



## KS4 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 family.

- 1) Create two mind maps, one to illustrate your understanding of loneliness and the second to demonstrate your understanding of social isolation. (15 minutes)
- 2) Using search engines, or your own personal experiences, write a list of 20 reasons or events that would make a person feel lonely in the current pandemic of Coronavirus situation. (15 minutes)
- 3) Using your list of the 20 reasons or events that would make a person feel lonely during the current pandemic, use a scale of 1-10 to rate the reasons from the least influential factor for loneliness (1) to the most influential factor for loneliness (10). Write a paragraph underneath the scale to explain your reasoning. (30-40 minutes)
- 4) Write a diary entry to show how someone might record their feelings of loneliness, like the example below. (1-2 hours)

Day One: The first event happens making the person experience loneliness

Day Two: A second event happens, making the person feel lonely

Day Three: The person speaks to a friend who suggests some help

Day Four: The person seeks further advice on help for loneliness

Day Five: The person begins using helpful wellbeing techniques

Day Six: More helpful wellbeing techniques are suggested

Day Seven: A positive outcome occurs

- 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)
- 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 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 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)



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- 7) Create a loneliness support network map. Create a thought map which involves everyone your close to, such as your family or friends. Think about why these people may be experiencing loneliness and how you could support them. Then conduct discussions and research. Check in with your family and friends by giving them a video call. 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)
- 8) 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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