

LESSON ONE: Intergenerational Relationship Building – Introduction Task

Background

After almost a year of disruption, long periods of shielding and cancellation of services and activities, older people in our communities have never before experienced such isolation. We want to work to change this and are promoting the message that 'No-one should have no-one'. Our activities will look at bridging the gap between the older and the younger generations, the sharing of skills and knowledge and the benefits of interaction and connection.

For more information about this project and the research results around intergenerational relationships, visit: www.ageuk.org.uk/westcumbria/get-involved/resources-for-schoolsgroups/

Routes to Wellbeing Covered in the Activity

TAKE NOTICE: Being aware of your environment and the people around you. Taking a new route to somewhere, taking notice of how people are acting and behaving, clearing the clutter from your home or work space.

GIVE: Being kind to others, getting involved in your local community, sharing and connecting with others.

Objectives

- To highlight how intergenerational relationships can be beneficial to all involved; through love and care, but also knowledge and experience.
- To get the children to think about their own personal benefits from and contributions to intergenerational relationships.
- To create a piece of artwork that can be shared with Age UK West Cumbria to create a display on-line, on social media and in the shops.
- To create a foundation for further lessons about intergenerational relationships and older people in our society.

LESSON ONE: Portrait art / Creative writing**Introduction**

Although the older and younger generations are very different, a relationship between the two can be beneficial to both. Relationships come with love and care, with both sides feeling the benefits of having a loving bond. Also, an older person, such as a grandparent, has a lot of knowledge and life experience to share. In contrast, the younger generation, can often have a greater understanding of new inventions and a progressing world that may seem strange to the older generation.

Tasks – KS1

- Create a picture of an older person you know on paper (paint, draw, felts, crayons etc). Don't forget to include their name and a reference to how you know them on the picture (Eg. Betty, my neighbour or Tom, my grandfather).
- Write down some things about that person that make you smile.

Tasks – KS2

- Think about how you have benefited from a relationship with an older person (within the family, community, friendships, society) and how you have contributed to those relationships in return.
- Create a picture of that person on paper (paint, draw, felts, crayons etc). Don't forget to include their name and a reference to how you know them on the picture (Eg. Betty, my neighbour or Tom, my grandfather).
- Write down some things about that person that make you smile. Can you turn this into a piece of creative writing, such as a poem or short story?

**We would love to see the work that you do, share at
hello@ageukwestcumbria.org.uk**