

LESSON SIX: Intergenerational Relationship Building – Walking Together

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 of Wellbeing

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

BE ACTIVE: Doing something physical to get your body moving. It doesn't need to be strenuous – do some stretches, take the stairs, go for a walk.

Objectives

- To work as a team with an older person or relative to see how many steps they can do in a set amount of time.
- To create a shared experience with an older person or relative.
- To create opportunities for connection by sharing updates, progress and strategies.

- To keep fit and healthy.
- To encourage older people to keep fit and healthy.

LESSON SIX: Walk Together

Introduction

We all know that exercise is good for our bodies and minds and when you are having fun doing it, the benefits increase. Working as a team and sharing the experience with others brings a whole new level to a simple activity. We may not be able to walk side by side with the people we love at the moment – but we can still clock up the miles together!

Tasks – KS1 & KS2

- Team up with an older friend or relative to keep fit.
- Set a target amount of steps that you will achieve and challenge the other person to a 'race' to get to the target.
- Share your steps with each other regularly to encourage each other to keep going.
- Walk together over video chat around the house. Create a tally chart for your steps or plot your virtual route / distance on a map.
#walktogether

Notes to teacher: Join our campaign #The100

<https://www.ageuk.org.uk/westcumbria/about-us/news/articles/2020/the100/>

Tally up all of the steps achieved by the class and submit them to hello@ageukwestcumbria.org.uk as part of our #The100 campaign. (There are on average 2000 steps per mile). It would be great if you could then have a fundraising day at school to help raise £100, for example a non-uniform day or dress as your Nan day!

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