

## LESSON FOUR: Intergenerational Relationship Building – Letter Writing

### 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-schoolgroups/](http://www.ageuk.org.uk/westcumbria/get-involved/resources-for-schoolgroups/)

### Routes of Wellbeing

**CONNECT:** Taking the time to talk to people. Sharing a conversation. Listening to others.

**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 get the children to think about how communication has changed over the years.
- To connect the children with older people in their community.
- To encourage intergenerational relationships that can develop over time.
- To teach children about loneliness and isolation and how small things can be a big help to combat this issue.

**LESSON FOUR: Letter Writing****Introduction**

Today, if we want to get in touch with someone, we often send a text or email. Before people had widespread access to phones and computers, people composed handwritten letters and posted them to colleagues, friends or relatives. Letters can include anything you like including doodles or pictures and are much more personal than an electronic message. They can also be much more fun to create!

**Tasks – KS1**

- Think about what you might write in a letter to an older relative or friend. Tell them about what is happening with you at the moment and think about what you would like to know about them.
- Ask an adult to post your letter and see if you get a response.

**Tasks – KS2**

- Think about what you might write in a letter to an older relative or friend. Tell them about what is happening with you at the moment and think about what you would like to know about them.
- Ask an adult to post your letter and see if you get a response.
- Think about why older people might get lonely. Why might receiving a letter help with combatting loneliness.
- Not many people write personal letters anymore. Why do you think this is? What do people do instead? Which one would you prefer to receive? Which one do you prefer to create?
- **Note to teacher:** If you would like to take part in a penfriend befriending scheme between pupils and older people, then please contact [hello@ageukwestcumbria.org.uk](mailto:hello@ageukwestcumbria.org.uk) Thank you

**We would love to see the work that you do, share at**  
**[hello@ageukwestcumbria.org.uk](mailto:hello@ageukwestcumbria.org.uk)**