



# What meaningful connections do you have?

[British Red Cross research](#) shows that one of the ways to tackle loneliness is by having regular, genuine and meaningful conversations with people you trust.

## How to use:

Use the four activities below to focus on the topic of 'meaningful connections' and how connecting with others can help tackle loneliness. Educators can use one or all of the activities. They can be used all together or separately. We encourage educators to adapt the activities to suit them.

Recommended ages: 7-18 years old



## Learning objectives

Learners will:

- reflect on the importance of strong, meaningful connections
- think about who you can get help from when they are lonely
- begin to develop ways of coping with loneliness



## Activities

- web of connections
- who helps me cope when I am lonely video
- my meaningful connection
- my meaningful connection interview – home learning

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## Web of connections



**Suggested timing: 15 minutes**

Encourage learners to think about all the people they have in their lives that they can speak to or ask for help from safely.



You can [use the 'Web of connections' animated video activity](#). Play the video, then ask learners to draw a circle with them in the middle. Draw all the people they know and can safely connect to around the outside.

Expand the activity by asking learners to write down all the ways they help them cope with worries or loneliness, and all the ways they help them.

Discuss with learners what they learned from this activity. Why is having connections important?

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## Who helps me cope when I am lonely video



**Suggested timing: 20 minutes**

Think about how friends help you when you feel lonely specifically, using other young people's stories and experiences.

Hold a discussion around what a 'meaningful' connection is.



Show learners [the video created by young people](#) and their 'meaningful connection': the friend or family member they think helps them with loneliness. Ask learners what this video made them think about using the questions below:

- how did the film make you feel?
- what different connections did people have with each other?
- what activities did they do together?
- how did they help each other feel better?
- does watching this video make you think about someone specific in your life?
- who helps you most when you feel lonely?
- who there is your most meaningful connection?

If they've completed the web of connections activity, ask them to go back and think about whether they would add anyone or any details to the person they select.

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## My meaningful connection



**Suggested timing: 15 minutes**

Encourage learners to reflect on their 'meaningful connection' and why this person is important to them. If it hasn't been done already, discuss with the learners what they think a 'meaningful' connection is.



Ask learners to pick one person who they think is their most meaningful connection or helps them with loneliness the most. Ask them to describe one person they have in their life who they trust and who they talk to when they feel worried or lonely.

Encourage learners to write about:

- how they know this person, how long and how they met
- describe that person in three words
- write, draw or create a poem about how this person helps them feel better
- write, draw or create a poem about how they help their connection

Discuss with learners what they can do to meaningfully connect with this person regularly in their life? How can we communicate well with the people we care about?

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## My meaningful connection interview – home learning



**Suggested timing: 30 minutes**

As an extension, encourage learners to interview the friend or family member who is their meaningful connection and ask them the questions above in the 'my meaningful

connection' activity.



They could film it just like the video or use this activity to engage in a meaningful conversation.

Encourage them to reflect, perhaps write about how this conversation made them feel.

Discuss as a group:

- why are meaningful connections and conversations important to them?
- do they help them feel less lonely?
- what could they do to make and sustain more meaningful connections?