

# LONELINESS OF PEDRO

*Creativity applied to loneliness (Activity 10/12)*

## DESCRIPTION

In this activity, the participants will analyze the case study and provide recommendations for the protagonist, answering some questions.

## OBJECTIVES

The objective of this activity is to understand some truths about negative emotions:

- It is ok to feel lonely.
- It is fine to express sadness that appears as a consequence of loneliness.
- It is good to seek help from other people.

## RESOURCES AND MATERIALS

Each participant will receive a handout with Pedro's story as follows:

*Pedro lost his wife a couple of months ago. He feels extremely lonely. He doesn't know what to do in his life and he isn't motivated for anything. His friends and his daughter visit him, talk to him and assure him he will get better, but it doesn't help. He has an infinite pain inside.*

There will also be the following questions:

- 1) Is it fine to feel like this at some moments in life?
- 2) What can others do to help Pedro?
- 3) What can Pedro do to help himself.

Each participant will also have a pencil to put down some ideas on the handouts.

## IMPLEMENTATION - INSTRUCTION

The moderator hands out the papers with the story and the questions to the participants. Each participant will have 20 min to read the story and answer the questions. Then the moderator will organize a discussion during which the group members will share their ideas as for Pedro's situation and what he and others can do to feel better.

## POSSIBLE MODIFICATIONS

Instead of the two-stage format, first individual, then group, the activity can be performed initially in the group. The moderator will read the story and initiate the discussion and Question-Answer session without previous preparation.

## EXPECTED RESULTS

The elderly will see from the example that it is fine to feel lonely in some situations, but it can improve if you seek other peoples' help, express your emotions and don't close up in yourself.