



LESSON OBJECTIVES

Objective: to recognise the feeling of loneliness and to identify strategies to reduce loneliness

Success criteria:

- × To recognise when you may feel lonely and identify solutions
- × To identify the qualities of positive friendships and family relationships
- × To recognise that relationships may change and how to manage this

SOME SCENARIOS

I often pretend to laugh along with my friends but I'm not sure I really fit in.



I don't play football at break times. I choose to read on my own in the garden.



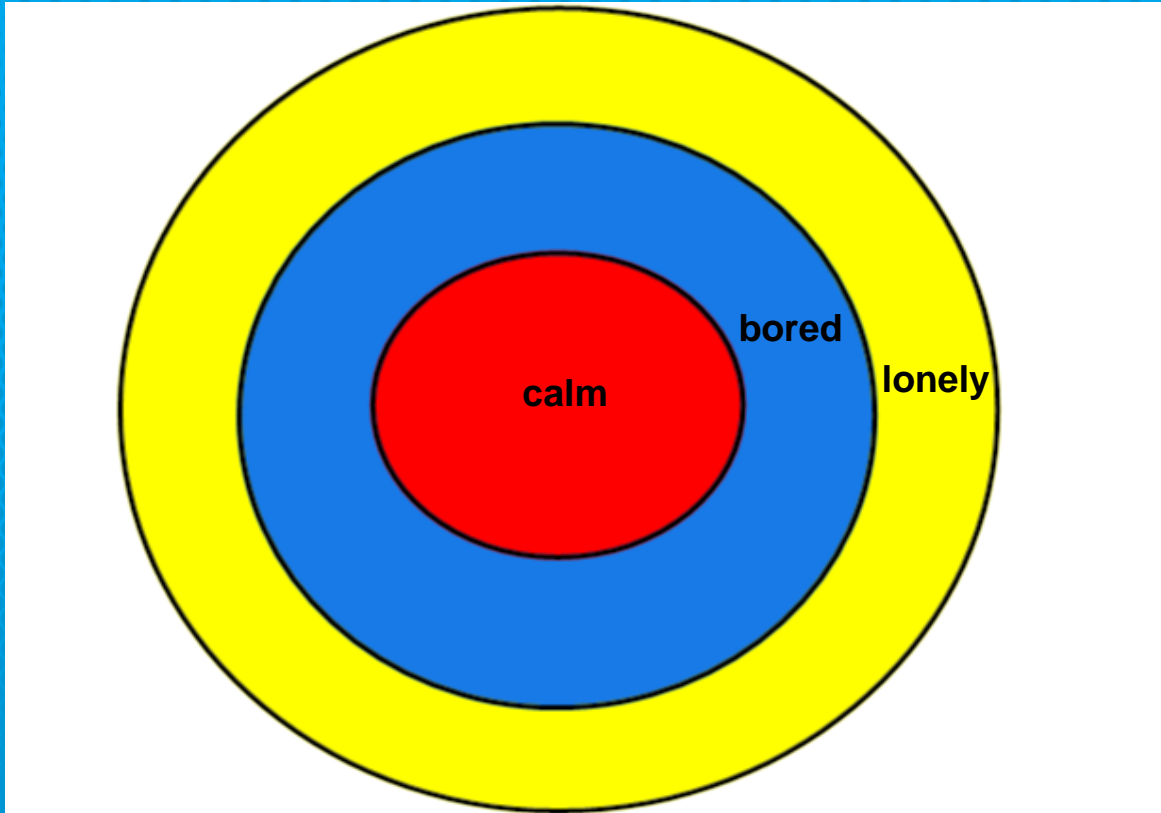
LONELINESS & ISOLATION

Loneliness is a feeling of being unhappy because you have no friends or people to talk to.

Isolation is a state where one is set apart; detached or separate to others so as to be alone.

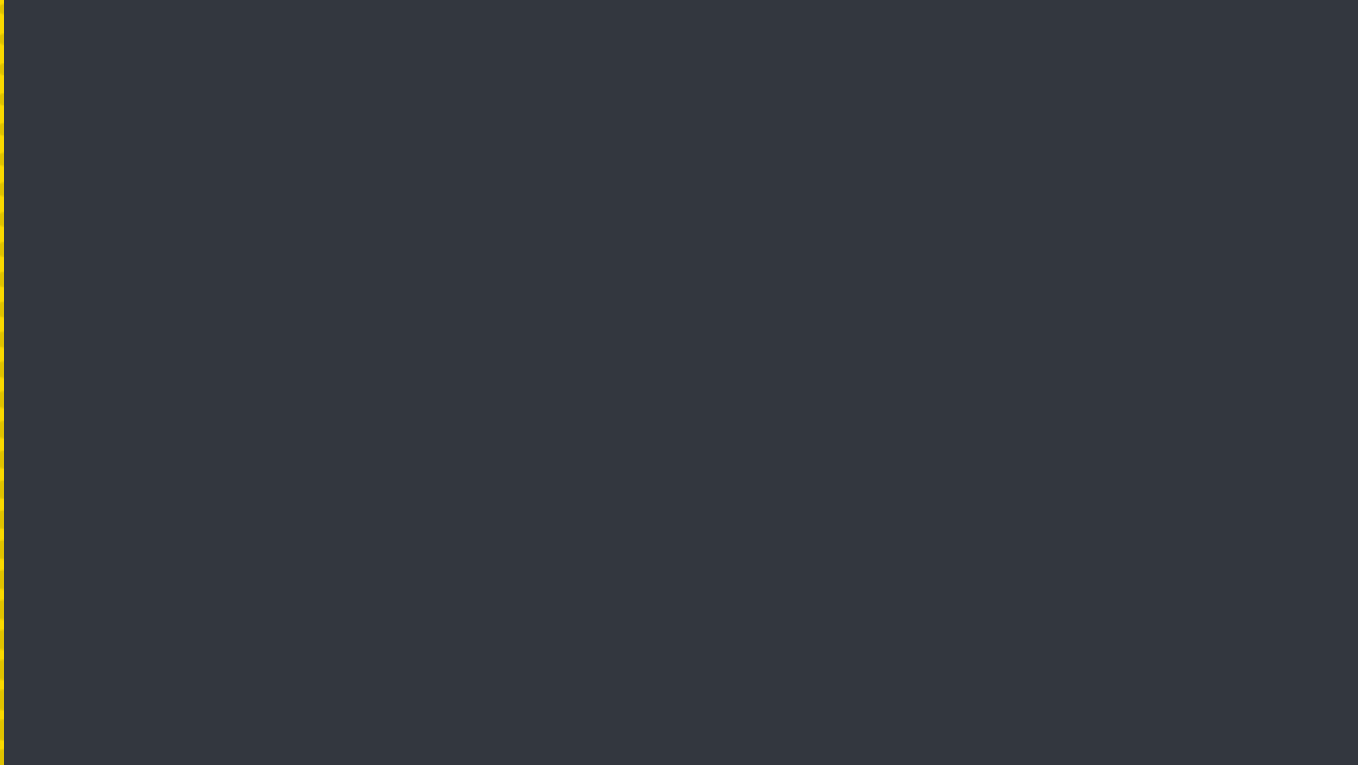
With a talk partner, discuss share your own examples.

ZONES OF RELEVANCE ACTIVITY



- Calm
- Bored
- Lonely
- Tired
- Energetic
- ...

WHY DO PEOPLE GET LONELY?





SCENARIOS

What did you think of Gregg's situation?

In your groups of 6, take one of the cards and think what you would do in that situation.

Now, share as a group and mind-map solutions for we each individual case.



WHO CAN YOU TALK TO?



Think quietly about your own support network. Add initials, a symbol or picture to represent each person or group of people you are thinking about.