MINISTRY OF LONELINESS
A RESOURCE BY FIRST STORY

Created by the English department at George Green’s School, London
(a partner First Story school)
MINISTRY OF LONELINESS

Aim: To write a letter or postcard to a family member or friend who may be feeling lonely and isolated right now.

You can’t always see loneliness. You can always write. During the Covid-19 pandemic, we are asking you to write to a family member or friend who is unable to see their loved ones. This may be someone you know that is in hospital or living in a care home.

Just one letter can make a difference to a day, to a week, to a month – to a person. It is more important now than ever that we remind the people we care about that we are thinking of them.

No one should feel forgotten. So let’s write. Together.

Exercise one: Warm up
Rank these statements in order of how much you agree. Warning: You’ll have to make some tough choices along the way.
• Being lonely is the same as being alone.
• Loneliness feels the same no matter how old you are.
• You can feel lonely even when you are around people.
• Technology makes us more lonely.
• Some things can stop us feeling lonely immediately, even if only for a while.
• Love makes us less lonely.
• A letter is better than a text.
• A stranger can make us feel less lonely.
• Loneliness is not permanent.
• We have a duty to look after all people who are lonely, even if they are not our family.

Exercise two: Letter to a loved one
Choose one of the following ‘thought prompts’. This is a topic or question that you will answer on your postcard. These topics are designed to ensure that whoever gets your postcard will feel they have something in common with you.

You can either use the postcard template we’ve provide (and add a splash of colour) or make your own – the more creative the better! When you’re done, simply pop it in the post.
THOUGHT PROMPT 1
If you could live anywhere in the world, where would it be?

A cloud – they look so comfy!

Inside my computer?

Mars...or maybe Jupiter...or maybe Mars...

A lighthouse – I could see everything and keep ships safe.

A treehouse, no, a treepalace!

A pirate ship!
If you could invent any ice cream flavour in the world, what would it be...?

Furniture polish, hand sanitiser and deodorant... sprinkled with chocolate.

Library books?

Sleep...

New shoes...

That smell of rain on the pavement!

Woodsmoke!
THOUGHT PROMPT 3
If you were an animal, what would you be and why?

A fox...they're sly and sneaky...

A cat! I love to curl up on the sofa!

I think I’d be a frog; I’ve always been a bit jumpy.

A lion. I’m king of the jungle, right?

A hedgehog! I can be a bit spiky at times – and I love biscuits and milk!

An owl, definitely, an owl.

If you were an animal, what would you be and why?
To be able to heal everyone and anything.

Time travel! I want to see the dinosaurs!

I'd be the Hulk. But better.

Mind-reading... but only randomly...

Teleportation?

Invisibility, because then I could always get to the front of the lunch queue.

THOUGHT PROMPT 4
If you could have any superpower, what would you choose?