

# LONELINESS: SMALL GROUP ACTIVITIES AND QUESTIONS

## **Small Group Activity (10 Minutes)**

Let each person sit alone and answer the following questions on a piece of paper: Where do I come from? Who am I? Where am I going? What are the most important things in my life? What do I want to accomplish in my life?

## **SHOW THE VIDEO (16 Minutes)**

## **Small Group Questions (10 Minutes - 5 per group, assign 3 or 4 questions)**

1. What kind of people do you think of when you think of lonely people? Are they nerds, weirdos or just normal?
2. How do you feel when you are lonely? (Depressed, apathetic, etc.)
3. How can you take advantage of loneliness?
4. How can you stop feeling lonely? Is it possible? Have the group brainstorm and list what they do or can do the next time that they feel lonely.
5. Do you have people to talk to when you are feeling lonely?

**Have the groups share the solutions from question #4.**

## **Group Activity: AFFIRMATIONS! (10 Minutes)**

If time allows, hand out 3 x 5 cards, one for every student. Have each person write their name on the top of it, and then mix the cards up and pass them randomly around the room. Each person is to write one sentence affirming the person whose name is on the card, and then return the card to that person. An encouraging word, a nice comment, or any affirmation is a great confidence builder! Encourage students to keep these cards and read them when they are feeling lonely. You can also do this activity verbally.

# LONELINESS: WRAP-UP

## **EVERYONE IS LONELY AT ONE TIME OR ANOTHER!**

- Everyone has felt lonely. (Give a personal example if possible.)

## **USE LONELINESS TO YOUR ADVANTAGE.**

- Take time to think about yourself and the talents you were born with or have developed recently or over the years.
- Set goals and make priorities. Instead of feeling sorry for yourself, take this time to help others less fortunate than you. (This includes children, the homeless, the elderly or a person at school who needs a friend, etc.)

## **ASK YOURSELF THESE THREE QUESTIONS:**

- Why am I here? Who am I? What am I good at?

## **TALK TO SOMEONE!**

- If you are feeling really lonely, find a teacher, counselor, a youth leader or a friend to talk to. Sometimes we just need to share our feelings with others in order to feel better. Find someone who cares and who will listen!

# HOMework: LONELINESS

## **HOMework Project: Television and Loneliness**

**Tape a sitcom that portrays people your age. Analyze the show with the following questions:**

1. How does TV portray loneliness, if ever, on a sit-com? What character types are portrayed as lonely? How do the characters handle their loneliness?
2. Based on your findings, write a two page paper analyzing what society is saying about loneliness. Compare and contrast TV's image with real life. Is it OK to feel lonely?
3. On a 3 x 5 card, list the activities you can do alone or when you are feeling lonely. Post it in a highly visible spot (your bedroom, the bathroom mirror, in your car). Set a day and time each week to do an activity alone.
4. On another 3 x 5 card, list three trustworthy people you can contact when you're feeling lonely. Put this in your wallet or purse.

## **HOMework Project: A Day Alone**

**Take a notebook and travel to a location where you will be alone, such as the beach, park or mountain top. Answer the following questions Susan suggested in the video:**

1. Where did I come from?
2. Who am I?
3. What path am I following in my life?
4. What in my life is most important?
5. What do I want to accomplish today, this week, this month and this year? Be very specific whenever possible.

**Make a plan to achieve these goals. Start by choosing one item on your list of things you want to accomplish. Consider whether you need to change your lifestyle, friends, finish school or if you need guidance from a trusted friend, teacher, counselor or youth leader. Once you've accomplished one goal, don't stop, keep moving forward to a better you!**