



KS3 Social Isolation - Guidance for Parents

Using your parental judgement, taking into consideration the working environment, your child's ability or time you have to complete the activities with your child, you can decide if you keep the activities as full day projects, or smaller bitesize chunks to enjoy over a longer period of time. This document has been designed to aid parents and families to work together to encourage academic and educational involvement throughout this difficult time.

- 1) Create a two mind maps, one to illustrate your understanding of loneliness and the other to demonstrate your understanding of social isolation. (15 minutes)**

To support your child with this activity, provide your perspective of loneliness and isolation to scaffold their learning and understanding. If possible, provide a controversial viewpoint to allow the student to develop their opinions and to understand the whole picture. This could be a collective family activity.

- 2) What do you think are the main causes of loneliness? From this, make a list of the main causes. Read the reasons as to why people are experiencing loneliness. (20 minutes)**

Encourage your child to ask the opinions of different family members to collect a rounded viewpoint. Question if this differs based on generations, gender or for other factors.

- 3) Due to the current circumstances of Coronavirus around the world, many people have been asked to self-isolate. How do you think this has or will affect people who are already suffering from or are feeling lonely? Write one side of A4 to suggest what the possible implications of self-isolation are. (1 hour)**

Encourage your child to ask the opinions of different family members to collect a rounded viewpoint. Question if this differs based on generations, gender or other factors.

- 4) Write a diary entry to suggest what a day in the life of loneliness feels like. (30 minutes)**

Your child may need support with the format of a diary. To support your child please show examples of diary entries on the internet or in books. Discuss the language or structural features of a diary. Encourage your child to have breaks in between writing.





- 5) **Create a poster or leaflet that could be distributed during the Coronavirus pandemic or future pandemics to suggest ways to tackle loneliness. (1-2 hours)**

Look at example posters to build resilience for the Coronavirus outbreak within the UK. Please support your child with any questions they might ask about the current situation due to the sensitive nature of the subject. This could be a whole family activity. Encourage your child to ask other family members and question their activities to tackle loneliness to develop in depth thought processes based on activities.

- 6) **The Government has released the following information: Stay at home. Only go outside for food, health reasons or work (where this absolutely cannot be done from home). Stay two metres (6ft) away from other people. Wash your hands as soon as you get home. You can spread the virus even if you don't have symptoms. Suggest ways to promote feeling less lonely with positive emotional and physical activities. An example could be to emphasise the importance of finding ways to feel positive through activities that are enjoyable. (30 minutes)**

Encourage your child to watch the news, read the news or look for updates. Take part in physical activities as a family to encourage emotional wellbeing.

- 7) **Discussion and research. Think about and discuss the following with your family or friends. What is happening now and what might happen next? How can we support our own wellbeing? How can we help to keep others safe? (1 hour)**

This could be a family activity. Draw or write your family name in the middle of a large sheet of paper. Show the support network around your family and look at where it could be extended to support people close to you to feel less lonely in a difficult situation.

- 8) **Reflect on what is being said in the media about Coronavirus – things we know and things we can't be sure of, look at what is happening in relation to the Coronavirus and loneliness. (30 minutes)**

Encourage your child to watch the news, read the news or look for updates.

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