



# What is loneliness?

Loneliness is a feeling that everyone has sometimes, but can be hard to recognise, describe and acknowledge.

## How to use:

Use these three activities to introduce the topic of loneliness to learners through an animated film. Educators can use one or all of the activities. They can be used altogether or separately. We encourage educators to adapt the activities to suit them.

**Recommended ages: 7-18**



## Learning objectives

Learners will:

- be able to identify loneliness and feeling lonely
- explore how loneliness might makes people feel and act
- develop an understanding of how others feel and why they might act certain ways
- think about what they could do to help someone who is feeling lonely



## Activities

- what is loneliness discussion
- how to tackle feeling lonely animated film
- create a poster or play to share what you have learned

# What is loneliness?



**Suggested timing: 10-20 minutes**

Think about how friends help you when you feel lonely specifically, using other young people's stories and experiences.

Start by asking learners what they think loneliness is. Ask them to describe or draw loneliness. Ask them to think about:

- what other words or things do you associate with the word?
- is loneliness the same as being on your own or being bored?
- what are the differences between these feelings?
- who do they think feels lonely?
- why might people feel lonely?

Sum up by discussing what they could do to help someone who might feel lonely.

# How to tackle feeling lonely animated film



**Suggested timing: 15 minutes**



[Use the animated film](#) to introduce the concept on loneliness.

Show the animated film about loneliness.

- Does the film challenge some of the things you thought before? Encourage learners to think about the following questions as they watch. You could show the video again to help them.
- How can loneliness change the way you act?
- Can you always tell when someone is lonely?

Ensure that learners understand that anyone can feel loneliness for lots of reasons. Sometimes it can be hard to tell on the outside that someone is lonely. Someone can still be lonely surrounded by people. It can change how much you talk to other people, how much you eat or sleep and other things. The best way to know if someone is lonely is to talk to them and ensure they feel included and listened to.

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## Create a poster or play to share what you have learned



**Suggested timing: 20 minutes**

Sharing our knowledge with others can help to people learn. Encourage learners to think about how they would teach someone else about loneliness.



Ask learners to create a poster or role play about loneliness, which explains to other people what loneliness is, how it might make someone act and how to spot it, like the animated video did.

Learners could choose to focus on one example of loneliness, one situation or one thing that helps people cope with loneliness.

Encourage learners to think about what this activity has taught them about loneliness do and what they might do differently now