

Feeling lonely?

'Loneliness': Mental Health Awareness Week 2022

Primary Class Assembly Pack



Can you think of **3 words** to describe this picture? Let's write them down to make a word cloud.



DISCUSS!

It's okay to feel lonely sometimes.

We all have times in our lives where
we may be feeling lonely but
sometimes the feeling of loneliness
can become tricky to cope with.

What does it mean to
"feel lonely"?

We could describe loneliness as the feeling that we do not feel that our relationships with our friends and family are giving us what we need.

Our friendships and relationships are not making us feel wanted and happy. We feel all alone and like no one wants to be friends with us!

According to [research](#), 10% of young people have said that they often feel lonely. That's at least 3 children in a class of 30!



Why might we feel lonely?

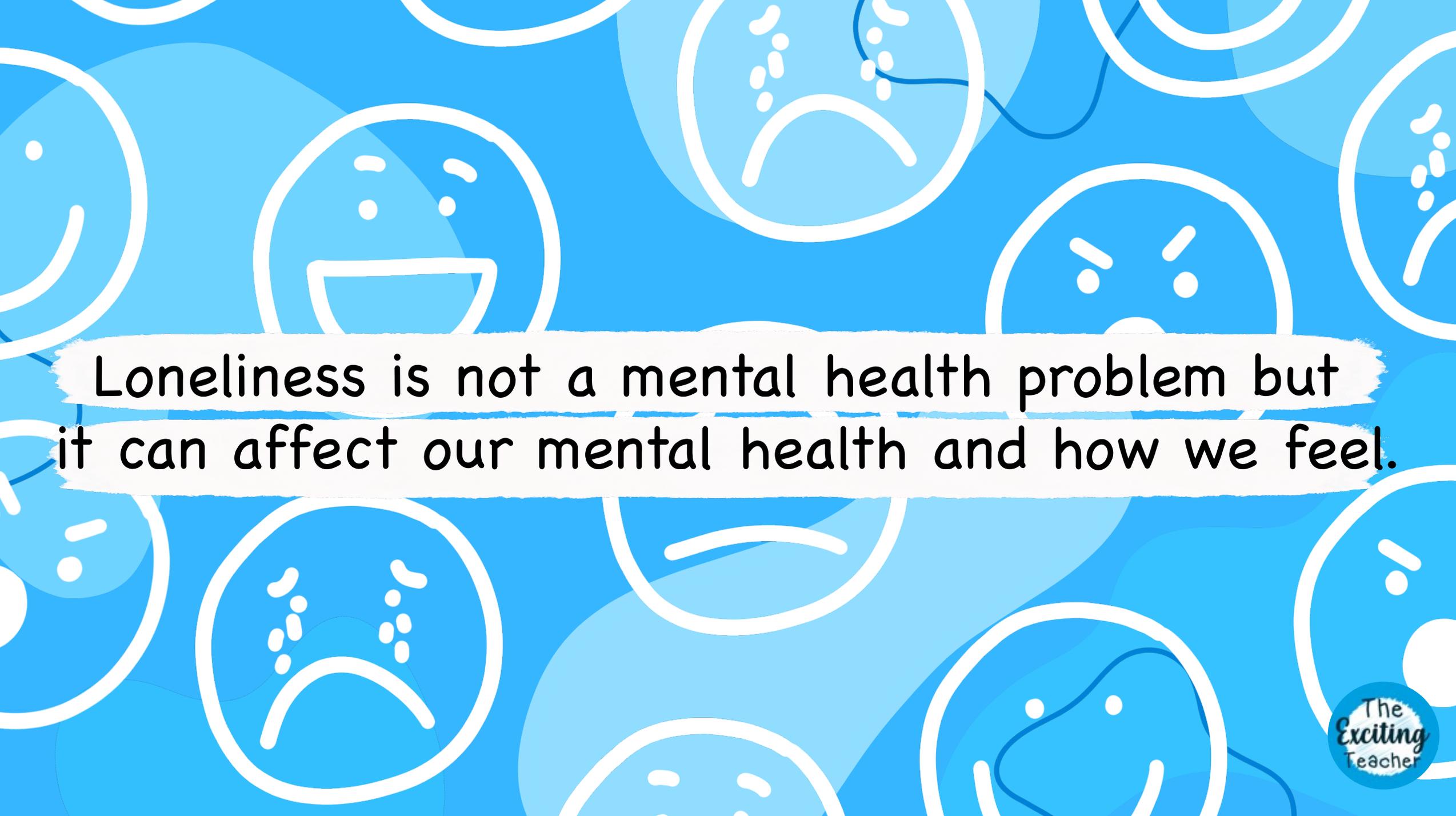
Some people might be more likely to experience loneliness.

For example, we might get invited to go to the cinema with a friend. However, some people cannot afford that and this might lead to them thinking that they don't fit in or that their friends don't want to spend time with them if they have no money.

Everyone has different home situations and this might lead them to feeling more lonely at times.

We need to be kind to ourselves and realise that some things we cannot control.



The background is a vibrant blue with a pattern of white-outlined icons representing various emotions. These include smiling faces, sad faces with downturned mouths, angry faces with furrowed brows, and surprised faces with wide-open mouths. The icons are scattered across the page, creating a dynamic and expressive visual field.

Loneliness is not a mental health problem but it can affect our mental health and how we feel.



We need to find friendships and relationships that help us to feel good about ourselves.

It is about communication with other people. Communication means talking to and spending time with people that matter to us.

Building connections with ourselves, other people and the world around us...



Connecting with yourself: mindful breathing, keep a journal, stretch, do something you are good at or try something new to challenge yourself.



Strong connections help to reduce feelings of loneliness!

Connecting with others: call or text a friend, offer a hug, complete an activity with a friend or family member, join a club, speak to a trusted adult.



Connecting with the world around us: Go for a walk, read a book, take on a responsibility at home, show kindness, volunteer in the community or at school.

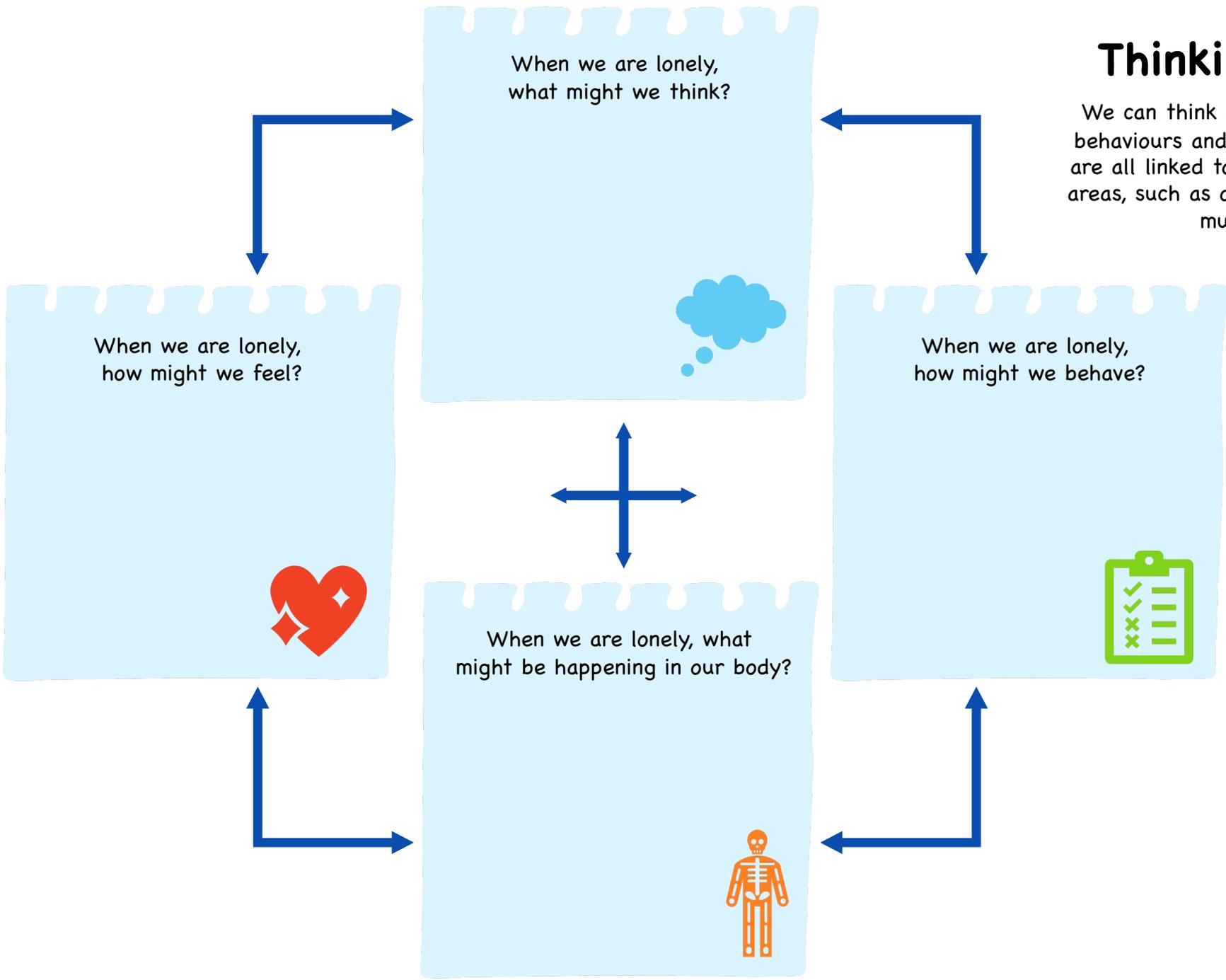
Activity Ideas

In the next couple of slides, there are some activities that you could complete.

Challenge: Can you come up with some strategies to support you with feeling less lonely if you ever feel this way?

Thinking about 'Loneliness'

We can think about loneliness using our thoughts, feelings, behaviours and bodily sensations. This will show us how they are all linked together. If we focus on changing one of these areas, such as our behaviours then this can lead to us feeling much better and more able to cope.



Can you think of some ways to help us to feel less lonely? You might want to think about making 'connections'.



Thinking about 'Loneliness'

What does loneliness feel like?



What does loneliness sound like?



What does loneliness look like?



Can you think of some ways to help us to feel less lonely? You might want to think about making 'connections'.

