



KS3 Social Isolation - Guidance for Students

Activities

The following activities can be used for home learning. You can decide if you keep the activities in line with what you are completing in school or you can set this as a mini topic to be enjoyed at home with your families.

- 1) Create two mind maps, one to illustrate your understanding of loneliness and the other to demonstrate your understanding of social isolation. (15 minutes)
- 2) What do you think are the main causes of loneliness? Make a list, and then for each one make notes against any you feel that you have experienced.
- 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 feeling lonely? Write one side of A4 to suggest what the possible implications of self-isolation are. (1 hour)
- 4) Write a diary entry to suggest what a day in the life of loneliness feels like. (30 minutes)
- 5) 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 2 meters (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/create a poster 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)

- 6) 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)
- 7) Plenary: answer the Key Questions below (30 minutes):
 - a. What is loneliness?
 - b. What is self-isolation?
 - c. How do loneliness and self-isolation differ and how are they similar?
 - d. How are current issues affecting loneliness?
 - e. How might people feel about what has happened or what is currently happening with Coronavirus?
 - f. How might people feel about what is going to happen in the future?
 - g. What actions can we take to help manage feelings such as anxiety or worry?
 - h. What can you do if you feel worried?
 - i. What can you do if you feel lonely?





- j. What can you do if you have concerns about self-isolation and wellbeing?
- k. How could you help someone else with their worries?

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