



Homeroom Virtual Learning

7th Grade Homeroom

April 14, 2020



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Lesson: April 14, 2020

Objective/Learning Target:

- **Students can recognise why it is okay to feel lonely**
- **Students can find tools to use when they feel lonely**

Warm Up

Define this term in your words: Loneliness

Journal over this prompt for the next two to three minutes:

Have you been feeling lonely this past month? Why or why not? What should you do if you feel lonely?

Lesson: Watch this video about Loneliness and answer the following questions:

1. What is loneliness?
2. What is the downside to the modern world?
3. How can loneliness be dangerous?
4. What can we do About loneliness?



Practice: Read this advice from kids who have dealt with loneliness. Try two of these things today.

- ★ "Start a collection or a hobby where you are making something." - [Ivy](#)
- ★ You will not feel lonely as much and you will be able to talk about it with other people who do the same things. If you get a collectors magazine you can find other people who want to swap and you could be friends or pen friends." - [Caleb](#)
- ★ " Listen to music or learn to play an instrument." - [Rizwan](#)
- ★ "Go for a walk or a bike ride." - [Jai](#)
- ★ "Get mum or dad to teach you how to do something like knitting or woodwork." - [Sharmila](#)
- ★ "Help mum or dad to do jobs: you'll have someone to talk to and you'll learn how to do things when you grow up." - [Natalia](#)

Additional Resources:

Watch this video of [65 things you can do when you are bored at home.](#)

And of course, if you are feeling lonely and none of the items on these lists ease that loneliness, please reach out to a parent, teacher, counselor, or trusted adult.