

Become a Care Home Friend! Intergenerational Challenge

Care Home
FaNs
Intergenerational
Linking

WEEK 6

This week we're going to send a postcard to a local care home.

Postcard Challenge

This week your challenge is to write a postcard to someone who lives or works at your local care home.

By taking part in this challenge you are joining lots of other young people across the country who have already sent a postcard to a care home.

What can you remember about the care home you researched last week?

Share the information with those at home.

Here are some of the postcards they have made.



These ladies live in a care home and they loved receiving the postcards and reading the messages.

Now it's your turn!

Making your postcard

Message (on the back):

This is your chance to introduce yourself to someone living in a care home and tell them that you are writing to brighten up their day.

You could start by telling them a bit about yourself. You could also explain what's on the front of the card and why it's special to you.

Alternatively, you might choose to address your postcard to one of the members of staff and perhaps ask more about their role.

Make sure to leave space on the right for the care home address, and a stamp if you need one. You can use the template if you like.

Design (on the front):

Time to design the front of your card!

If you'd like some inspiration, you could take a look at the **Postcard of Kindness** ideas sheet.

Bring your postcard back to school next week and your teacher will help to send them all to the care home.

Tip


It's up to you which side you do first. If you are planning to stick lots of things to the front, you might find it easier to write your message first.



Tip

You might want to plan out your design on a rough piece of paper first. Could you use photographs, collage, pen or paint?

Postcards of kindness – ideas

A picture of a place you love – where are you happiest? 	A design based on your favourite sports team or hobby 	A picture of the beach 
Your favourite pet or animal 	An image/photo of your favourite book or film 	A self portrait! 
A nature scene 	A memory from your favourite holiday 	A rainbow 

Dear friend at



Five vertical lines spaced evenly across the page, serving as a guide for writing the message.

