



MAKING YOUR OWN FUN – ENJOYING YOUR OWN COMPANY

It might sound a bit weird, but you can be your own best friend!

Being on our own

Some children can't travel to school each day. They manage to learn and make their own fun at home. Even with mobiles and the Internet there may be times when we're out of contact with friends and family: if we move, over the holidays, or perhaps if we're sick. There are lots of things we can do to have fun when we're on our own.

What can I do?

Treat being on your own as an opportunity to get to know and express yourself.

Show yourself a bit of self-love. Take time to think about what you like about yourself, and maybe make a list of all those things. Treat yourself, make something delicious to eat, or find out more about a topic that interests you.

Get back to basics. Switch off the computer and earphones. Go for a walk, ride or a swim. Read some books. Think about life. Take time to enjoy the beautiful world around you.

Practise something you know you want to do better. It might be shooting hoops, writing, juggling, speaking confidently, singing, doing gymnastics, or bike tricks.

Try something new. No one can see you ... so now's the time to attempt that Rubik's cube, have a go at skateboarding, make pancakes, or try out that new hairstyle.

Get creative! Try your hand at painting, writing, making music, cooking, pottery, playing games, puzzles, or programming. You might unlock a hidden passion or talent.

Help someone. Walk the dog, do some gardening, help out at home – it will all be appreciated. Maybe raise money for charity by holding a garage sale or other stall (art, drinks, or cakes). Perhaps there is someone in the neighbourhood, possibly an older person, who would love your help or companionship.

Or just chill. We all need a bit of peace and quiet sometime to think about who we are, where we're heading, and how we want to get there.

“Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world.”

Eleanor Roosevelt

REFERENCES

Women and Children's Health Network, 4 May 2017. "Feeling Lonely". Retrieved from: <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1800> 5 December 2017.

Women and Children's Health Network, 13 October 2016. "Friendship". Retrieved from: <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=286&id=1636> 5 December 2017.

Women and Children's Health Network, 23 January 2017. "Social Skills". Retrieved from: <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=2905> 5 December 2017.

USEFUL LINKS

“What makes a good friend?”, and

“Loving Ourselves: Self-love and self-compassion” Life Education factsheets.