

## TN1 - Bubble



### Narration

Words can trap people so that you feel you're in a bubble  
Words may bounce around your head and make you feel  
isolated.

Like you don't fit in.

Sometimes you feel invisible and you can't reach out to people.  
We might forget others feel the same.  
Reach out. Let them in.

If you feel like you're trapped in a bubble,  
Don't worry. It will pop!

### Song lyrics

I just don't understand communication  
I'm so scared of this isolation  
I want to get out of my comfort zone  
Maybe find a place I can call home

Underneath all this trouble  
I feel safe, in this bubble  
All these sticks and stones that they throw  
Only harden this shell  
I will escape from this hell

### Part B Text

45% of children said they felt lonely 'often or 'some of the time'  
ONS 'Exploring loneliness in children, Great Britain: 2018',

Being Lonely is a feeling – it's not about how many people are around you.

It's easy to feel like you don't fit in, or that it's hard to make friends.

If you feel Lonely – you aren't the only person feeling this.

Can you be a friend to someone else who feels this way?

## TN2 - Grow

### Narration

This was my place.  
This is where I felt comfortable.  
But I was dropped into a new world. I felt out of my depth, out of place.  
This space is enormous!  
Everything seemed so scary and I just wanted to hide.  
But I found other people. They were scared too.  
We realised we weren't alone.  
Together, we adventured out and things didn't seem so scary anymore.  
Bit by bit I learnt to grow. I helped others too!  
This is my place. This is where I grew to feel comfortable.

### Song lyrics

This was the place where I felt comfortable  
Now I feel out of my depth, out of place  
It all seems so scary I just want to hide  
Then I found others who felt the same

When I feel like I want to cry  
I try to keep my head up high

I am not alone  
Out of the dark  
Out of the shadows  
It all looks a little less scary now  
Bit by bit I learnt to grow

### Part B Text

Going to a new school can be scary.  
What worries have you got about going?

'Just remember that everyone else there is scared too, so you're not the only one, all of the other people feel just as nervous, you'll just start getting to know each other and make new friends' – Connor Year 8

'Always stay true to yourself, be yourself and don't worry' - Lara Year 9

'The worst thing you can do is think that the school is going to be this massive, big, scary place where no one is going to be your friend, when in reality it's a fabulous place where you've got lots of friends' - Shea Year 8

'Try to be confident, even if you don't feel it all the time, it's easier to make friends' – Maja Year 7

## TN3 - Start

Narration

Hey can you imagine a world where no one said hello...

It just takes one person to start.

'Hello'

Just say Hello

The smallest words we say, can brighten someone's day.

Just make a start.

## Lyrics

Like a butterfly's wings

Like a hurricane

Let your feelings unfurl

You don't have to be the end

You could be the start

Let it go, set it free

Look how special one word can be

Say hello

Don't be alone

Come and help each other

Start today

Don't be afraid

Come and help each other

## Part B Text

45% of children said they felt lonely 'often or 'some of the time'  
ONS 'Exploring Loneliness in children, Great Britain: 2018',

Having good friends is a protection against feeling lonely.

But where do you start?

It starts with hello.

Can you start by saying Hello to someone today?