

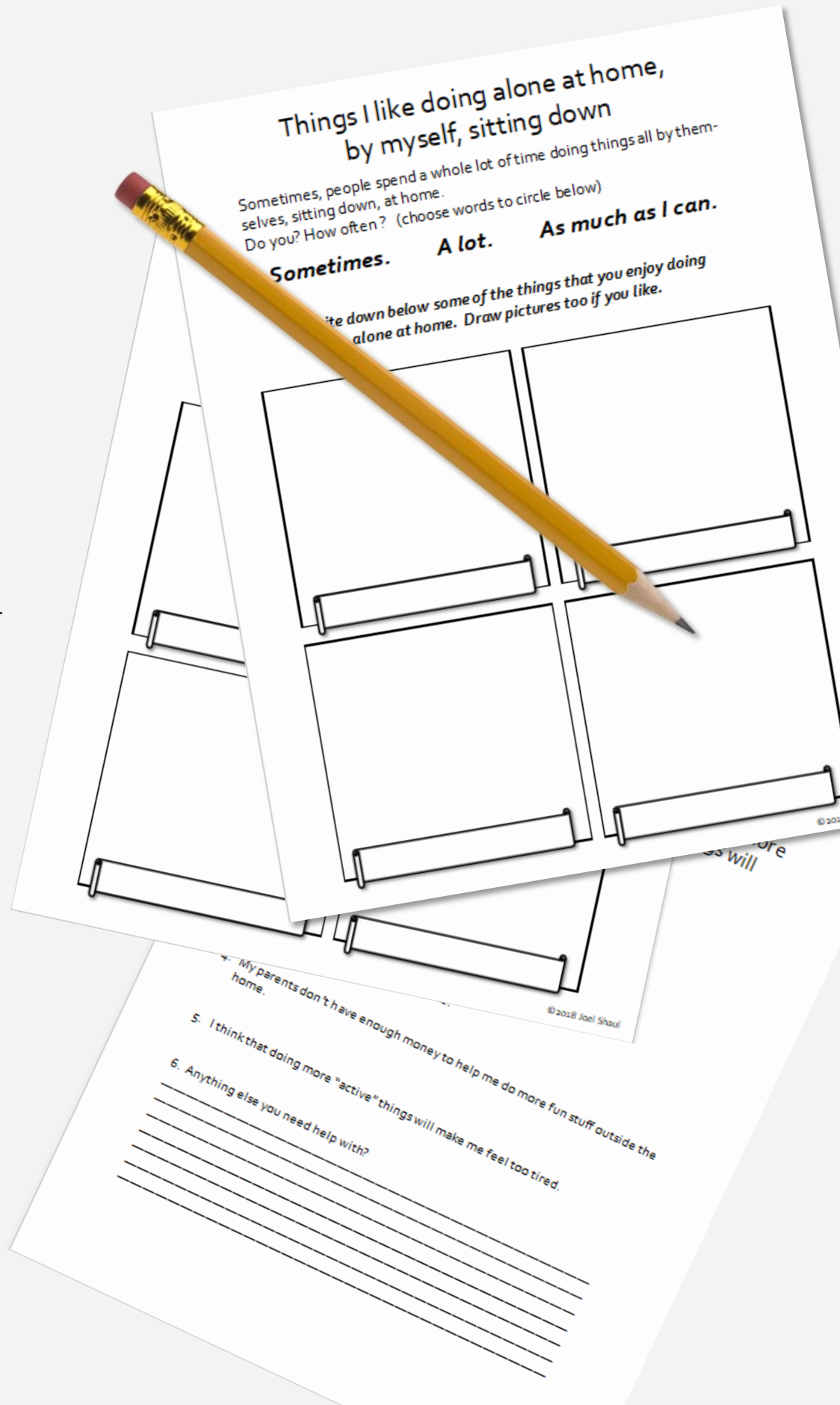
Seven worksheets to explore social isolation

Sometimes children experience periodic or chronic social isolation.

This set of worksheets is designed to help children explore how much time they spend alone and to examine possible solutions.

Suggestion:

*The first three worksheets, which go over a typical Saturday at home, are particularly useful.



What do you do on Saturday mornings?



7:00 to 8:00	
8:00 to 9:00	
9:00 to 10:00	
10:00 to 11:00	
11:00 to Noon	

On Saturdays mornings, are you ever (circle one or more)

HAPPY

EXCITED

LONELY

BORED

What do you do on
Saturday afternoons?



12:00 to 1:00	
1:00 to 2:00	
2:00 to 3:00	
3:00 to 4:00	
4:00 to 5:00	
5:00 to 6:00	

On Saturdays afternoons, are you ever (circle one or more)

HAPPY

EXCITED

LONELY

BORED

What do you do on
Saturday evenings?



6:00 to 7:00	
7:00 to 8:00	
8:00 to 9:00	
9:00 to 10:00	
10:00 to 11:00	
11:00 to midnight	

On Saturdays evenings, are you ever (circle one or more)

HAPPY

EXCITED

LONELY

BORED

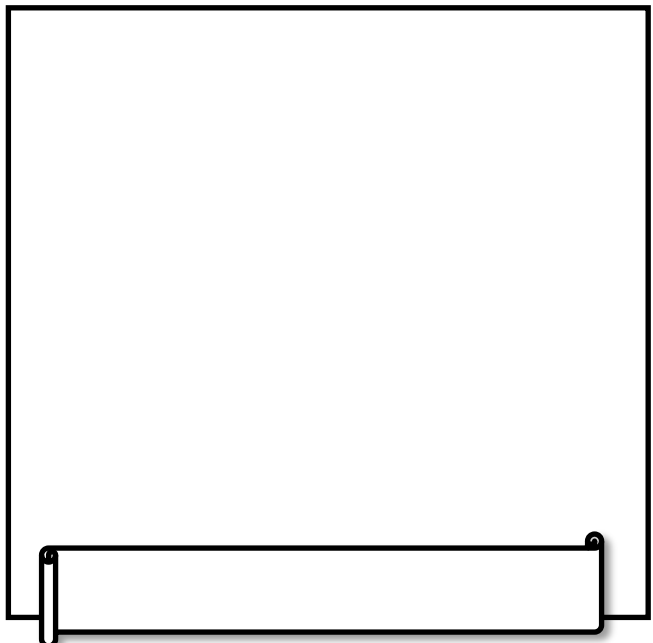
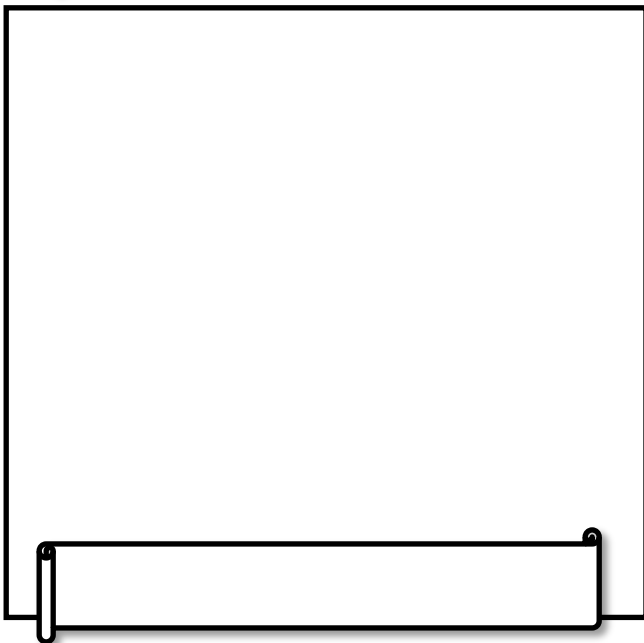
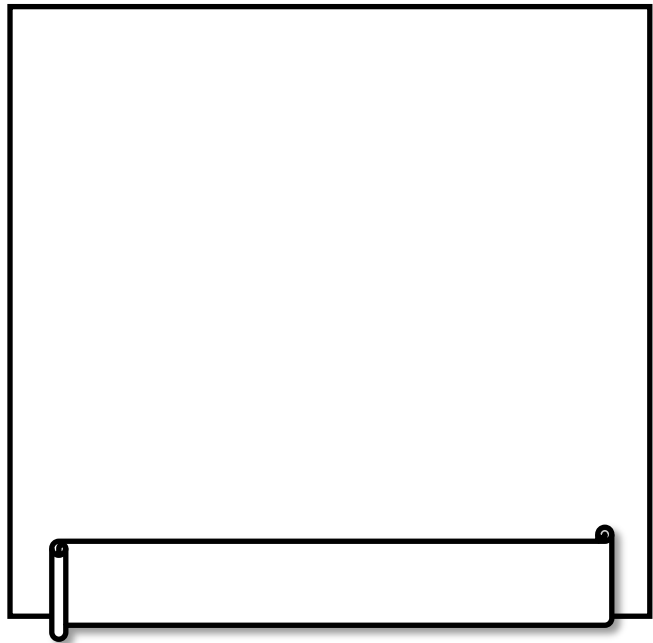
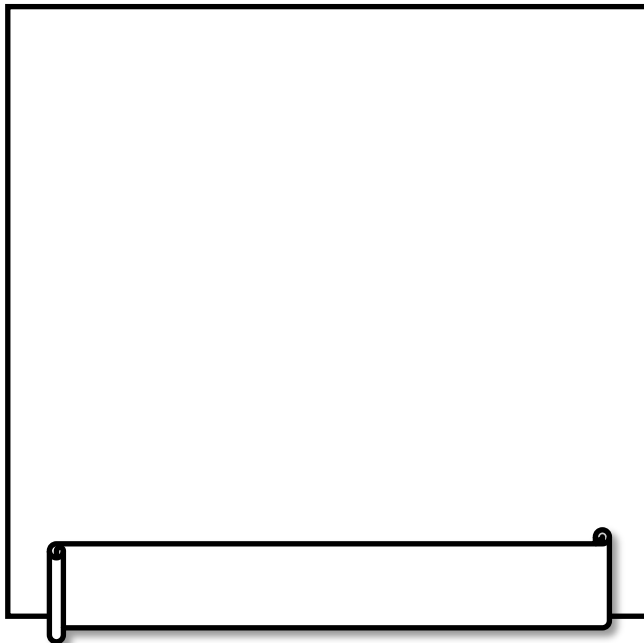
Things I like doing alone at home, by myself, sitting down

Sometimes, people spend a whole lot of time doing things all by themselves, sitting down, at home.

Do you? How often? (choose words to circle below)

Sometimes. ***A lot.*** ***As much as I can.***

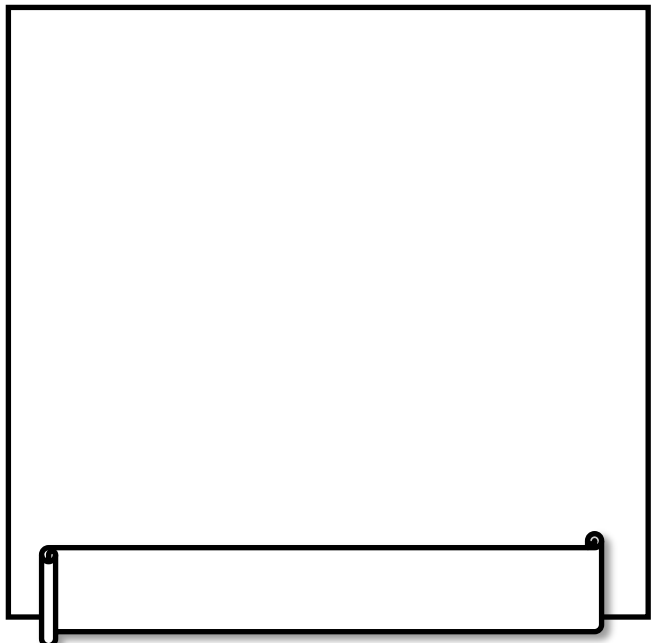
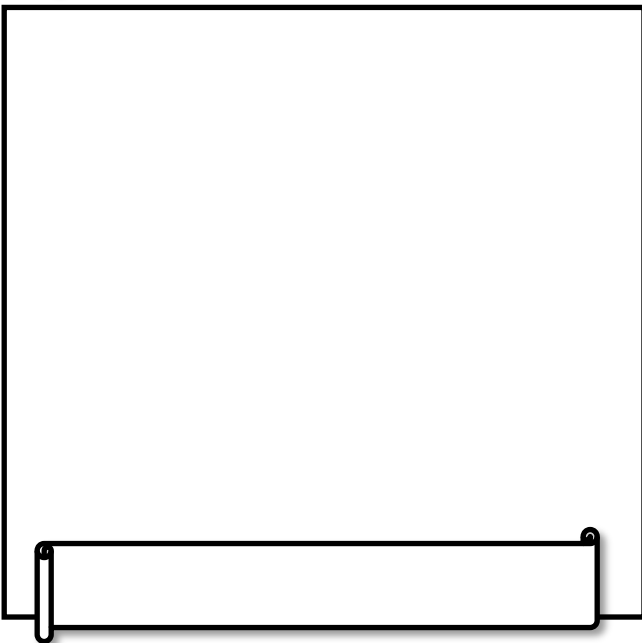
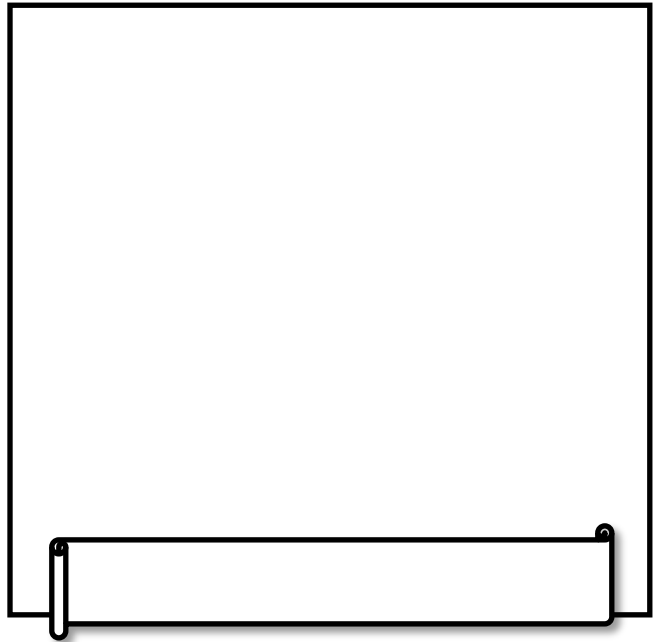
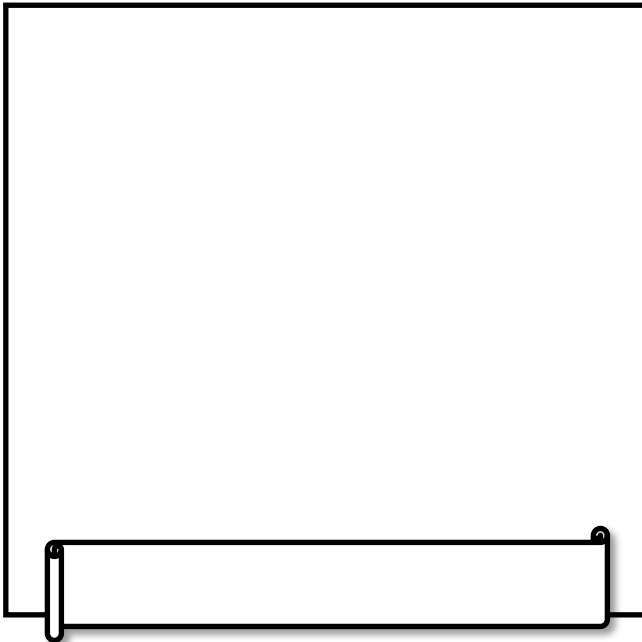
Write down below some of the things that you enjoy doing alone at home. Draw pictures too if you like.



Things I might like to try that are more active

What are some things you would like to try
doing more of that are more **active**? (standing up and
moving more instead of sitting down or lying down)

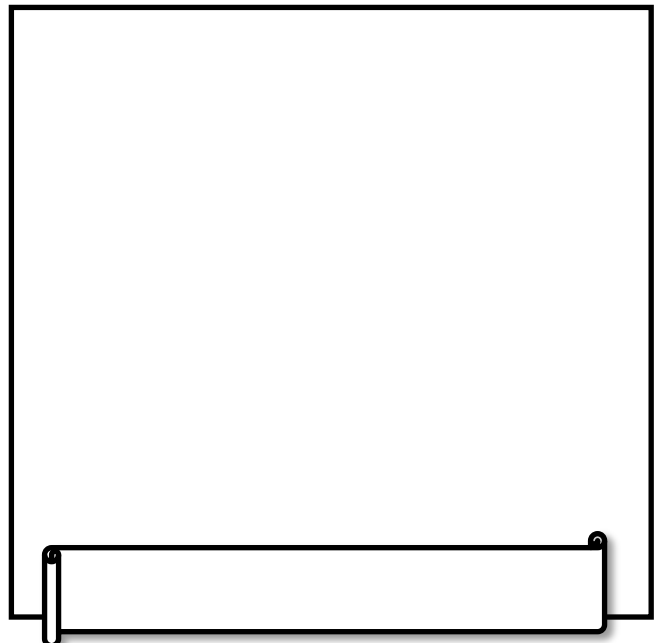
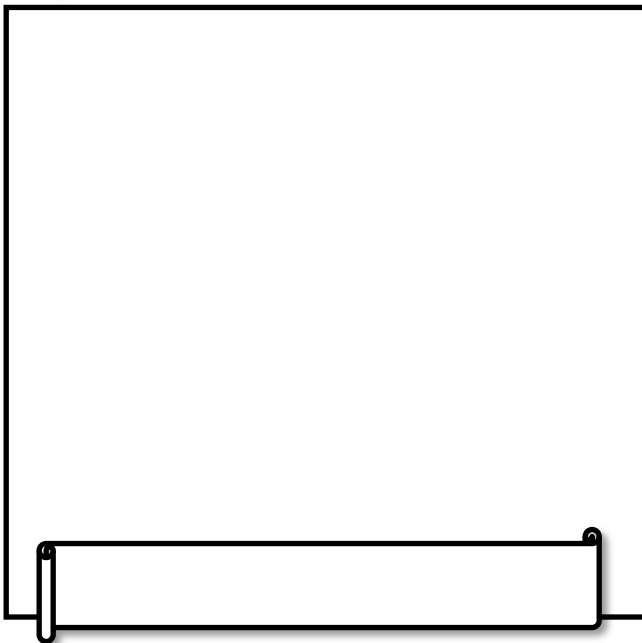
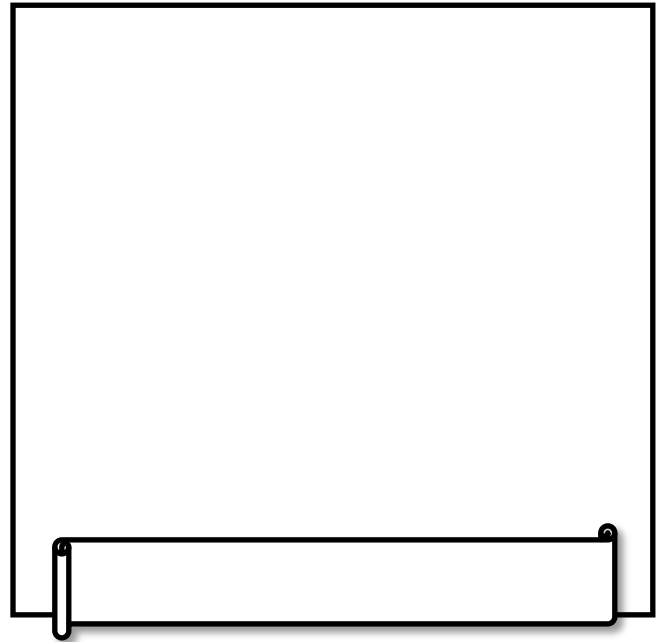
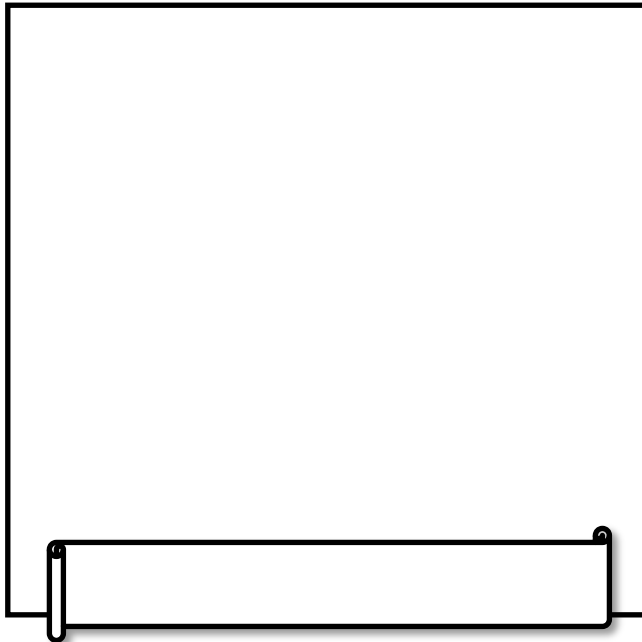
*Write down below some ACTIVE things
that you might like to try doing more. Draw pictures too if you like.*



Things I might like to try that are with other people instead of by myself

Sometimes people get in the habit of doing things by themselves too much. What about you?

Write down below some things that you might like to try doing that are not "alone" activities, but instead are with other people. Draw pictures too if you like.



Sometimes, people need help when they are going to try something different.

If you are going to try to be more active, and do more things with other people, which of these things will you need help with?

(Circle the ones you will need help with):

1. I like the things I do alone a whole lot. I don't want to change.
2. I don't know how to find other kids to do stuff with.
3. I think that other kids won't like me.
4. My family does not have enough money to help me do more fun stuff outside the home.
5. I think that doing more "active" things will make me feel too tired.
6. Anything else you need help with?
