



Discussion Guide for Episode 3: Dealing with Loneliness and Isolation

1. As this scene starts, what is Tina sad about?
2. What kinds of things have you not been able to do because of Covid-19 rules (i.e. birthday parties, family celebrations, dance class, hugging etc.). How do you feel about missing out on those things?
3. Is it hard to be by yourself? Who are the people that you miss spending time with the most?
4. David says he like spending time by himself. Is there anybody here who likes spending time by yourself? What do you like to do when you are by yourself?
5. What does Mr. Stendenko say are some things you can do when you are feeling alone or bored? Which of them can you stil do now, even with the Covid-19 rules and stuff?
6. What are some things that you or your family have been doing to try to have some fun during these crazy times?
7. What are your favorite things to do, with your friends or your family? When do you do them?
8. Do you think it would be helpful to make a list of fun things you can do? Let's start a list now...!