

Meaningful connections

* Objectives

- > To reflect on the importance of strong, meaningful connections
- > To think about who you can get help from when you feel lonely
- > To begin to develop ways of coping with loneliness

* Introduction

Encourage learners to reflect on a 'meaningful connection' and why this person is important to them. If it hasn't been done already, discuss with the learners what they think a 'meaningful' connection is. Ask learners to pick one person who they think is their most meaningful connection, someone they trust whom they can talk with about worries or feelings such as loneliness.

* Activities

Encourage learners to write, draw or create a poem about how they know this person, how long they have known this person or how they met. Encourage learners to describe this person in three words or drawings.

Discuss with learners what they can do to meaningfully connect with this person regularly. How can we communicate well with the people we care about? What questions can we ask people we care about to connect in a more meaningful way?

* 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. One of the best ways to feel less lonely is to reach out and tell a trusted person how you feel.