

Web of connections

Objectives

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

Introduction

Play this [video](#).

Encourage learners to think about all the people they have in their lives that they can speak to or ask for help from safely. Ask learners to draw a circle with them in the middle. Ask learners to draw all the people they know and can safely connect with around the outside.

Activities

Connection Matters

Ask learners to write down all the things that help when they feel worried or lonely. Ask learners to think about a time when they have shared feelings with a trusted person and felt better afterwards. Discuss with learners what they learned from this activity and why having connections is so important.

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.