

Materials	Phone or computer with access to internet
Learning Outcome	Demonstrate empathy by identifying someone who may be feeling lonely or sad and finding a way to connect with that person.

Description

Ask the child to think of a time that they felt lonely or sad. What helped them to deal with the feelings? Was it going for a walk? Playing with a friend? Talking about their feelings with someone in their family? Discuss how talking with someone else can help us with our feelings.

Ask the child to think of a person that does not live with you that may be feeling lonely or sad. Invite the child to phone or video call this person to help make their day better. Before making the call, help the child brainstorm some conversation questions they can ask. If it is a video call, they could also draw a picture to show the person on the other line.

Discuss with the child what to say at the beginning and end of the call. Help the child to call the person and support them as needed to ask the questions throughout the call.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *Do you think the person you called felt better after talking with you today?*
- *Can you think of other ways you can help someone who is feeling lonely or sad?*