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| **Duration:** 40 – 50 minutes | | Resources: | |
|  | **What can make people feel lonely?**  Use the first 3 slides to introduce the session and discuss this question to see what themes come up from the group  **Video – Designed by a Voices of the East Member**  Use the video to discuss the theme of loneliness in more detail. *Optional – make a class/group mind map of what’s discussed.*  **Bullying – Task**  Either as a whole group or in smaller groups hand out some apples. Get the group to focus on what they see initially. Without damaging the apples too much get the group(s) to drop the apples. Once this has happened get the group to then cut open the apples to see the bruising inside. Discuss how this can be similar to humans in that we don’t always see the damage done on the inside.  Then use the following slides to discuss the issue in more detail.  **Happiness**  Use the triangles created in the first session, reflect on individual needs. Use slide 12 to the discuss.  **Activity**  Get individuals to fold a small piece of paper in half. On one side of the paper get each person to think about what makes them sad and on the other side consider what makes them happy.  Once completed get them to again reflect on their triangles and to add created a ladder down one side of their triangle. This demonstrates how things will affect us back we may need to go down the ladder before we can climb back up again.  **Kindness & compliments**  Share slide 15. Use the next slide to role model complimenting each person within the group, this will help set the scene for the next session.  **Final questions**  Review the session and understanding. | | Slides 1 – 3  Slides 4 & 5  Slides 6 - 10  Slides 11 & 12  Slides 13 & 14  Slides 15 & 16  Slide 17 |