INTRODUCTION TO LONELINESS





A look at the mental and physical effects of loneliness KS3 & 4 (Ages 12–16)

Contents

Contents 3
Introduction 4
INTRODUCTION — 5 minutes 5
WHAT IS LONELINESS AND WHAT ARE THE MAIN CAUSES?
— 15 minutes 6
SIGNS OF LONELINESS — 5 minutes 7
THE EFFECT OF LONELINESS — 15 minutes 8
HOW TO TACKLE LONELINESS — 20 minutes 10
HANDOUT 1 — What is Loneliness? 11
HANDOUT 2 — The Effects of Loneliness 12
HANDOUT 3 — How to Tackle Loneliness 13
Contact Us for Resource Packs and Services 14