How can we help ourselves if we are feeling lonely?

✳ Objectives

> To find out what can make you feel lonely

> To think about what to do if that's how you are feeling

✳ Introduction

Watch the video. Ask your class to share times when they have felt lonely and how it made them feel. Share ways they can help someone to feel better if they are feeling lonely

✳ Activities

Connection Rocks

> Set up a connections rock garden in the classroom.

> Have fun designing and creating rocks, use words to inspire and motivate both themselves and others around them.

> Talk about the 'warm fuzzies' you get when you connect with others and how it makes you feel when someone is kind back to you.

Loneliness tip

There's nothing wrong or shameful about loneliness. It's best to use neutral or positive language to describe it instead. Try to avoid using terms such as 'end' or 'got rid of' or 'tackling loneliness', as it can make people feel even worse. Instead, use practical and positive terms like 'helping' or 'improving.' Loneliness is a normal human emotion - it's our body's way of letting us know we need some more meaningful connections.