Sky: Navigating The Clouds Of Loneliness

By Lydia Sterry   Illustrations by Joel and Veola Sterry

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Welcome to the enchanting town of Storyville, where magic happens in the simplest moments. Join Emily, a curious and thoughtful girl, as she navigates a world of emotions and discovers the secrets of her very own Loneliness Cloud. "Emily's Solitude Sky: Navigating the Clouds of Loneliness" is a tale of courage, understanding, and the beautiful dance between being alone and connecting with others.

As the sun peeks through Emily's curtains on a cosy weekend morning, her world takes an unexpected turn. Dive into a heart-warming conversation between Emily and her Mum, filled with love, empathy, and valuable life lessons. Join Emily as she learns to befriend her Loneliness Cloud, turning moments of solitude into opportunities for creativity and self-discovery. Meet charming characters who share their own unique ways of balancing their emotions, offering insights that resonate with every child's heart.

So, dear reader, if you've ever felt a bit lonely or wondered about the magic of friendship, come along on this delightful journey with Emily. Are you ready to explore the world of emotions, friendship, and self-discovery with Emily? The adventure awaits!

P.s Remember, it's designed to assist children aged 6 and older, and aims to make these difficult discussions a bit easier for everyone.

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Once upon a weekend in the cosy town of Storyville, the sun **peeked** through the curtains, waking up Emily.

She felt a bit tired and decided to roll over, catching a few more winks.

About half an hour later, the door creaked open, and her Mum entered with a **warm** smile.

"Good morning, my sweet pea! How are you feeling today?" she asked.

Emily, with a half-smile, sat up as her mum settled on the edge of the bed. "Mum, I don't want to go to school anymore. Nobody comes to play with me, and it's just **lonely**," Emily confessed.

"Oh, my dear, I had no idea you felt this way. Let's talk about it," her mum said, offering a **comforting** presence.

"I'm sad. I've got no one to talk to at school. Nobody likes me, and they probably think I'm a bit strange because I'm all on my own," Emily shared, her voice carrying the weight of her **loneliness**.
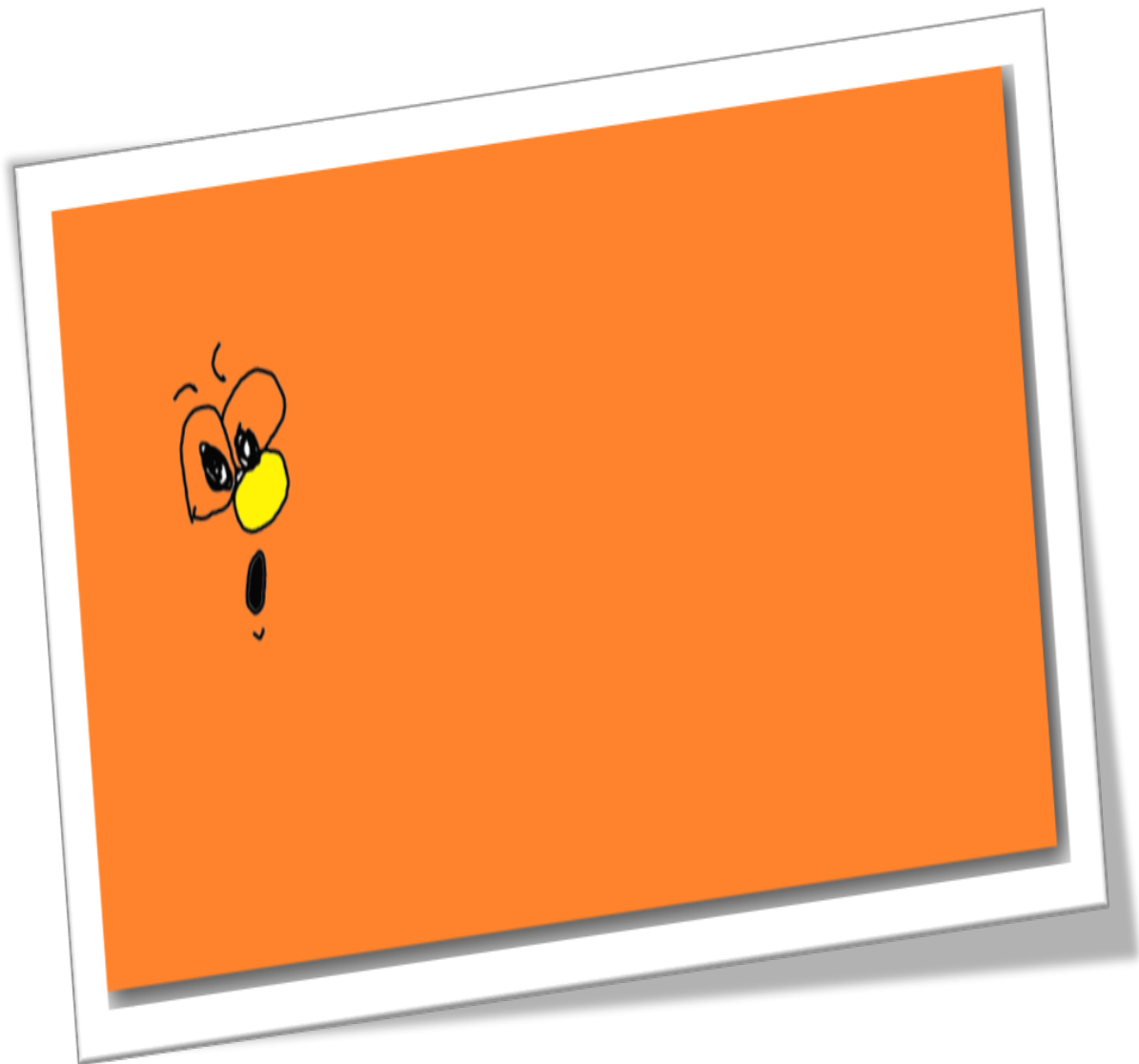
"That does sound really sad," mum acknowledged. "Tell me more about **how** you're feeling."

"I don't have enough people to play with. I mean, I have Britney, but that's it, and she mostly wants to do her own thing," Emily explained.

"Ah, Britney, she's quite a **friend to loneliness** herself," mum said thoughtfully.

"Err, what do you mean, Mum?" Emily asked, her curiosity piqued.

"Well, loneliness is a part of us, dear. It's a part that comes and goes, and we can't **escape** it, no matter how many friends we have," Mum clarified.

"Oh no, mum. You mean I'll feel this way again and again, where no one's playing with me?" Emily asked, a hint of **fear** in her eyes.

"Yes, my love. We all feel sad, scared, or even annoyed when we can't find anyone to play with. It's natural," mum reassured her, moving closer and putting her arm around Emily.
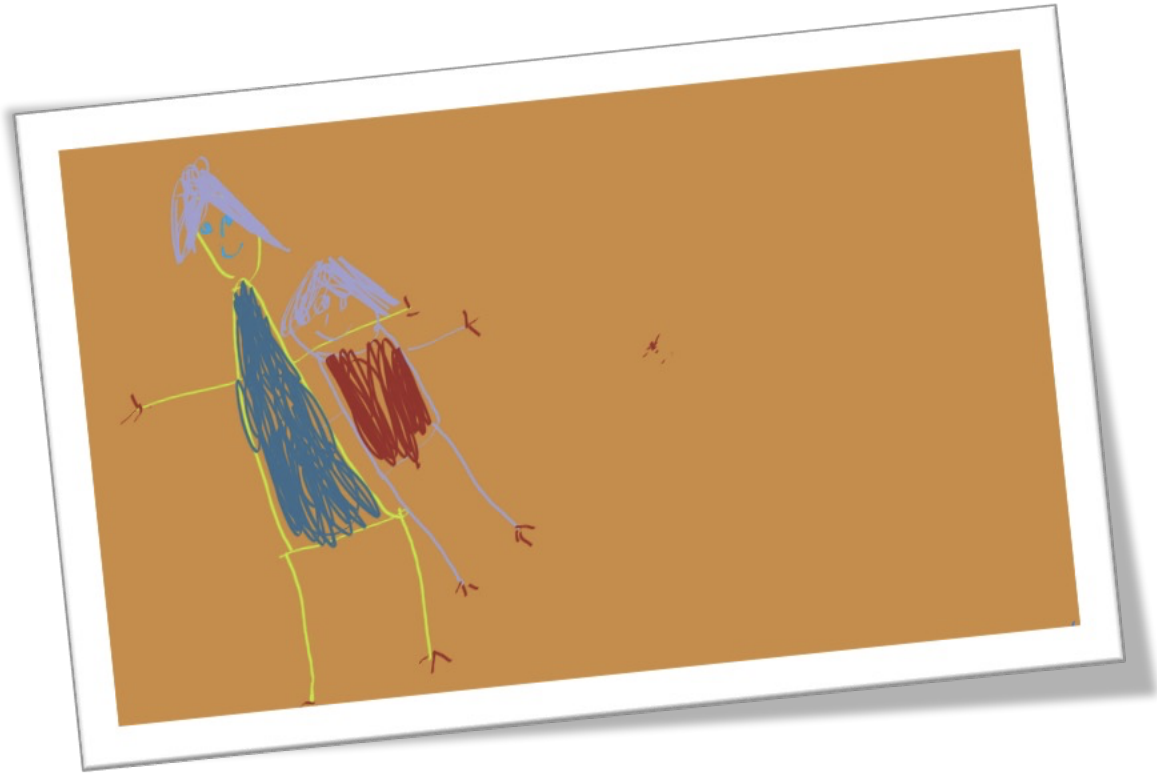
Emily felt like she was sitting under an **imaginary cloud** of sadness.

"Mum, sometimes I really want to go on the seesaw at school, but I can't because no one's there to play with me. I can't find anyone to play with at recess either," she confessed.

Her mum empathised, "This feeling seems to really hurt you inside." Emily burst into **tears**, and her mum listened attentively, offering a comforting hand.
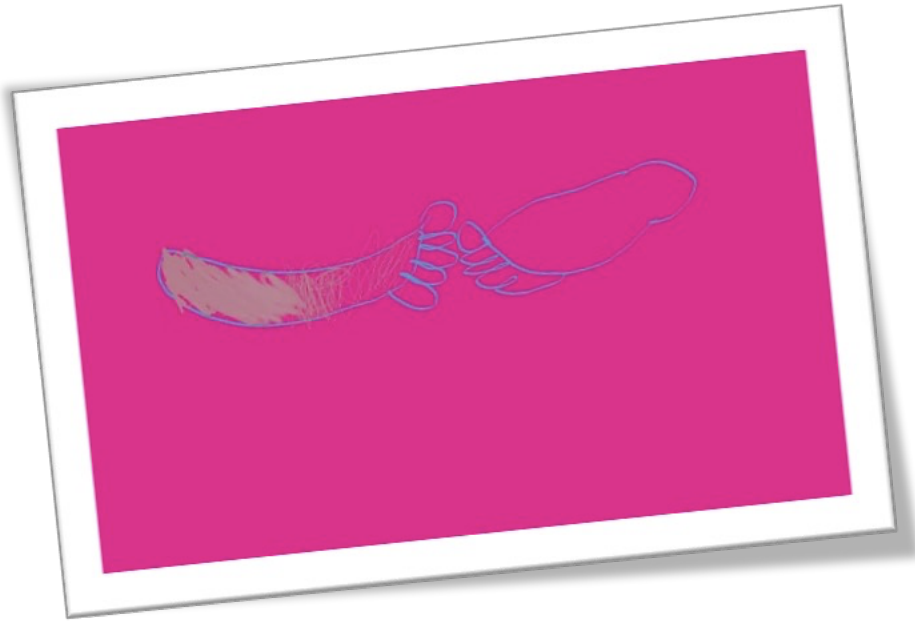
After some time, as Emily's tears subsided, her mum spoke gently, "It's good to take a deep breath after all that crying. Now, let me tell you a little **more** about loneliness."

"Okay, mum," Emily said, wiping away her remaining tears.

"Well, loneliness is like a sign telling us to pay **attention** to something inside us. It's a chance to listen to our own voice without anyone else's, a chance to connect with ourselves," mum explained.

Emily looked a bit confused, so her mum continued, "Think of it like balancing our lives between 'alone time' with ourselves and 'connection time' with others. If we do too much of one and too little of the other, we become **off-balance**."

"Like when I try balancing on the thin bricks outside Chase's house?" Emily asked, trying to grasp the concept.

"Exactly!" Mum exclaimed with a smile. "If you lean too much to one side, you might fall **off.**"

Mum went on to explain that various situations, like being unable to join activities, moving to a new place, or losing a friend, could give them the opportunity to face their loneliness directly.

"But, mum, how do we make **friends** with it then?" Emily inquired.

"Just by being there, Emily. Knowing that it's like your imaginary feelings cloud, but this one is a loneliness cloud that will only last for a certain time, **not forever**," mum reassured her.

As they talked, Emily realised that nobody could take away her loneliness cloud. "They might make you forget about it, but it'll come back. So, we might as well ride it out and learn what to do with it on our own," mum advised.

A thoughtful pause hung in the air as Emily shifted to get comfortable on her bed. "Once we can stay with our cloud and tune our ears to our own voices, we might want to work out what we'd actually like to do on our own. Turning this empty feeling into something **creative**," mum continued.

"Like what, mum?" Emily asked, eager to explore her options.

"Imagine if no one is at the seesaw, you might go and explore another part of the playground, make choices, and decide what you'd like to do next," Mum suggested.
"And who knows, you might find something even better than the seesaw," she added, her eyes **twinkling**.

"So, playing on your own is a good thing?" Emily asked, seeking clarification.

"Well, yes, but only some of the time. It's all about keeping the balance of **alone time and connection time,**" mum explained.

"Ah, yeah," Emily nodded, understanding the importance of balance.

"Once the loneliness cloud has passed, we might want to remember that everyone experiences a loneliness cloud at many points in their lives. We all have lonely feelings sometimes; it's so **natural**," mum shared.

"So, there are others at school who feel lonely too sometimes?" Emily asked, her imagination picturing her friends with **sad** faces.

"Yes, most definitely," mum replied with a warm smile.

"Now, there's one more little bit to know about this stuff," mum continued.

"What's that, Mum?" Emily inquired.

"We might want to check if our loneliness cloud has lifted after some time. If it has, we could then explore who we'd like to play with. Remember, **no one** is too confident or too popular or too 'anything' for you to speak to. You could even just go and play alongside them, maybe ask what they're doing or playing with," mum suggested.

"You mean like chatting to them?" Emily asked, a spark of **excitement** in her eyes.

"Yes, exactly," mum said cheerfully. "If that person is in their loneliness cloud and they ignore you, we might need to let them just 'be' by themselves and walk away. We can always go back another time when their cloud has **moved on**."

Emily's mum continued, encouraging her to explore and look out for other friends. "Part of being a friend is respecting their space and sharing conversations with them," mum explained.

"Yeah, yeah, mum, I know all that," Emily said, interrupting her, and they both started giggling.

"I love you so much, Emily. You're so smart," mum said, embracing her with love.

The **End**.

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And so, Emily learned to understand her loneliness with the help of her Mum. Perhaps you might want to have a little chat about it with your Mum, Dad, or special person.

Before we go, some of Emily's friends want to share how they balance their alone time and connection time:

"I listen to music and I'm now learning to play an instrument." - Rizwan

"I take something to school, and if someone asks me to play with them, I say yes. They might ask me to play with them next time too." - Caleb

"I help mum and dad do jobs. I always have someone to talk to, plus I learn how to do things when I grow up." - Natalia

"I go for walks and bike rides too." - Jay

"I was thinking about a collection or a hobby where I could make something." - Ivy

"I volunteer for loads of things—the library helper, the school garden group, cleaning the play equipment. I found working with others helps me make new friends." – Natasha

And lastly, of course, Emily would like to say, "I play on my own sometimes, so I get to balance my 'alone' time and my 'friends' time. I'm also friends with my loneliness cloud now, which feels pretty good."