



**Respect Life Week 2018-19**  
**Grades 4-6**  
**Lesson Plan: Loneliness**

**Goal:**

There is an epidemic of loneliness in our world that is affecting people young and old alike. The busier we get, the more we seem to lose the ability to interact on a personal level, resulting in many people who feel alone. This lesson invites students to be more aware of how they can befriend the lonely and what to do when they realize they need friends too.

**Lesson:**

Making friends is easier for some people than for others. For some people it can be very difficult. Especially for people who are new to a place, or who don't speak the language very well, or who may look or act different, making friends can be really hard! If people go too long without any friends, they might start to think that something is wrong with them and that they don't deserve friends.

We know that is not true! God created each person out of love. Even when we don't have friends, Jesus is already our friend! But, sometimes that can be difficult to understand. It is important that Christians share the love of Jesus with others so that, even if they don't feel God's love, they can feel his love through us!

Watch ["How to Make Friends"](#)

**Discussion Questions:**

- Is it really that easy to make friends? Why or why not?
- Why does it seem that kids make friends more easily than adults? Do you think that is true?
- What is so great about having friends?
- What is the best quality in a friend? The thing you like the most in a friend?

Watch ["It's You I like"](#)

In this video Mr Rogers introduces his neighbors to a boy named Jeff who needs an electric wheelchair to get around. Jeff is the kind of boy who most people would think is lonely or doesn't have any friends, but Mr Rogers introduces him to us as a dear friend, and invites us to learn more about what makes Jeff special, not strange.

What lessons can your students learn from the methods Mr Rogers uses to befriend Jeff? Even if someone can't do the things we like to do best, can we still be friends? What do your students recognize in Mr Rogers' approach that is the most important part about being friendly?

Activity:

Now it is time to practice making friends. Even though the students in class may know each other already, they don't know everything about each other. And, getting to know someone is part of making friends.

Break the class into several small groups for this activity: *In Common*

This game is a great activity for breaking down barriers. Kids are put in small groups, ideally with a mix of kids they aren't already friends with. That group then has to find seven (or whatever number you want) things that they all have in common.

Kids not only learn a lot about each other, but also find out that they have more in common with kids from different social groups than they thought.

(Optional) Watch ["Salt and Light"](#)

What do students learn about their invitation to share God's message of love as "salt" and "light" in the world? Do they agree this is a challenge they would like to take on?

Pray:

Jesus, you are my true friend.  
You ask me to be a good friend not only  
to the people I like to be around, but  
also  
to those people who don't have any other friends and are lonely.

Share with me your joy that I can be a joyful  
friend to those in need.

Amen.