

# What is loneliness?

## Objectives

- > To encourage learners to discuss loneliness openly and positively
- > To learn about what loneliness is
- > To think about what we can do if we notice ourselves feeling lonely
- > To consider how we might help someone who is feeling lonely

## Introduction

Play the [video](#) Lost and Found Oliver Jeffers.

Ask learners to draw a picture of what loneliness looks like to them. Teacher draws a picture of an alien on the board. Name the alien together. Can you explain to the alien what loneliness is? Create some advice to the alien about how to feel less lonely?

## Activities

### Connections Box

Think about ways we could help others who are feeling lonely. Create a class connections box. Add a compliment about your friends, family or teachers to the connections box. Read these out to your class at the end of the activity or the end of the week.

## Loneliness tip

Loneliness is a normal human emotion. We all need to feel connected to other people. Loneliness is the unsettling feeling we get when this need is not being met. We might feel like this because we're not having much contact with other people, or because the contact we are having doesn't feel meaningful to us. There are certain times in your life when you might be more likely to feel lonely. This might be when things are changing in your life, such as moving to a new city, a friendship ending, or a bereavement. There's nothing wrong or shameful about loneliness. It's best to use neutral or positive language to describe it.