



Coping with Loneliness and Isolation

Support Tree

Ask them to create a 'Support Tree' showing who they can turn to for support at difficult times.



Loneliness Role Play

Invite them to make up a role play about someone who feels lonely and isolated, show what they did to feel better.



What can we do when we feel lonely or isolated?

Ask them to think about if they have ever felt lonely or isolated. What did they do to feel better? What could they do in the future?



Independent Activity

Soothe and relax playlist

Create a playlist of songs to listen to help you feel better when you are feeling lonely or isolated.

