

# Become a Care Home Friend! Intergenerational Challenge

Care  
Home  
FaNs  
Intergenerational  
Linking

## WEEKS 7-9

Over the next 3 weeks we're going to make some gifts for a local care home.

### Making your gifts

Last week your challenge was to write a postcard to your local care home.

Now it's time to go one step further. Over the next 3 weeks, your challenge is to create a hand-made present for older people to enjoy. Your thoughtful gift will show older people that you have been thinking of them and wanted to send them something special.

We've got some ideas of things you might like to do. You can do the activities yourself or in a group.

If you've got more time, you can always make more than one gift!

Once you are finished, it's then time to send your gift to your local care home! Ask your teacher or supporting adults how you will do this.



## Things to think about



★ What kind of things do you think an older person might like to receive?

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Some older people may not be able to see as well as they used to. To support them you can:



★ Try to make your writing as clear and neat as possible.

★ Make your gifts bright and colourful.

Some older people may be living with dementia - a condition that can affect their memory and cause changes in the way they think, talk and see things.

★ Sensory items can be really engaging for people living with dementia.

They activate the senses, including touch, smell, sound and hearing.

How might you think about this in your creation?

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## Activity: Make a bird feeder



Create your own bird feeder that can hang in the garden of a care home. Hopefully your thoughtful, tasty creation will encourage birds to visit the garden! Older people living in the care home and their visitors can enjoy watching the birds.

We've got 3 examples of different bird feeders you could pick from – apple feeder, fat ball or recycled milk carton.

★ See the **Bird Feeder Activity**



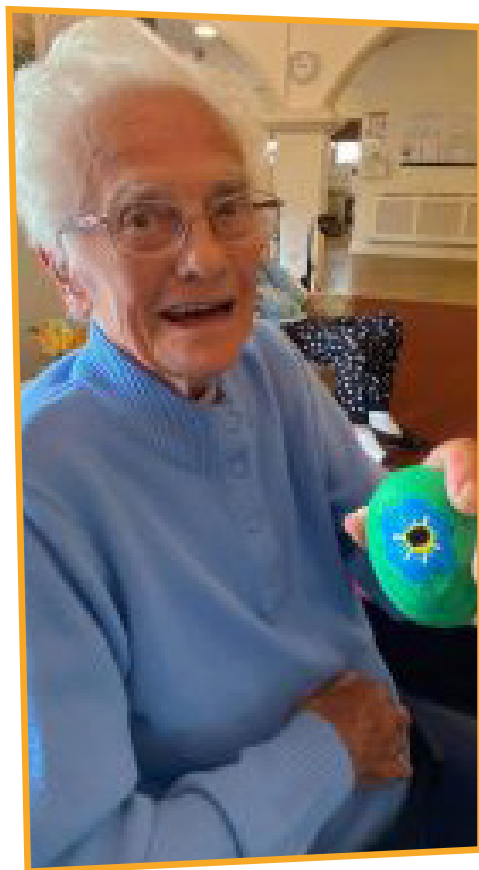
## Activity: Pots of love

Help brighten up a care home garden by decorating a plant pot with your favourite colours and patterns. Fill the pot with soil or compost and plant some seeds or bulbs inside.

Take the plant pot to your local care home so that the people living there can enjoy watching your colourful creation grow!

★ See the **Pots of Love activity sheet**

★ See the **Pots of Love template** – you can use this to practice your design.



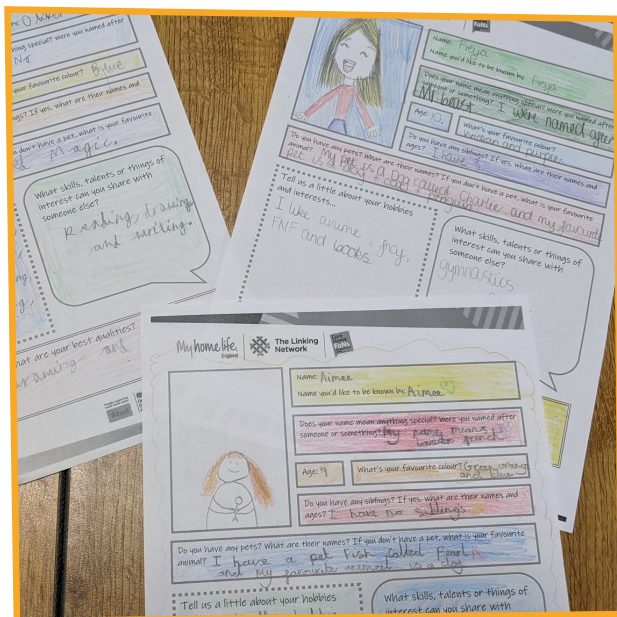
If you want to do a painting activity but you don't have a plant pot, you could try our Rock Art activity instead.

Painted rocks will look great in the care home garden!



★ See the **Rock Art Activity**

## Activity: One Page profiles



When you meet someone new it's likely that you'll have lots of questions about who the person is and what they like to do.

Older people living in care homes are no different, and filling in a one page profile is a great way for them to learn more about you.

- ★ See the **One Page Profile Activity**
- ★ See the **One Page Profile Template**

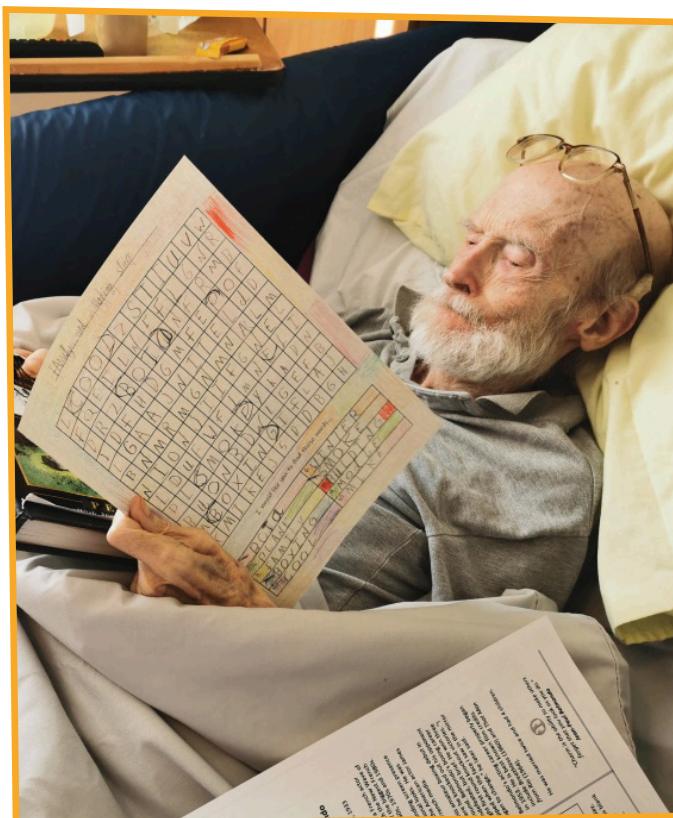
## Activity: Word search and Crossword

Puzzles are great for keeping the brain active! Why not make an older person a personalised Word Search to complete? You can make your own grid or use our ready-made template.

- ★ See the **Wordsearch Activity**
- ★ See the **Wordsearch Template**

Alternatively, you could make a crossword – a way to test general knowledge and get the brain thinking.

- ★ See the **Crossword Activity**



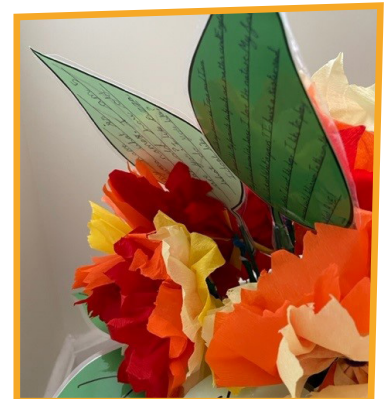
## Activity: Flower artwork

Making a bunch of paper flowers is a great way to bring joy to older people living in care homes.

It is a particularly thoughtful present for older people who might not be able to go outside very easily and see real flowers.

Older people might choose to display the flowers in the care home lounge, or even in their own rooms.

You could also make leaves to go with their flowers. Writing information about yourself on the leaves will help older people get to know you better.



## Activity: Jars of Joy

Create a jar of joy for someone living in a care home and show them you are thinking about them.

Take a clean jar (e.g. a jam jar) and remove the label. Then fill it with different things to share with an older person.



This could include: pictures, messages, seeds to plant, a friendship bracelet, objects from nature and more.

## Extra ideas

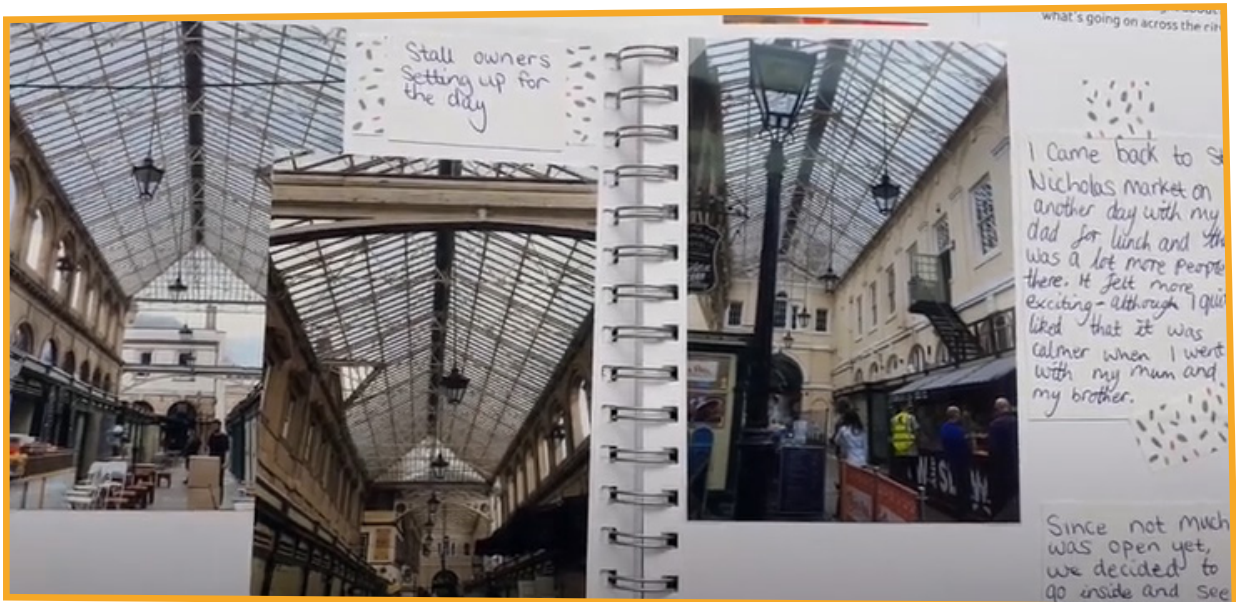


### Writing activities

- ★ Write a poem or story for older people to enjoy. You could record yourself reading it and send this to the care home.

### Craft activities

- ★ Create a scrapbook of pictures from your local area. This might help older people to remember the places that they used to visit in the past.



- ★ Make a suncatcher to brighten up the care home.
- ★ Make a 'kindness pack' – a pack which could contain a letter, artwork and small gifts.



### Video activities

- ★ Create a short 'hello' video introducing yourselves and giving a tour of your classroom/ school.
- ★ Learn a song and record yourselves singing it for older people to enjoy.

We hope  
you have  
fun!