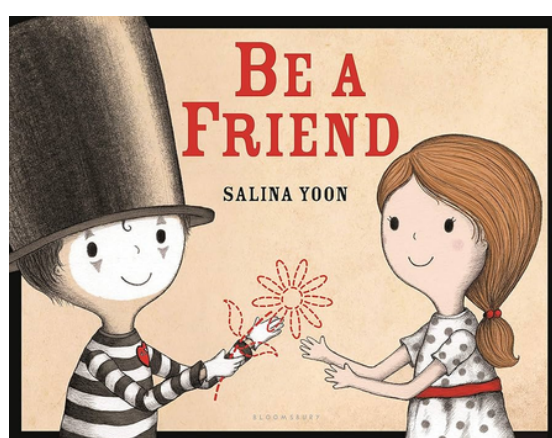
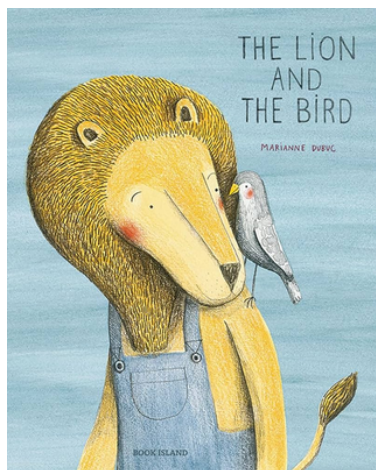
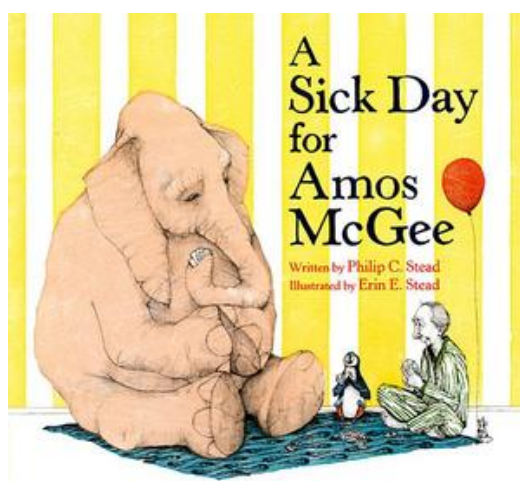
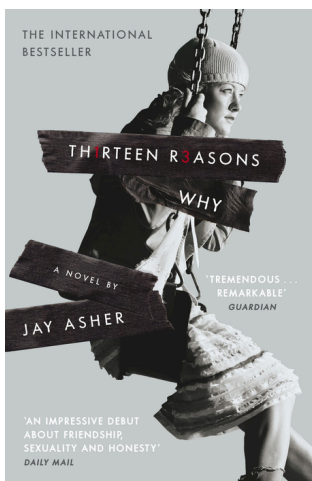
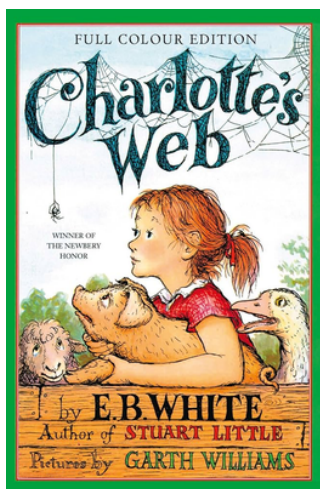
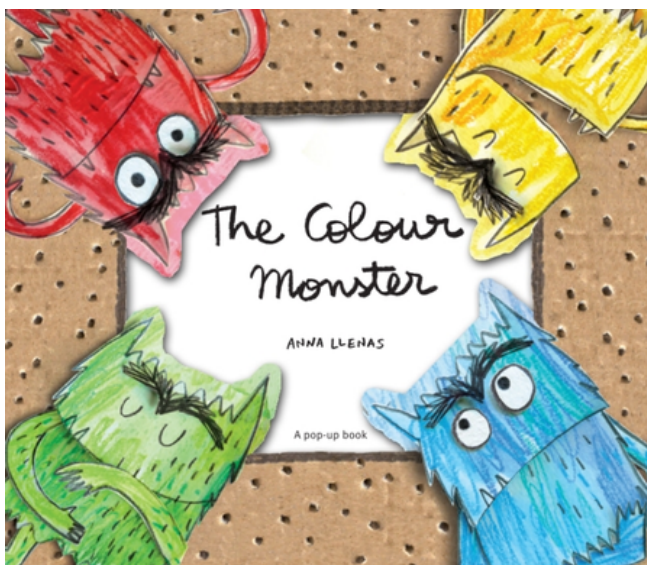


# Books about loneliness



There are so many great books about making connections! These are just a few titles we have chosen. We gently remind parents / carers and teachers to check these books are suitable for their intended reader.

# Challenge cards



Write a sentence about a time when a friend felt lonely and you helped them



Play with someone new today



Write a note to someone new to join a game at lunch time play today



Create a list of 5 things you enjoy doing with your friends



Create a list of 5 things you could say to someone in your school who says they want to feel connected

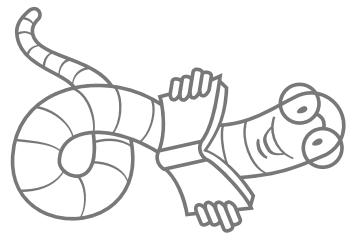


Draw a picture to show what it feels like to be connected to someone



# Book worm review

Colour in a bookmark, write a short review, and leave it in your favourite book for the next reader to find!



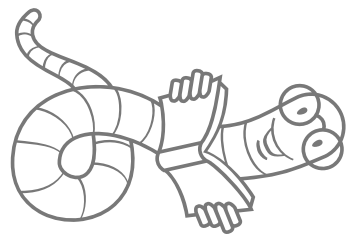
## Book Review

Hello!

I've read this book as well.

I loved it because ...

Eight horizontal lines for writing a review.



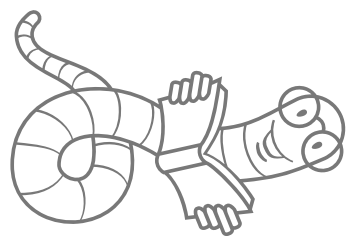
## Book Review

Hello!

I've read this book as well.

I loved it because ...

Eight horizontal lines for writing a review.



## Book Review

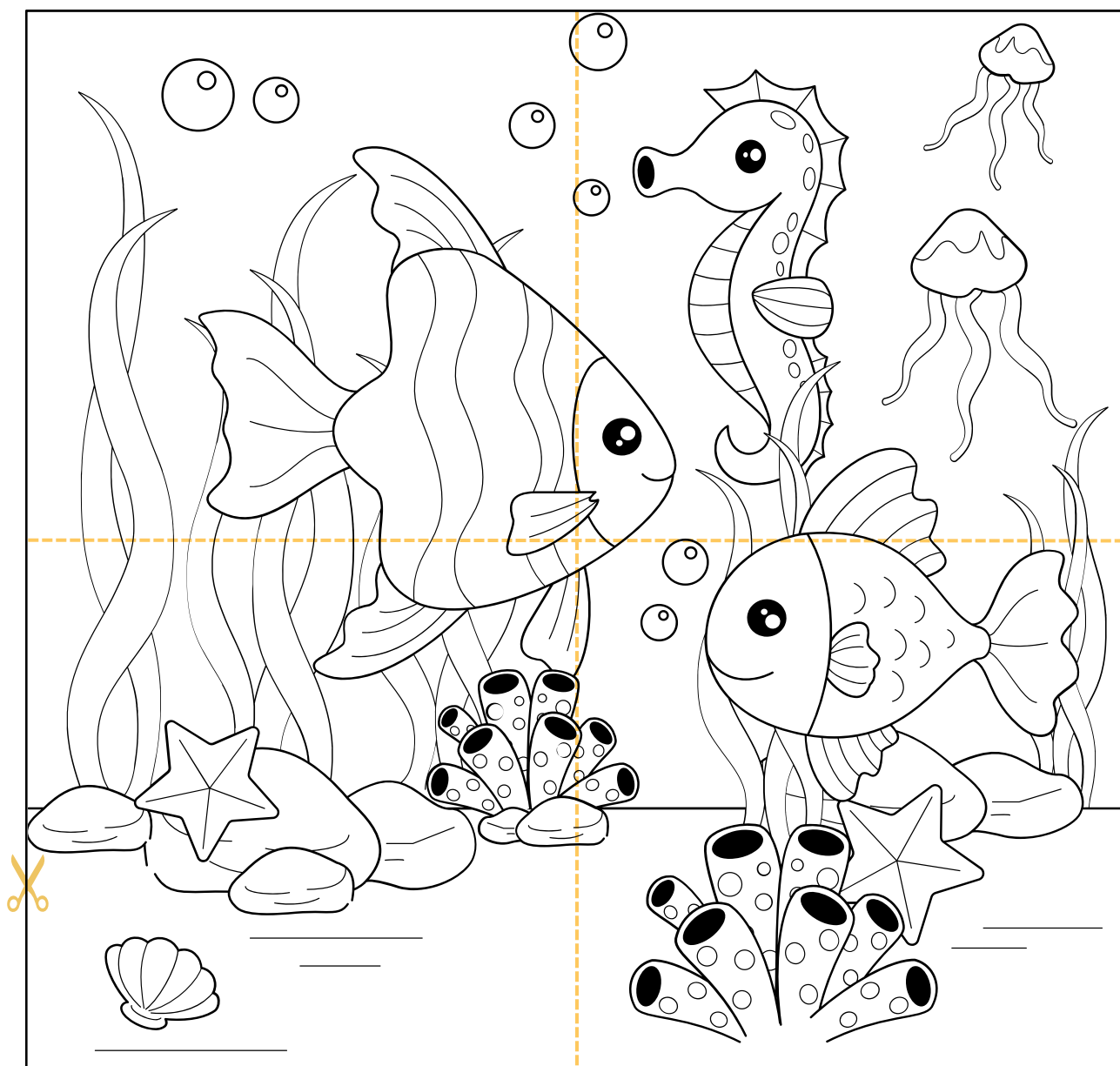
Hello!

I've read this book as well.

I loved it because ...

Eight horizontal lines for writing a review.

# Group colouring - in



## How to

Gather learners into groups of four. Cut along the lines to divide the colouring page. When the pictures have been coloured in, connect the full picture back together!

# Connection calendar

Loneliness Awareness Week Resources

**1**  
Icebreaker  
Games – play:  
"Two Truths and  
a Lie" or "Name  
Bingo"

**2**  
Group Games –  
tag or hide and  
seek

**3**  
Have each child  
bring their  
favourite book  
and share why  
they love it

**4**  
Scavenger Hunt  
– Create a list of  
items for children  
to find outside  
the classroom

**5**  
Work together  
on making a  
group art  
project

**6**  
Pick fun songs  
and dance  
together

**7**  
Set up a challenge  
like a relay race or  
building  
something  
together with  
blocks

**8**  
Create a Story  
Together – Each  
child adds one  
sentence to  
build a story

**9**  
Paint together  
on a large  
canvas or  
mural

**10**  
Do a group  
science  
experiment, like  
making slime or  
volcano eruptions

**11**  
Play a video  
game that  
requires  
teamwork to win

**12**  
Sit in a circle  
and take turns  
adding lines to  
a collaborative  
poem

**13**  
Choose a  
recipe and  
bake cookies  
or cupcakes as  
a team

**14**  
Make puppets  
and put on a  
show for each  
other

**15**  
Compliment  
Wall - learners  
to write  
positive notes  
about friends

**16**  
School Picnic –  
Pack a lunch  
and eat  
together  
outdoors

**17**  
Set up a pen  
pal program  
within the  
school

**18**  
Write a  
postcard to a  
friend

**19**  
Play with a new  
friend

**20**  
Treasure Hunt  
– Hide items  
around the  
playground

**21**  
Make up a  
new game

**22**  
Assign  
students  
various roles or  
jobs within the  
classroom

**23**  
Share fictional  
tales with  
classmates

**24**  
Create clubs  
based on shared  
interests like art,  
science, reading,  
or sports

**25**  
Older learners  
can mentor  
younger  
learners at  
playtime

**26**  
Allow kids to  
bring in  
something  
meaningful  
from home

**27**  
Spend some time  
connecting with  
the natural world  
today

**28**  
Write something  
they are thankful  
for on a shared  
gratitude board

# Connection cards

**I feel connected when...**

**I feel connected when...**

**I feel connected when...**



# Connection postcards

Loneliness Awareness Week Resources

POSTCARD



POSTCARD



## Postcard ideas

Tell the recipient something you are grateful for about them

Give the recipient a reason you think they are great

Share a joke

Say thank you

Tell the recipient how they have inspired you

# Staff room connections

## Buddy scheme

Secretly assign people to do acts of kindness during the day for another member of staff. Swap halfway through Loneliness Awareness Week.

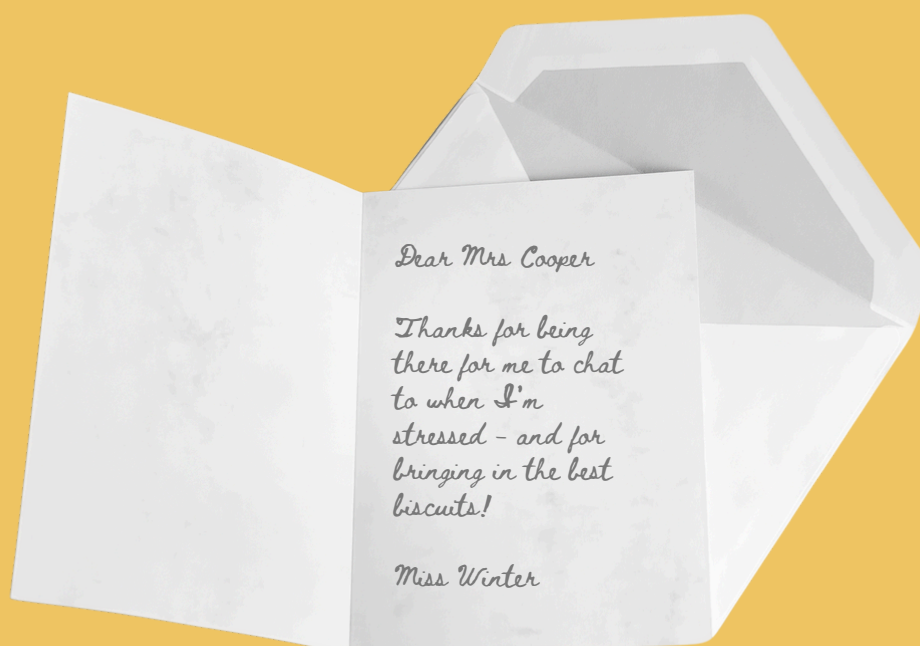
## Staff meeting

During the staff meeting in Loneliness Awareness Week, spend 5 minutes letting others know what made you smile this week, or what made you feel connected this week.

For example, 'I felt connected when someone gave me a sincere compliment', or 'I felt connected when I smiled at someone in the corridor'.

## Grateful post

Leave a box of cards in the staffroom. Staff members can compose anonymous (or not!) gratitude cards for colleagues. At the end of the week, ask children to deliver them to the staff.





Take a break from routines and connect with others! Use these coupons to create a positive, connected environment within your organization or school, strengthening relationships and promoting connected spaces.



*Marmalade*  
TRUST

### Connections Coupon

Meet and engage with a colleague  
over coffee, lunch, or a  
conversation



*Marmalade*  
TRUST

### Connections Coupon

Take a walk or stretch break with a  
colleague



*Marmalade*  
TRUST

### Connections Coupon

Virtual "coffee chat" or video call  
with a colleague

Take a break from routines and connect with others! Use these coupons to create a positive, connected environment within your organization or school, strengthening relationships and promoting connected spaces.



*Marmalade*  
TRUST

### Connections Coupon

Play with someone new



*Marmalade*  
TRUST

### Connections Coupon

Join a new school club or activity



*Marmalade*  
TRUST

### Connections Coupon

Talk to a trusted adult about how  
you feel today

Take a break from routines and connect with others! Use these coupons to create a positive, connected environment within your organization or school, strengthening relationships and promoting connected spaces.



*Marmalade*  
TRUST

### Connections Coupon

write compliments or positive notes about someone



*Marmalade*  
TRUST

### Connections Coupon

Volunteer for a charity




*Marmalade*  
TRUST

### Connections Coupon

Pair together with someone new and do something fun

It is helpful to reflect on the positives and practice gratitude daily. Focus on moments of connection, achievements, and simple joys to shift your perspective and boost well-being.

Take a moment each day to reflect on the prompts below. Write as much or as little as you like!

 <p><b>Gratitude &amp; Connection Journal</b></p>	<p>What's one thing you're grateful for today?</p>
<p>A positive memory from this week</p>	<p>One act of kindness you experienced or have today.</p>
<p>Who has made you feel connected this week?</p>	<p>Who or what are you thankful for?</p>
<p>A recent achievement, big or small.</p>	<p>What's something you're looking forward to?</p>

Reflection at the end of the week

How has focusing on gratitude affected your view of loneliness?

What small moments can you hold onto moving forward?