

LONELINESS



Video

Watch a video about loneliness and do the exercises that follow. Remember to stop the video to work on each one of the parts and record your responses at vocaroo.com to paste the links for each answer.

VIDEO

Watch the Introductory section and answer the following question: (30 seconds)

- Being lonely and being alone - are these the same? (Why? Why not?) Explain.

Response link:

Watch Part 1 and answer the following question: (30 seconds)

- Why was our feeling of loneliness so important in prehistoric times?

Response link:

Watch Part 2 and answer the following questions: (60 seconds)

- How has our social network changed throughout history?
- How is it connected to our feelings of loneliness?

Response link:

Watch Part 3 and answer the following question: (30 seconds)

- How does chronic loneliness affect our lives?

Response link:

Watch Part 4 and answer the following question: (30 seconds)

- What can we do about this vicious cycle of loneliness?

Response link:

