

# What is loneliness?

## Lesson Plan - Primary School

Use this lesson plan to guide conversations about loneliness during Loneliness Awareness Week Australia.



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## Objectives

- Encourage learners to discuss loneliness openly and positively
- Learn about what loneliness is
- Think about what we can do if we notice ourselves feeling lonely
- Consider how we might help someone who is feeling lonely

## Lesson

Create two butchers paper sheets with titles - 'I've felt lonely when...' and 'It helps me feel less lonely when...'

Sit in a circle. Place the butchers paper and textas in the middle. Start by explaining that we all might feel lonely sometimes and share a time when you felt lonely. Encourage learners to grab a texta and write a time they felt lonely ie; 'when my friend isn't at school'. Read some responses out.

Share what has helped you when you've felt lonely. Encourage learners to grab a texta and write what has helped them. Read some responses out.

## Resources

Butchers paper  
Textas  
Post-it notes

## Activity

Create a class connections box. Place post it notes with different questions we could ask someone to get to know them better. At the end of each week, pull one out and whoever feels comfortable answering can share. This can help learners get to know one another better.

## Loneliness Explanation

We all need to feel connected to other people. Loneliness is the unsettling feeling we get when this need is not being met. We may feel like this because we're not having much contact with other people, or because the relationships we have don't feel meaningful to us. There are certain times in your life then you might be more likely to feel lonely. For example, if there are things changing in your life, such as moving to a new school, a new home, a friendship ending, or losing a loved one. There's nothing wrong or shameful about feeling lonely.



# Loneliness 101

## Lesson Plan - Secondary School

Use this lesson plan to guide conversations about loneliness during Loneliness Awareness Week Australia.



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## Objectives

- Explore 6 things you need to know about loneliness
- Dispel misconceptions of loneliness and promote positive connections in school
- Search for information online to answer questions

## Lesson

In pairs, encourage learners to download the 'Understanding Loneliness Pack' on [www.lonelinessawarenessweek.com.au](http://www.lonelinessawarenessweek.com.au) and watch the video stories. Get them to answer the following questions:

- What is loneliness?
- Who experiences loneliness?
- Are loneliness and social isolation the same thing? Explain
- Name three reasons someone might feel lonely?
- What are two signs someone might be lonely?
- What is something you can do to help someone who is feeling lonely?

## Resources

Computer

Internet

\*If no computer,  
print resources

## Activity

In pairs, learners think of ways they can bring students together to connect in the school setting. Develop a poster (using your computer or on paper) explaining one activity and encouraging people to get involved.

## Loneliness Explanation

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# My Connections

## Lesson Plan - Primary School

Use this lesson plan to guide conversations about meaningful social connections during Loneliness Awareness Week Australia.



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### Objectives

- Identify meaningful social connections in their life
- Explain why the connection is meaningful for them

### Lesson

Encourage learners to think about all the people they have in their lives - at school, home and extra curricular activities.

Ask learners to draw themselves with one of their connections doing something they enjoy together. Get them to write words around the drawing that explain how they feel when they are with this person.

Ask three students to volunteer explaining their drawing.

Hang the drawings in the classroom to remind learners of their connections.

### Resources

Paper  
Pens, textas,  
paint (as messy as  
you'd like it to get)

### Activity

As a class, create a poster with different ideas that can help classmates connect with one another. For example; playing with someone new at lunch, complimenting someone's work, asking what someone did on the weekend etc. Hang these on the wall and encourage learners to use these ideas to build meaningful social connections.

### Meaningful Social Connections

We all need to feel connected to other people. Meaningful social connections are healthy relationships with friends, family members, colleagues and community members that make you feel seen, heard and valued.

A meaningful social connection may look like; feeling supported, having shared interests, a safe space to talk about thoughts and feelings, a genuine care for one another.



# Meaningful Connections

## Lesson Plan – Secondary School

Use this lesson plan to guide conversations about meaningful social connections during Loneliness Awareness Week Australia.



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## Objectives

- Understand the importance of meaningful social connections
- Identify steps they can take to build meaningful social connections

## Lesson

In pairs, encourage learners to download the 'What is a meaningful social connection?' resources on [www.lonelinessawarenessweek.com.au](http://www.lonelinessawarenessweek.com.au). Get them to answer the following questions:

- Define meaningful social connection
- Share with your pair a meaningful social connection in your life, and explain why you think it is meaningful.
- What are four benefits of meaningful social connections?
- Are meaningful social connections easy to make? Why/ Why not?
- What are two things someone can do to build meaningful social connections?

## Resources

Computer

Internet

\*If no computer,  
print resources

## Activity

In pairs, learners need to explain to someone what a meaningful social connection is. They can draw, write a poem, do a powerpoint presentation or even a play! Prompt learners to think about; the feeling of connection and ways people connect. Feel free to send your class' creativity to our team: [info@endingloneliness.com.au](mailto:info@endingloneliness.com.au)

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