

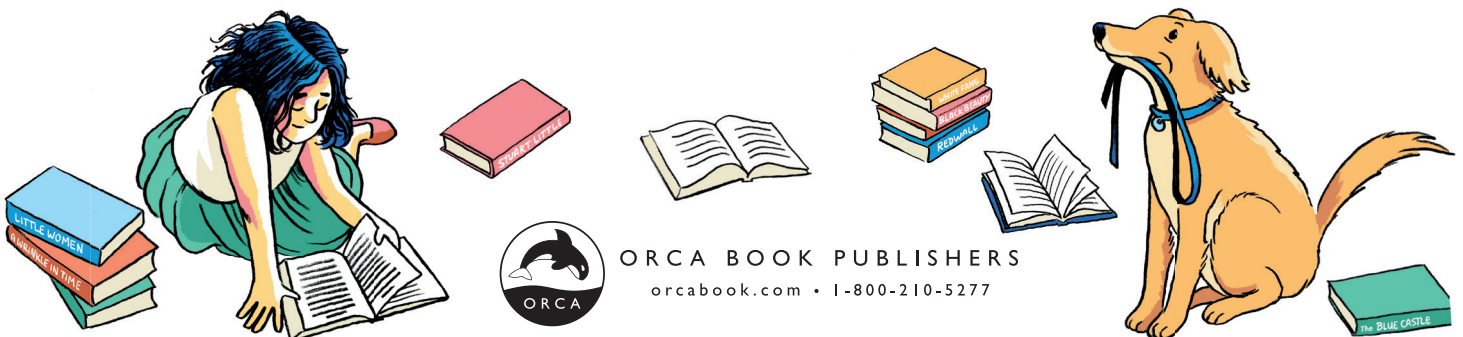
Everyone has felt lonely at some time in their life. The feeling that we have when we are lonely may seem very personal. But it helps to remember that loneliness is universal and not limited to any age group or culture. We all know what it's like to be lonely.

Some of what we've learned in this book can help us take action when we're feeling most alone in the world. When we take steps to understand and explore loneliness, we can help ourselves and also help others.



### ABOUT THE AUTHOR:

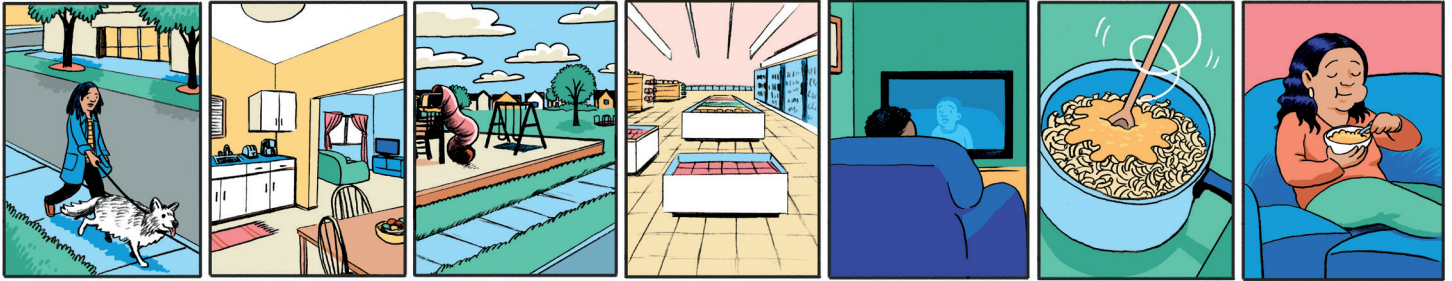
Petti Fong is a journalist, educator and author. She was a staff reporter at the *Vancouver Sun*, the *Globe and Mail*, the *Toronto Star* and CBC and now writes for *The Economist*. Petti teaches journalism, ethics and business communications at Kwantlen University, Langara College and the University of British Columbia. During the pandemic she created and hosted a podcast with interviews from experts around the world on the topics of isolation and loneliness. The podcast, *Alone Together*, has been downloaded by hundreds of thousands of listeners and heard in more than 30 countries. Petti lives in Vancouver, British Columbia.



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# ALONE TOGETHER

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### DISCUSSION QUESTIONS:

1. Think back to a time when you felt most alone. What led to that feeling and what did you do to feel less lonely?
2. What are some of your favorite origin stories from superheroes, and who are some of the loneliest superheroes?
3. Do you have an imaginary friend? If you knew someone who was lonely, could you be a real friend to that person? What kind of friend do you think that person needs?
4. Who could you ask to go for a walk with next time you're out walking?
5. If you were appointed to be the Minister of Loneliness, what are three things you would do?
6. If you had to survive on your own for a week, what are the 10 things you would take with you?

### ACTIVITIES:

1. Write a letter to someone you haven't talked to in a long time. What are some of the things you want to share with that person, and what are some questions you want to ask?
2. Research a famous person from the past at your local library. Write a letter to that person, and tell them why they are important to you.
3. Look up a recipe for a comfort food from another country. Try to find the ingredients for that recipe, and get help making that dish. Think about why that dish is considered comfort food.
4. Using the diner lingo from page 48, make up your own diner names at your next meal.

KINDNESS

CARE

WARMTH

EMPATHY

LOVE

JOY

RESPECT

KINDNESS

CARE

WARMTH



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