



Talking about loneliness: The Kind Place podcast

Hearing other's talk about loneliness and their experiences can help us learn what to do and remind us that we are not alone.

How to use:

Listen to Episode 3 of 'The Kind Place' podcast featuring Tigest and Reb talking about their experiences of loneliness. You can play the [captioned video to the class](#) or listen on a number of podcast platforms.

The whole episode is 16 minutes 46 seconds and deals with the topic of mental health which might be emotive to some listeners. For guidance on how to talk about challenging topics with learners [look at the guidance here](#).

Use all or your choice of the activities below to explore various aspects of loneliness. Some example reflective questions have been given. They can be used all together or separately. We encourage educators to adapt the activities to suit them.

Recommended ages: 14-18



Learning objectives

Learners will:

- develop understanding of how others feel and how it affects actions
- think about different situations and circumstances which might affect how lonely you feel
- feel more confident about talking openly about loneliness
- explore different ways to cope with loneliness



Activities

- reflective listening to the whole podcast
- Tigest talks about loneliness in a new country
- Reb talks about her isolation
- how loneliness can affect the way we act
- ways to tackle loneliness
- talking openly about loneliness

Reflective listening



Suggested timing: 25 minutes



[Play the whole podcast episode](#) to learners or encourage them to listen in their own time. Ask them to create a word cloud or tally on a piece of paper, writing down the words they hear most often. Which words do the people speaking use most and why do they think they use these words?

After listening, ask learners to discuss what they have learned about loneliness and other people's experiences of being lonely?

Could

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they have a conversation about loneliness like this with someone they trust? How might talking openly about loneliness help people?

Educators can use other episodes of the podcast in this activity too, [see here for details of each podcast episode](#) and the topics they explore with some examples of reflective questions to focus on.

Tigest talks about loneliness in a new country



Suggested timing: 15-20 minutes

Use this segment of the podcast to explore how people might feel lonely in a new place, especially as a refugee in a new country.

Play the podcast from 2.08 to 3.43 minutes. After listening, ask learners to discuss what they heard, you could use these questions:

- how does it make you feel?
- why do you think Tigest felt lonely during this time?
- how did her loneliness affect her actions and behaviour?
- If you could, what else would you like to ask Tigest?

Encourage learners to think about a time when they were new to a place and how it made them feel. Can they imagine what it is like to be in the same situation as Tigest? How would they feel? What could they do to make someone feel welcome or included?

Reb talks about her isolation



Suggested timing: 15-20 minutes

Use this segment of the podcast to explore how people feel lonely due to isolation and exclusion and what helps people feel better.

Play the podcast from 4.37 to 6.19 minutes. After listening ask learners to discuss what they heard using the following suggested questions:

- how does it make you feel?
- Reb talks about her experience of being lonely.
- why do you think she was lonely at this time?
- Tigest talks about some things that helped her feel less lonely, what were they?
- why do you think these helped?

Encourage learners to think about a time they felt isolated. Can they imagine what it is like to be in the same situation as Reb? How would they feel? What could they do to help themselves and others?

How loneliness can affect the way we act



Suggested timing: 15-20 minutes

Use this segment of the podcast to explore how loneliness impacts people behaviour.

Play the
podcast

6.20 to 8.13 minutes. After listening ask learners to discuss what they heard.

- how does it make you feel?
- what does Tigest say causes her loneliness?
- how does it change her behaviour?
- how does loneliness make Reb behave?

Encourage learners to think about how loneliness makes them act. What causes them to feel lonely and what do they do to feel better?

Ways to tackle loneliness



Suggested timing: 15 minutes

Use this segment of the podcast to explore different ways to feel better about the future and tackle loneliness.

Play the podcast from 8.13 to 11.47. After listening ask learners to discuss what they heard.

- what is Tigest hopeful for in the future?
- Reb talks about using social media again, but this time in a positive way. How did social media help her deal with loneliness?

Encourage learners to think about how they use social media and how it affects their feelings of loneliness. Can they plan to use social media better in their daily life?

Talking openly about loneliness



Suggested timing: 15-20 minutes

Use this segment of the podcast to explore what Tigest and Reb have learned from talking together about loneliness.

Play the podcast from 14 to 15.45. After listening ask learners to discuss what they heard.

- how has talking to each other made Reb and Tigest feel?
- what did they learn?
- how did they learn to understand each other better?

Encourage learners to think about why talking openly about loneliness can help us feel less lonely. Can they have a conversation about loneliness like this with someone they trust? How does talking openly about loneliness help them? How might it help others?