

Competition Pack Activities

Loneliness Scenarios, Day 2 Activities

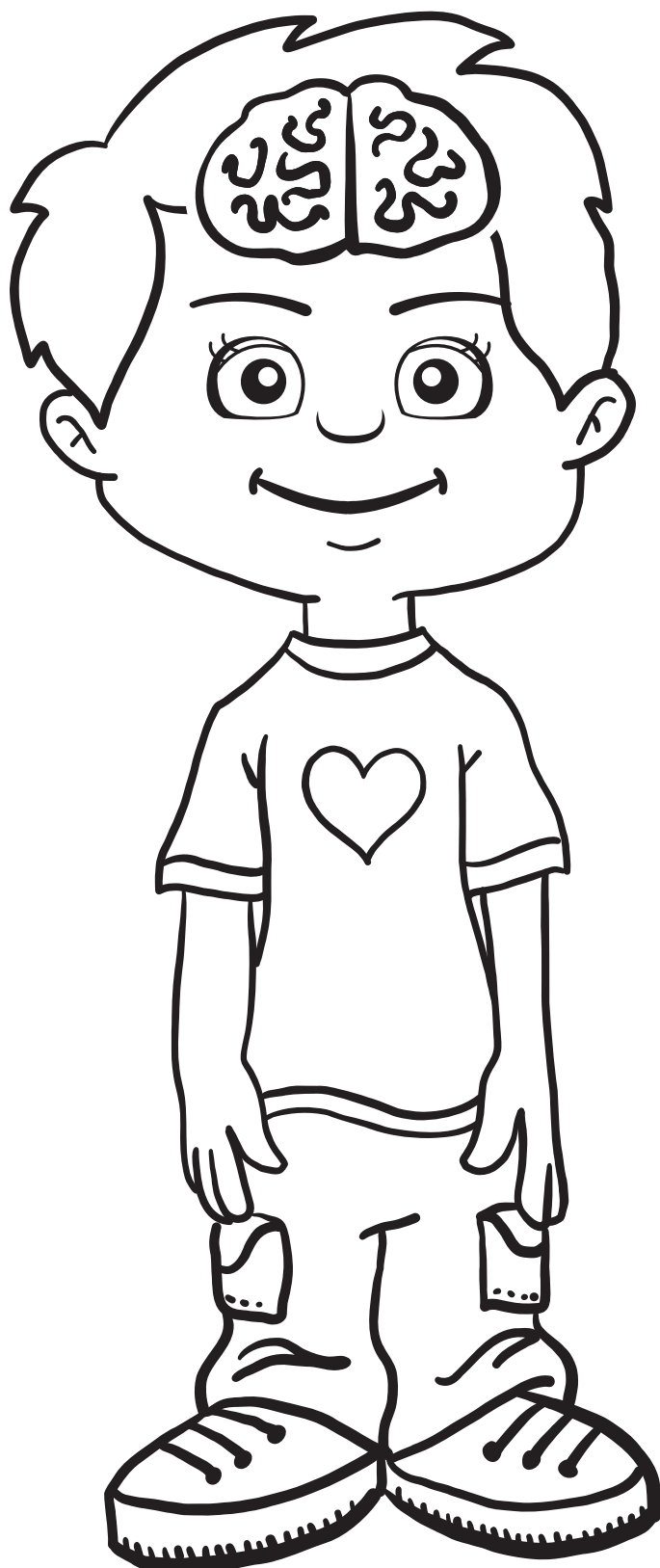
- Ryan really enjoys school and has loads of friends. However, Ryan feels like no-one really understands him. No one else in class has the same hobbies or interests.
- Helena has fallen out with her friends, and no one talks to her at lunch time at school.
- Otto's family are really busy, when Otto is at home, he feels like he has no one to talk to.
- Elsa has recently moved schools in year 5. She doesn't know anyone at her new school and is finding it difficult to make new friends.
- Jamie is finding school difficult at the moment. There is a group of older boys in year 6 that call him names at lunch time because Jamie wears glasses. No one sticks up for Jamie and if he tries to say anything they just laugh at him.
- Rebecca is training hard to become a professional cyclist when she is older. Her training schedule is really busy. This means Rebecca can't always go to birthday parties or sleepovers. During school, she listens to what a good time all of her friends have had and feels really sad she missed out.






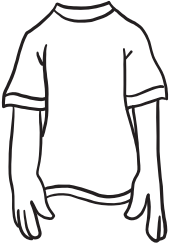


Talking points:

- How would you feel? Would you feel lonely? Do you think you'd feel okay?
- What advice would you give to someone in that situation?
- What could you do as a friend to help?
- Can you have friends and still feel lonely?

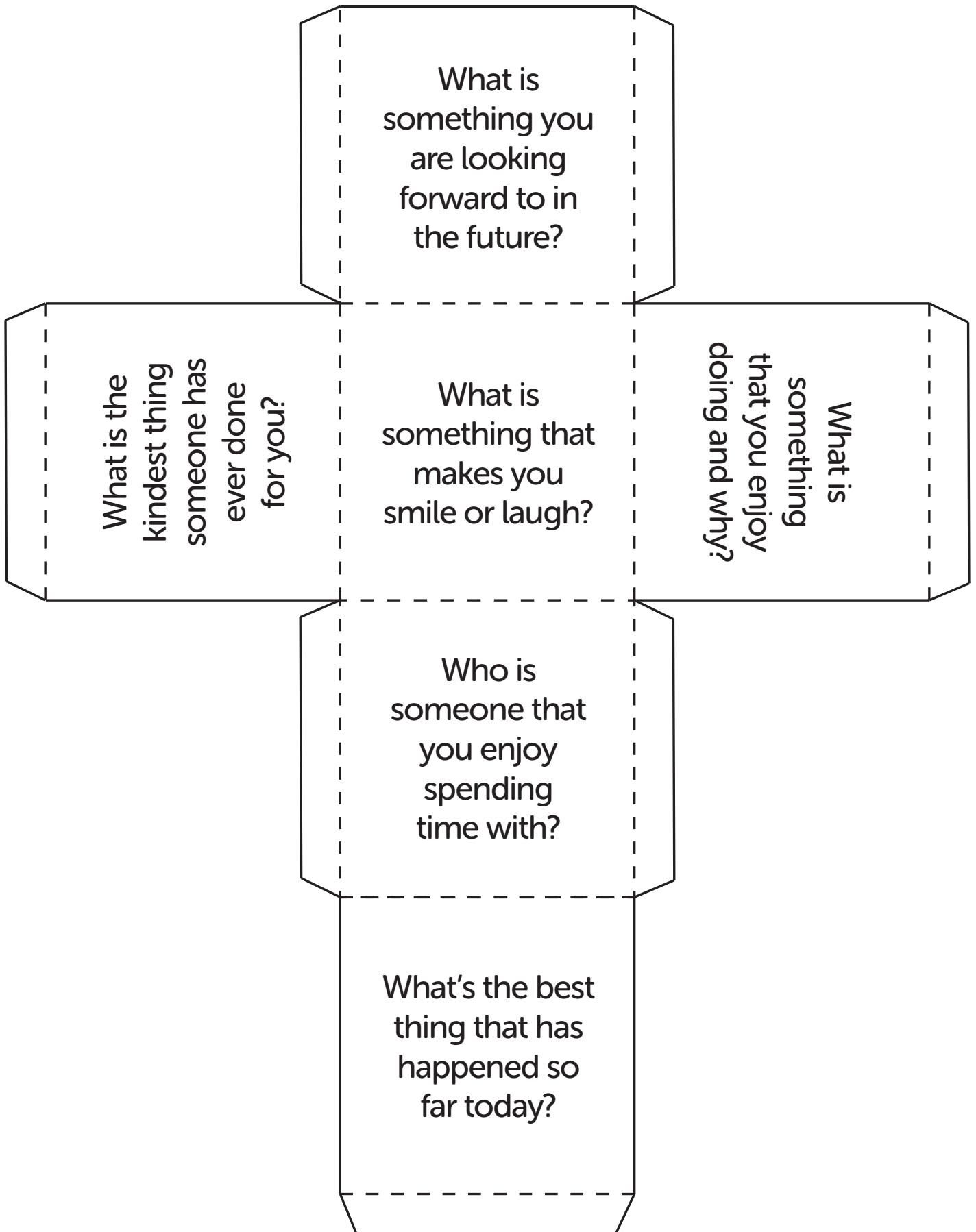
Whole Body Listening

- 1) Draw a line from the body part to how you listen with that body part.
- 2) You can colour in the picture if you like!



	Eyes Look at the person talking to you
	Ears Both ears ready to hear
	Hands Quiet in your lap, in your pockets or by your side
	Mouth Quiet - no talking, humming, or making a sound
	Feet Quiet on the floor
	Body Faces the speaker
	Heart Caring about what the other person is saying
	Brain Thinking about what is being said

Cut around the dice shape, fold the flaps and glue them together to create a dice.





Our class top tips for supporting yourself when you feel lonely.

1) _____

2) _____

3) _____

4) _____

5) _____

Our top tips for supporting yourself when you feel lonely

- 1) Try and talk to anyone you feel comfortable around and can trust. Telling someone how you are feeling can help make feeling lonely easier to manage.
- 2) Think about activities that you actually enjoy doing on your own. Like reading or drawing. Try spend some time doing these activities which can help you enjoy spending time by yourself.
- 3) Practice saying three nice things about yourself everyday to remember what you like about yourself.
- 4) Join a new club! In school or out of school, joining a club is a great way to make some new friends.
- 5) Try talking to someone different at school. You don't have to only be friends with people in your class, try talking to someone new.