

Loneliness Awareness LessonPlan- Secondary

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 more about loneliness and how we might help someone who is feeling lonely

Activities

● **Powerpoint slide: What is loneliness?**

(Ask students to answer and then show definition)

Loneliness is a feeling that everyone will experience at some point in their lives. Even people who are always with other people can feel lonely. There is nothing wrong with feeling lonely - it's a normal emotion. Just like being thirsty is our body's way of telling us we need a drink, loneliness is our signal that we need more connection.

● **Powerpoint slide: Who is the loneliest group?**

(Ask students to choose from answers on ppt, then reveal the answer)

Powerpoint slide: Why might some people not want to talk about loneliness?

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
13th - 17th June 2022.