

Loneliness Awareness Lesson Plan – Primary

Loneliness Awareness Week and The Great Get Together are partnering to help you to raise awareness of loneliness and building connections in communities. We know loneliness is a huge issue affecting young people, particularly throughout the pandemic, and these resources are designed to help you encourage conversations about this topic. This is a flexible classroom resource designed for you to use as you see best with your class – whether that's a full lesson or a shorter activity session.

Lesson Objectives

- To encourage students to discuss loneliness openly and positively
- To learn about what loneliness is
- To think about what we can do if we notice ourselves feeling lonely
- To consider how we might help someone who is feeling lonely

Activities

- Ask students to draw a picture of what loneliness looks like.
- Teacher draws a picture of an alien on the board, telling students this alien doesn't know anything at all about loneliness. Ask students to name the alien. Ask students: Can you explain to the alien what loneliness is? Can you give some advice to the alien about how to feel less lonely?
- Ask students: Can you think of any words that you can use to describe the feeling of loneliness?
- [Play this video](#) about loneliness. Ask students if they have had times which made them feel lonely and what that was like. You could then ask them to think of ways they can help someone to feel better if they are feeling lonely.

Discussion points

- What is loneliness?
- Why do we find it hard to talk about loneliness?
- What can we do if we feel lonely?

**Loneliness Awareness Week will take place from 14–18 June and
the Great Get Together will take place from 18–20 June.**