

How to use this resource pack...

Step One

Watch the film!
(It's 6 mins long)

Step Two

Ask these questions;
(these can be discussed in a large group or in smaller groups and recorded on flipchart)

What is the film about?
What is loneliness?
What other words do you associate with loneliness?
Is loneliness the same as being on your own?
What are the differences between these feelings?
Who do you think feels lonely?
Why might people feel lonely?
Is loneliness different at different ages?
In what way?

Step Three

Ask the young people to talk in pairs or groups about these questions (they could note them on paper or whiteboards)

What helps you when you feel lonely?
What could you do to help older people in your family or community who may be feeling lonely?
What message might help someone who is feeling lonely?

Feedback as a group.

Using A5 cards or our postcard template, create postcards with messages on to anyone who might be feeling lonely.

These postcards could be taken home if the young people have identified someone they would like to reach out to, they could be made into a display for those at school experiencing loneliness or they could be collected by the teacher or youth worker and distributed in the community, via an organisation like Caring Hands or Age UK.

Step Four

Discuss as a group -
What has this made you think about loneliness?
Is there anything you might do differently now?