

# ***Ollie the Owl Learns About Loneliness***

## Lesson Objective:

To help children understand and manage feelings of loneliness and learn ways to find joy and connection even when they feel lonely.

## Materials Needed:



- The story “Ollie the Owl Learns About Loneliness”
- The song “Ollie the Owl’s Lonely Night”
- Ollie’s Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Lonely to Lovely Toolbox Handout
- Activity 2- Role-play
- Home Connection Letter

## Introduction to the Topic (10 minutes)

### Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what it means to be grateful and ask if they can name something they are thankful for.
- Introduce the concept of gratitude and explain how it makes us feel happy and appreciate what we have.

## Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
  - “Hello, everyone! Today, we’re going to talk about something that I think many of us have felt before: loneliness. Have any of you ever felt lonely when your friends were busy or when no one was around to play? What does it feel like?”
  - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
  - “Thank you for sharing! Feeling lonely is something that everyone might feel sometimes, even adults. Today, we’re going to hear a story about our friend, Ollie the Owl, and learn how he found ways to feel better and connect with others when he felt lonely.”

## Read the Story (15 minutes)

### Story Time Outline:



- Read the story “Ollie the Owl Learns About Loneliness” aloud to the class
- Engage the children by asking questions about how Ollie felt when he was lonely, what Ollie did to feel better, and how his friends helped him.

### Story Time Teacher Script:

#### 1. Prepare the Students for the Story:

- a. “Let’s all get comfy because it’s story time! Our story is called ‘*Ollie the Owl Learns About Loneliness.*’ As I read, let’s listen carefully to see how Ollie felt when he was lonely and what he did to feel better.”
- b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)

#### 2. Read the story with an emphasis on key moments:

While reading, pause during key moments to ask the following questions:.

- *How is Ollie feeling at the beginning of the story?*  
(Helps identify the main emotion—loneliness.)
- *Why does Ollie feel lonely?*  
(Encourages understanding of the situation.)
- *Who notices that Ollie is sad?*  
(Builds comprehension and introduces Grandma Owl's role.)
- *What advice does Grandma Owl give Ollie?*  
(Highlights helpful coping strategies.)
- *What does Ollie decide to do after talking to Grandma?*  
(Checks for story sequence and Ollie’s action step.)

- *Who does Ollie write a letter to?*  
(Supports memory and relationship recall.)
- *How do Betty and Sammy respond to Ollie's letter?*  
(Reinforces the theme of support and friendship.)
- *What fun things do Ollie and his friends do together?*  
(Encourages visualization and imaginative play.)
- *What does Ollie do when his friends aren't around again?*  
(Builds understanding of independent coping strategies.)
- *How does Ollie feel at the end of the story? Why?*  
(Connects emotions to positive actions and support systems.)

### **Ollie the Owl Learns About Loneliness**

In a forest green and bright,  
Lived Ollie the Owl, with wings so light.  
With feathers soft and eyes so wide,  
He loved to play and often glide.

But one gray day, with skies so dim,  
Ollie felt lonely, and his world seemed grim.  
His friends were busy, not around,  
He felt so sad, with no one to be found.

"Why do I feel so lonely and blue?  
I wish I had something fun to do."  
Grandma Owl, so wise and sweet,  
Saw Ollie's tears and took a seat.

"Ollie dear, it's okay to feel,  
Lonely sometimes, it's very real.  
But there are ways to make it through,  
And find some joy in what you do."

"When you feel lonely, take a flight,  
And visit friends to make things right.

Or find a game you love to play,  
Loneliness can fade away."

Ollie nodded, feeling better,  
He decided to write a letter.  
To Betty the Beaver, working near,  
And Sammy the Squirrel, his friend so dear.

"Dear Betty and Sammy, I miss you so,  
Would you like to play and watch a show?  
I feel lonely and need a friend,  
Let's have some fun and time to spend."

Betty and Sammy came right by,  
With smiles so bright, they touched the sky.  
"Ollie," said Betty, "we're here to play,  
We'll chase your loneliness away."

They built a fort with sticks and leaves,  
And played a game of make-believe.  
Sammy found some nuts to share,  
And Betty braided flowers in Ollie's hair.

Ollie felt his heart grow light,  
Loneliness took flight.  
With friends so dear and fun to share,  
He knew they'd always be right there.

But sometimes friends are not around,  
And loneliness comes back to town.  
Ollie learned to find new ways,  
To brighten up his lonely days.

He'd read a book or draw a scene,  
Or play a game of hide-and-seek.  
He'd sing a song or take a nap,  
Or plan a fun and friendly trap.

One day he asked Grandma to bake,  
Cookies and cakes, a special treat to make.  
They baked and laughed, the day was  
sweet,  
With tasty goodies for all to eat.

"Ollie dear," said Grandma wise,

"You've learned to handle lonely skies.  
With friends and fun, and love so true,  
Loneliness will not trouble you."

Ollie smiled, feeling glad,  
Loneliness was not so bad.  
With friends and family by his side,  
He found joy and love worldwide.

So remember Ollie, wise and bright,  
Who learned to handle lonely nights.  
With games and friends and love so true,  
Loneliness can't trouble you.

Ollie the Owl, with heart so light,  
Found joy in day and night.  
With Grandma's wisdom and friends so  
near,  
He handled loneliness without fear.

### 3. Post-Story Teacher Script

- "So, Ollie felt lonely when his friends were busy or far away. But he learned that doing activities he loved, like reading or playing games, helped him feel better. He also learned that reaching out to friends or family can make us feel less lonely. What do you think? Can we try some of Ollie's ideas when we feel lonely?"

### 4. Post-Story Questions

Ask these questions to help students reflect on the story and connect it to their own experiences:

- *Have you ever felt lonely like Ollie? What did you do?*  
(Encourages emotional expression and personal connection.)

- *What are some ways we can feel better when we're lonely?*  
(Reinforces coping strategies like reading, writing, or playing.)
- *Why do you think it's important to talk to someone when you feel lonely?*  
(Teaches communication and emotional safety.)
- *What could you do if you saw a friend looking lonely or sad?*  
(Builds empathy and social responsibility.)
- *Can you name one thing Ollie did to feel better that you might try?*  
(Applies story solutions to real life.)
- *How did writing a letter help Ollie? Could we write letters to our friends too?*  
(Promotes writing as a tool for connection.)
- *What did Grandma Owl do that helped Ollie feel better?*  
(Reinforces the value of supportive adults.)
- *How can you help yourself feel calm when you're alone?*  
(Encourages independence and self-soothing strategies.)
- *Why is it okay to feel lonely sometimes?*  
(Normalizes big feelings and emotional fluctuations.)
- *What can we do as a class to help each other feel included and not alone?*  
(Promotes kindness, inclusion, and classroom community.)

### Sing the Song (10 minutes)



- Teach the children the “Ollie the Owl’s Lonely Night” song
- Sing the song together a few times, encouraging the children to join the actions.

“Now, let’s sing a song about Ollie and how he learned to handle loneliness. This song will help us remember the ways we can feel better when we feel lonely, and we’ll do some fun hand movements to go along with it!”

## “Ollie the Owl’s Lonely Night”

### [Verse]

Ollie the owl flies through the sky  
Moon is his friend stars up high  
Hoots a song into the night  
Feeling small no one in sight

### [Verse 2]

Lonely heart wings feel heavy  
Clouds just whisper not so steady  
Perched on tree he feels the chill  
Wishing friends could share his thrill

### [Chorus]

Lonely feels like empty dreams  
Grey skies full of silent screams  
But Ollie knows what to do  
Find a friend both old and new

### [Verse 3]

Sees a squirrel down below  
Waving tail says hello  
They share nuts and stories told  
Together now warmth unfolds

### [Verse 4]

Next he meets a wise raccoon  
Underneath the pale moon  
Plans a party with his mates  
Warmth and laughter it creates

### [Chorus]

Lonely feels like empty dreams  
Grey skies full of silent screams  
But Ollie knows what to do  
Find a friend both old and new

## Hand Movements

Flap arms

Hold hand over eyes and look around

Place hands over heart

Look around with hand above eyes

Wave

Laugh

Look around with hand above eyes

“You all did wonderfully! Just like Ollie, we can try these ways to make ourselves feel better whenever we feel lonely. Now, let’s do some activities that Ollie would love!”

Do an Activity (20 minutes)

- Students will practice greeting others.

**Please choose from the following 2 activities:**



### Activity 1: Lonely to Lovely Toolbox (15 minutes)

#### 1. Introduce Activity

“Today, we’re going to help Ollie the Owl, who sometimes feels lonely. Do you remember in the story *Ollie the Owl Learns About Loneliness*, Ollie learned ways to feel better when he was sad or alone? He talked to Grandma Owl, played with his friends, read books, and even baked cookies!”

“Well, just like Ollie, we can all feel lonely sometimes—and that’s okay! But we can also create something special to help ourselves feel better when we need a little joy. So today, we’re going to make **Ollie’s Lonely to Lovely Toolbox**—a box full of ideas and activities we can use when we feel lonely.”

#### Activity Instructions

“Each of you will get a paper shaped like a toolbox. Inside the toolbox, you’ll draw or write things that help you feel better when you're feeling lonely.”

**Some ideas you might include are:**

- Playing with a favorite toy or stuffed animal
- Drawing or coloring
- Listening to music or singing a song
- Hugging someone in your family

- Reading a book
- Talking to a friend
- Going outside for fresh air
- Asking a grown-up for help

“You can write words, draw pictures, or even create your own special ideas that work just for you. There’s no wrong answer—this is your personal toolbox!”

### **Encourage Participation:**

“Let’s get creative! Use crayons, markers, or stickers if you’d like. Decorate your toolbox with things that make you smile. You can even give it a name like ‘My Feel-Better Box’ or ‘My Sunshine Kit’ if you want!”

*(Optional teacher prompts while they work):*

- “What’s something kind someone has done for you that made you feel better?”
- “What game or activity helps you feel calm or happy?”
- “What would Ollie put in his toolbox?”

### **Discussion:**

**“Now that we’ve filled our toolboxes, would anyone like to share one or two things they put inside?”**

*(Let a few students share. Encourage responses like:)*

- “I love that you put reading a book in your toolbox!”
- “That’s a great idea—playing outside is such a fun way to feel better.”
- “You’re helping others by sharing your ideas!”



“Wow! You all created amazing toolboxes filled with smart, kind, and creative ideas. Remember, feeling lonely is something everyone feels sometimes—even Ollie. But now, just like him, you have tools you can use to help yourself feel better.”

### Review Questions:

- “Can someone remind us what Ollie did when he felt lonely?”
- “Why is it helpful to have a plan when we feel sad or lonely?”
- “What will you try next time you feel a little lonely?”

“Let’s all say this together:

*‘I can use my toolbox to turn lonely into lovely!’”*

## Activity 2: Loneliness Role-Play (15 minutes)



### 1. Introduce Activity

“Our next activity is going to be some pretend play. We’ll take turns acting out different situations where someone might feel lonely, just like Ollie did. Then, we’ll think about how Ollie handled loneliness and what we can do to feel better. Let’s work together to come up with ideas!”

### Activity Instructions

For each role-play scenario, choose 1-2 students to come up and role-play the following scenarios. Let the students act out one of the scenarios and how they would solve the problem.

#### 1. Explain the Role-Playing:

"I will give you a scenario, and you will act out a situation, and we'll practice how to deal with feeling lonely."

#### 2. Model the First Scenario:

"Let's say Ollie is feeling lonely because he has no one to play with during recess. What can Ollie do? What could his friends do if they see Ollie and think he might be feeling lonely?"

**(Pause for responses.)**

"That's right! Ollie can say, 'He could ask a friend to play with him. Or, if a friend thinks that Ollie is lonely, he could ask if he'd like to play a game.'"

**3. Encourage Participation:**

"Now it's your turn! Who would like to act out a scene?"

**(Allow children to take turns role-playing.)**

(Let a few children take turns role-playing some of the following scenarios.)

- Scenarios:
  - i. Sitting Alone at Recess: A child is sitting alone on a bench during recess while others are playing together.
  - ii. No One to Play With: A child asks to join a game but is told there is no room for another player.
  - iii. Feeling Left Out at a Party: A child is at a birthday party but feels left out because others are playing together and not including them.
  - iv. Parents Busy with Work: A child feels lonely because their parents are busy working and can't play with them.
  - v. First Day at School: A new student feels lonely because they don't know anyone yet.
  - vi. Favorite Toy is Missing: A child feels sad and lonely because their favorite toy is lost and they don't have it to play with.
  - vii. Watching Others Play: A child is watching other kids play a game but doesn't feel confident enough to ask to join.
  - viii. Sibling is Away: A child feels lonely because their sibling is away on a sleepover or visiting grandparents.
  - ix. Rainy Day Indoors: It's raining outside, and a child feels lonely because they can't go out to play with friends.
  - x. Home Sick: A child is home sick and feels lonely because they can't go to school and see their friends..

**Review and Reflection Teacher Script**

**1. Gather in a Circle for Reflection:**



"Let's come back to the circle and share. Who would like to share what you can do to help a friend feel lonely or what they, individually, they can do to deal with their loneliness? (Allow a few children to share.)"

“Let’s gather back in a circle to talk about what we learned today. Loneliness is a feeling everyone has sometimes, and there are ways to make it better. What was your favorite part of our activities today?”

(Allow children to share, reinforcing their understanding.)

“Thank you all for participating! Remember, if you feel lonely, there are ways to make yourself feel happy, and it’s always okay to reach out to a friend or family member.”

## Home Connection Letter

### 1. Sending Information Home:

- "Before you go, I have a letter for you to take home. It talks about what we learned today, so you can share it with your family."

(Hand out the parent letters.)

"Thank you for being such wonderful listeners and friends today! I can’t wait to see you all next time."

- Hand out the letters as the children prepare to leave.

## Parent Letter

### Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson

Dear Parents/Guardians,

Today in class, we learned about handling feelings of loneliness through the story "Ollie the Owl Learns About Loneliness." This story teaches children that it's okay to feel lonely sometimes, and there are many ways to find joy and connection.

Here's what we learned:

- Understanding Loneliness: Recognizing what loneliness feels like and knowing it's a common feeling.
- Finding Joy: Learning activities that can help when feeling lonely, like reading, drawing, or baking.
- Connecting with Others: Practicing ways to reach out to friends and family when feeling lonely.

Activities we did:

- Lonely to Lovely Toolkit: We made friendship bracelets to feel connected to friends even when they are not around.
- Role-Play: We practiced role-playing different scenarios where we might feel lonely and how to handle those feelings positively.

You can help reinforce this at home by encouraging your child to talk about their feelings and suggesting activities they enjoy when they feel lonely. Remind them that it's always okay to reach out to friends and family for support.

Thank you for your support!

Sincerely,

# Lonely to Lovely Toolbox

