

## The lesson plan in Network

Building a strong classroom community is central to preventing loneliness. The lessons in Network therefore focuses on the group rather than on individual students in risk of experiencing loneliness. The lessons work as a framework for working towards a good classroom culture and a strong sense of community.

Networks lessons are placed in times of transitions to ensure a good classroom culture from the onset. These transitions occur for instance at the beginning of a new school year and other times when new students begin in class. If the class starts off well it is much easier to keep up a good classroom culture than creating it in classes that already have settled into their habits.

Time	Content	Duration
Before the beginning of the school year	Presenting Network to colleagues	10 min.
First day of school	Lesson 1A: Presentation of Network and establishing buddy pairs and groups	45 min.
Week 1	Lesson 1B: Communities I	45 min.
Week 2	Lesson 2: Classroom culture I	90 min.
Week 3 (beginning)	Lesson 3: Understanding loneliness and social unhappiness	45 min.
Week 3 (end)	Lesson 4: Options on what to do New buddy pairs and groups	45 min. 15 min.
Week 6	New buddy pairs and groups	15 min.
The week before autumn vacation	Lesson 5: Classroom culture II	45 min.
November	Lesson 6: Communities II	45 min.
The week before Christmas	Lesson 7: Classroom culture III	45 min.

## Lessons for the 2nd or 3rd year of high school

Time	Content	Duration
Optional	Lesson 8: A culture of perfectionism	45 min.
Optional – recommended at the beginning of a school year	Lesson 9: Communities	45 min.
Optional	Lesson 10: Online life	45 min.