

The Mongolian Adventures Podcast  
Season 2 Episode 3: Khagiin Khar Lake  
Lesson Plan: Loneliness + Solitude: Caring for ourselves and others

\*This lesson plan can include time for students to listen to the podcast in class or students can be asked to listen to the episode before class as homework. If students listen beforehand, more time can be given for class work.

Skills: Vocabulary, Social emotional skills, Self-reflection, Answering questions

Students will be able to:

- Define social emotional vocabulary such as loneliness and solitude
- Answer reflection questions
- Brainstorm ideas on how to support themselves and others when they feel lonely

Lesson Format:

Timing :	Content:
5 minutes	Vocabulary introduction: Discuss and define feeling lonely. Have the students write a few sentences about a time when they have felt lonely.
15 minutes	Listen to Season 2 Episode 3, Minjin Visits Khagiin Khar Lake
5 minutes	Return to your definition of loneliness that you wrote before listening to the episode. Add the word solitude and discuss the difference between loneliness and solitude. How does Minjin come to understand the difference between the two words?
10 minutes	Post-it note stations: Set up questions around the room and give the students post-it notes. Ask them to walk the room and write their answers to each question and post it below. The questions will ask students to reflect on their own

	experiences with loneliness and what we can do when we are feeling lonely. (Questions: 1.) When have you felt lonely? 2.) How can we help someone who is feeling lonely? 3.) What helps you feel better when you are feeling lonely? 4.) Have you ever experienced solitude? What did that feel like? (Question posters are below.) After students finish posting their answers, give them a minute to walk around and read the different answers.
5 minutes	Make an anchor chart listing all of the ideas of how we can help others and ourselves when feeling lonely. Discuss scenarios of how we can check-in with others to see how they are feeling and if we can help.

Bonus Links + Extension Ideas:

Post-it note station questions (below the lesson plan)

-Writing extension: Use a Venn diagram to have the students discuss the similarities and differences between loneliness and solitude. Ask them to think of the ways they can overlap and the ways they are different. They can use examples from the podcast episode or from their own understandings of the words from class discussions.

-Links on teaching kids about loneliness:

- [Books to read with kids about loneliness](#)
- [Tackling loneliness from the Red Cross](#)

-Research extension: In this episode, Minjin learns about the word remote and how Khagiin Khar Lake is considered to be a remote place. Research together what areas near your school or home might be considered remote. Discover what animals, plants or other nature that might be unique to that area. Have the students share their research with other classes via posters, presentations or another creative format.

When have you felt lonely?

How can we help someone  
who is feeling lonely?

What helps you feel better  
when you feel lonely?

Have you ever experienced solitude? What did that feel like?