IDEAS THAT SUPPORT INTERGENERATIONAL PROGRAMMING

IDEAS GENERATED FROM STUDENTS IN HD405: GERONTOLOGY WASHINGTON STATE UNIVERSITY SPRING 2020

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WE DO NOT CLAIM OWNERSHIP OR SOLE AUTHORSHIP OF THE IDEAS. THE DOCUMENT MAY HELP BRAINSTORM NEW IDEAS.
Program Activity

Outdoor Theater and Music

**Purpose**

- Allow residents to experience more outdoor activity
- Build strong relationships between two generations
- Allow children to create and organize a production

**Instructions**

1) **Set Up:** Supply children with props and costumes.
2) Create a stage area and seating for an audience.
3) Aid in creating a script for the children to follow. Allow Senior Living Residents to help during this process.
4) **Activity:** Have the residents take a seat and watch the production.
5) Children will present what they and the residents have prepared
6) **Debrief:** Once the show is done, allow both generations to interact
7) You can have volunteers assist in conversations as well as clean up.

**Tips**

Go into the activity with plays and scripts prepared. Have a range of choices for both scripts and costumes.
Creating a Butterfly Habitat

Purpose

- Allows the residents to focus on being outside while learning about new ways to garden
- Starting multi-generational bonding
- Children to get creative, as well as older generation

Instructions

8) Set Up: place elders and children in groups of four
9) Gather supplies, and order caterpillars so they can grow
10) Help the children learn about gardening, as well as let the elders teach the children
11) Activity: Have the residents assist the children make the habitat
12) Children will gather greenery, elders will point out what they need
13) Debrief: Have them talk about gardening, where best place for growth is and what is best to put inside
14) You can have volunteers assist in conversations as well as clean up.

Tips

Go into the activity with all the supplies needed, make sure that it’s a nice day outside and that there is a enough supplies to make more if they want to so everyone can take one home
Program Activity

Sports Day (Baseball Game)

Purpose

- Allows the residents to focus on being outside while having a fun day at a game
- Starting multi-generational bonding
- Both get to experience a sports event

Instructions

15) **Set Up:** Buy tickets, and get a bus to pick up elders and children
16) Partner a kid and an elder and have them sit next to each other on the bus
17) Help them get out and have a nice day in the sun
18) **Activity:** Take the residents and kids to a baseball game
19) **Debrief:** Have to make sure the children get permission slips to go, and that residents are able to make walk around the stadium and sit on bleachers for the time of the game
20) You can have volunteers assist in keeping kids in one place and not getting too rowdy.

Tips

Make sure there is an even child to elder ratio, and that there is enough money for the baseball game and bus trip
Program Activity

Let's walk about it!

Purpose

- Offers residents and youth members and opportunity to engage in an activity outdoors.
- A way to get exercise while expressing feelings and opening up to one another.
- A bonding experience for the elderly and the young.

Instructions

21) **Set Up:** Find a nice and easy trail, park ground, or field that everyone can walk too.

22) Find an end destination that both groups can look forward to too, maybe a park or ice cream shop.

23) Assign at least one elder with a child.

24) Make sure everyone has walking shoes, walkers/canes (if necessary), and water.

25) **Activity:** Take the kids and the elders on a walk and encourage them to talk about their days, or plans in the future. Encourage them to find something to relate too.

26) **Debrief:** Have both groups talk about their overall experience when at the park or ice cream shop. Ask everyone what they like or want to change.

Tips

Make sure there is an even ratio of children and elders. Go around to the pairs and make sure they are having a nice, constructive conversation.
Program Activity

Cookie Bake!

Purpose

- Engages youth and elders to connect in a common way.
- Bonding experience with an end goal of making delicious cookies.

Instructions

27) **Set Up:** Find a place for the baking to take place.
28) **Assign 1-2 youth members with one elder to bake the cookies.**
29) **Make sure everyone is following the right health actions, (putting hair back, washing hands, etc.)**
30) **Activity:** Have kids and older members work together to bake some cookies! Doing this will allow them to connect and help each other while doing a fun activity!
31) **Debrief:** Allow both generations to sit together enjoying the delicious cookies they’ve made.
32) **Ask everyone how it went for them, what did they learn (if they did,) and if they had fun.**

Tips

Make sure there is an even ratio of children and elders. Make sure everyone is baking the cookies safely and correctly. Make sure everyone is having fun.
Program Activity

Picnic Time!

Purpose

- Allow residents to experience more outdoor activity
- Build strong relationships between two generations
- Provide an environment for interaction between two generations

Instructions

33) **Set Up:** Create an area for a picnic
34) This may include setting up chairs and tables. Make sure that all individuals can access/participate in this activity
35) **Be sure to have food supplied for the event**
36) **Activity:** Have the residents and children sit together and socialize while they enjoy lunch outside together
37) **Debrief:** As lunch comes to an end, encourage volunteers to assist in cleanup
38) **Allow time for both the children and residents to say goodbye**

Tips

Go into the activity with a list of allergies and food preferences.
Program Activity

Scavenger Hunts!

Purpose
- Gets residents and kids outside and using their mind to explore
- Allows for residents and kids to build and work on task management and problem solving
- Helps both kids and residents to get some physical activity that isn’t too strenuous

Instructions
1. **Setup:** Have an array of objects or clues ready to find
2. Be prepared with well written instructions
3. Be sure to have all the space available that you need
4. **Activity:** Make small groups or partners between kids and residents, be sure to make sure all participants are able to move around and help look
5. **Debrief:** Make sure everyone has finished and had enough time to finish as well as checking in on groups throughout the activity
6. Finally, ask how everyone enjoyed the activity and see if they would like it to get more challenging next time

Tips
Be sure everyone is being included while on each hunt. Remember these are younger children and older adults so do not make it too difficult.
Gardening!

Purpose

- This activity allows for residents to show kids responsibility
- They must work together in order to maintain plantlife
- Residents may share their wisdom of gardening throughout their years to the kids

Instructions

1. **Setup:** Have seed packets, small shovels, pots and potting soil ready to use
2. Be sure there is a space to allow these plants to get water and sunlight
3. Asks residents or kids (depending on where the plants are) to make sure they can water it everyday
4. **Activity:** Have residents partner up with kids and begin the process of making their plants
5. Be sure they create a schedule of maintenance for the plant throughout the week
6. **Debrief:** As they work together make sure everyone is interacting with one another in a positive way
7. Encourage conversation as this is the best way to learn from each other

Tips

Be sure there is enough time for both people to watch their plants grow, it is important to see growth because it encourages both parties.
**Homemade Ice Cream**

**Objectives**
- Creativity
- Social interaction
- Fine motor skills
- Teamwork
- Reflection

**Materials Needed (Per pair):**
- 1 c. half-and-half
- 2 tbsp. granulated sugar
- ½ tsp. pure vanilla extract
- 3 c. ice
- 1/3 c. kosher salt
- Toppings (sprinkles, cherries, chocolate syrup, etc.)

**Methods:**

**Facilitator preparation**

1. Have the children and adults sit together in pairs
2. Provide each with the materials for the ice cream
3. Supply the adults with the instructions for making the ice cream
   a. First you will combine the half-and-half, sugar and vanilla into a small Ziploc bag, push out remaining air and seal the bag
   b. Put the smaller bag into a larger Ziploc bag that has salt and ice
   c. Shake for 7 to 10 minutes or until ice cream has hardened
   d. Remove and enjoy with chosen toppings
4. Teach them about the science behind the ice cream making
   a. The salt that is added to the ice lowers the melting point of the ice (like when salt is added to the roads during the winter)

**Intergenerational Participants**

1. Explain the ingredients and how to make the ice cream
2. Have the children add the ingredients with the help of the adults as needed
3. Have the pairs take turns shaking the bag

**Special considerations:**
- Not enjoying the activity
- Lactose intolerance

**Facilitation Questions:**

- What’s your favorite part of science?
- What is your favorite kind of ice cream?

**Variations**
- Include lactose free half-and-half
Intergenerational Activity Plan

Marshmallow and Pretzel stick Engineering Competition

Objective
Interact/Communicate
Exercise motor skills
Teamwork
Completing an activity

Materials Needed (per pair):
Pretzel sticks
Large marshmallows

Materials Needed for facilitator:
Timer
Tape measurer

Facilitator preparation
1. Split marshmallows and pretzel sticks evenly per pair
2. Set up chairs across from each other (for the child and the adult to sit across from each other)
3. Teach them about how stability works in engineering

Intergenerational Participants
1. Show adults and children to their seats, introduce them to their partners
2. Have one partner be responsible for ensuring stability
3. Have the other partner be in charge of building
4. Both participants should contribute to the overall planning and development of the structure

Special Instruction:
1. Discuss a small educational detail about engineering and structures that is relevant to the competition.
2. The facilitator will keep track of time, give reminders of how much time is left throughout the endurance of the competition
3. The pairs will need to strategize the way they want to build their structure
4. Each pair is competing to build the tallest and longest standing structure.
5. Once the chosen amount of time is up the facilitator must go around to the remaining structures that are still standing and measure them to indicate which structure is the tallest
6. The winning pair will receive the prize chosen

Special considerations:
Eating the supplies
Not enjoying activity
Limited reach for older participants
Getting upset when their structure falls

Facilitation Questions:
What do you know about engineering, do you know anyone who builds things?
What things are important to make sure your structure is stable?
Do you enjoy building things, would this be something you are interested later in life?
Marshmallow Playdough

Materials needed:

- 6 large marshmallows
- ¼ cup corn starch
- 2 tsp coconut oil
- 12 drops liquid food coloring

Directions:

1. Put all 6 marshmallows in your bowl and add the ¼ cup corn starch and 2 tsp coconut oil.
2. Microwave for 30 seconds, until the marshmallows have expanded.
3. Add 12 drops of food coloring on top of the marshmallows.
4. Stir all of the ingredients together.
5. When combined, knead by hand until color is blended in and everything is combined.
6. If playdough is too sticky, add a little more corn starch.
7. Play with playdough on parchment paper.

Setting up the activity: Pair one child with one older adult and have them sit next to each other at a table. Then, give everyone five minutes to chat and get to know their partner a little bit. When everyone is ready, set out a tray of all the needed materials in front of each set of partners. Have each group chat for another couple of minutes to try and guess what they might be making with these ingredients. Then come back together and share ideas as a whole group to see what everyone came up with.

Introducing the activity: After everyone has had a chance to guess what they will be making you are ready to introduce the activity! Start out by saying something along the lines of, “Today we are going to do an activity that combines both science and art! We are going to use these ingredients to make our own playdough out of marshmallows, corn starch, and coconut oil!” It might be helpful if someone is doing the activity in the front of the room and describing each step for the partners to follow along with.

Playing with the playdough: Once everyone has their playdough made, bring the group back together to discuss the next part of the activity. Say something along the lines of, “Now we are going to use our playdough to try and make animals! Talk to your partner about what animal you would like to make, and then get to work!” Once every pair creates an animal, bring the whole group back together to share what everyone made.
Edible Cloud Dough

Materials needed:

- 2 cups of flour
- ¼ cup of vegetable oil
- Food coloring

Directions:

1. Put all of your flour in a large bowl.
2. In a small bowl, mix your vegetable oil with the food coloring.
3. Pour the small bowl of colored vegetable oil into the bowl with flour.
4. Mix the ingredients together with a spoon first, and then use your hands to break up some of the flour chunks.
5. Once it is ready, pour the cloud dough into a small bin or onto parchment paper.
6. Now you are ready to play!

Setting up the activity: Pair one child with one older adult and have them sit next to each other at a table. Then, give everyone five minutes to chat and get to know their partner a little bit. When everyone is ready, set out a tray of all the needed materials in front of each set of partners. Have each group chat for another couple of minutes to try and guess what they might be making with these ingredients. Then come back together and share ideas as a whole group to see what everyone came up with.

Introducing the activity: After everyone has had a chance to guess what they will be making you are ready to introduce the activity! Start out by saying something along the lines of, “Today we are going to do an activity that combines both science and engineering! We are going to use these ingredients to make our own cloud dough out of flour and vegetable oil!” It might be helpful if someone is doing the activity in the front of the room and describing each step for the partners to follow along with.

Playing with the cloud dough: Once everyone has their cloud dough made, bring the group back together to discuss the next part of the activity. Say something along the lines of, “Now we are going to use our cloud dough to try and make some structures! These could be buildings, castles, bridges, etc! Talk to your partner about what structure you would like to make, and then get to work!” Once every pair creates some sort of structure, bring the whole group back together to share what everyone made.
STEAM

SKITTLES EXPERIMENT
RECOMMENDED FOR: ELDERLY AND CHILDREN 4-8 YRS.

OBJECTIVE

- Fine motor skills
- Communication
- Cooperation
- Learning about science with candy and water.

MATERIAL NEEDED

- Skittles candy
- Plate
- Glass of warm water

METHODS

FACILITATOR PREPARATION

- Setup the materials on the tables.
- Setup adult and children chairs around the tables.

INTERGENERATIONAL PARTICIPANTS

- Pour the water
- Help put the skittles on the plate.

KEY CONVERSATION/FACILITATION QUESTION

- Can you help your partner pour the water on the plate?
- Can anyone tell me what happened when you pour the water on the plate?
- What colors can you see?
OBJECTIVE:
- Gross/ Fine motor skills
- Interact with others
- Make choices
- Work as a team

MATERIALS
- Frozen peeled bananas
- Melted chocolate: dark, with milk, white
- Nuts
- Sugar sparkles
- Plates
- Bowles for the chocolate, nuts, and sugar sparkles.
- Napkins
- Ice-cream Sticks

METHODS:
Facilitator preparation:
- Setup the materials on the tables.
- Setup adult and children chairs around the tables.
- Clean the table before and after the activity

Intergenerational participants:
- Wash hands
- Adult help put the sticks in the frozen bananas
- Child/ adult decorate the bananas after dipping it on chocolate.

SPECIAL CONSIDERATION KEY
- Food allergies

CONVERSATION/FACILITATION QUESTION
- What animal likes to eat bananas?
- What is the color of a banana?
- Can you tell me what happened when you dip the frozen banana into the melted chocolate?
Sustainability Resource Development

Lesson Plan 1

STEAM: Science, Technology, Engineering, Art and Math

The purpose of this activity is to engage individuals of all ages in an educational experiment concerning food and STEAM. This activity is meant to be fun, informative and tasty!

Items Needed:

- Tables & Chairs
- Paper Plates/Towels (1 per person)
- Jumbo Licorice (2 per person)
- Colored Jumbo Marshmallows (4 different colors, 10 per person)
- Long Toothpicks
- Paper and Markers for a Color Key (1 copy displayed)

Procedure:

1. Sanitize the tables being used during this activity, as this will be your workspace. Gather all materials listed above and pass out the correct number of items to each person. Do not eat the materials!
2. Give a brief explanation on DNA and its composition:
   - Explain that DNA is the carrier of genetic information (examples including height, eye color, hair color) in all living things. Engage discussion about participants’ genes.
   - Explain that there are four chemicals that make up a single DNA strand (Guanine, Adenine, Cytosine and Thymine, or just GACT for younger children).
   - Explain that in nature, the only 2 types of chemical bonds (combinations or codes) that are possible in a DNA strand are G & C and A & T. You can use the analogy of a computer needing specific codes in order to function.
3. Create a color key, assigning each chemical (GACT) to its respective colored marshmallow.
4. While looking at the color key and keeping the possible bonds/combinations in mind, put two marshmallows on a single toothpick. Repeat this until you run out of marshmallows.
5. Create a ladder-like shape using these toothpicks as “steps” and your two jumbo licorice sticks as the sides, or “backbone”.
6. Twist the DNA strand to create a “double helix,” clarifying that this is the form that DNA takes.
7. Have each participant compare their DNA with two other DNA strands, making sure that they followed the key and possible “codes”.
8. Eat and enjoy!
Sustainability Resource Development

Lesson Plan 2

STEAM: Science, Technology, Engineering, Art and Math

The purpose of this activity is to engage individuals of all ages in an educational experiment concerning food and STEAM. This activity is meant to be fun, informative and tasty!

Items Needed:
- Tables & Chairs
- Bowls (1 per 2 participants)
- Measuring Cups
- Mixing Spoon
- ½ cup Rice Flour
- ½ cup Corn Starch
- ¼ cup Apple Sauce
- 2 tbs Vegetable Oil
- Ziplock Bags
- Food Coloring

Procedure:
1. Sanitize the tables being used during this activity, as this will be your workspace.
2. Buddy up! Two people to one bowl.
3. Pass out bowls, spoons, measuring cups, bags, food coloring and containers filled with food items above.
   - Explain importance of accurately measuring ingredients and how it effects the consistency (if there are more wet ingredients, the playdoh will be thinner; if there are more dry ingredients the playdoh will be thicker or not stick together).
4. In your bowl, measure and pour your dry ingredients first (corn starch and rice flour), wet ingredients second (apple sauce and vegetable oil), then mix with your mixing spoon.
   - Adults help with math regarding measurements.
5. Once the consistency is clumpy, finish kneading with hands.
6. Take the dough out, split it into two even pieces, then put each piece in a Ziplock bag with 3-4 drops of chosen food coloring (one piece for each partner).
7. Mix the dough and food coloring in the bag, then finish kneading in hands.
8. Play, eat and enjoy!
Seniors Teach kids how to Crochet

**WHO:** Seniors who loves to Crochet will teach young children how to crochet an object they love.

**Where:** Inside or outside home or residential facility.

**What you need:** Crochet hook, pair of scissors for crocheting and a yarn. Kids idea of what they will love to crochet.

**Why:** Crocheting is a relaxing hobby that promotes mindfulness and relieves depression.

During the process, crocheting allows the brain and body to revive. Kids will love this activity because they are learning a new skill that will teach them how to make their favorite toy, flower, bracelet, etc.
Photo Frame Activity

**What you need** – paper, scissors, paint, markers, crayons or colored pencils to decorate the frame and glue.

**How** Cut a piece of cardboard or construction paper into a rectangle shape.
- Cut a rectangle out of the middle of the cardboard
- Paint or color the frame
- Glue paper decoration
- Slide picture into frame

As seniors and kids are working together on the various art projects pictures will be taken of them working together. A photo frame making activity will enable older adults and kids have frames to keep the pictures taken keep the picture.

**Who** - everyone present will be in groups made up of two members. An older adult and a child

**Where** – Inside or outside home or residential facility

**Why** - Making a frame together will strengthen the relationship of the groups working together. At the end of this activity, they will have frames to put their pictures in. And the memories made will be saved.

**Make it fun**; play great music whiles groups works on their frame.
Handmade Jewelry

How To; For Seniors & Kids

Supplies:
- Ear hook
- Wire or beading thread
- Beads
- Small pliers (and wire cutters)
- Headpins or eye-pins
- Beading clasps

Directions

Earrings:
1. Pick out the desired earing hook, beads, and headpin.
2. Place beads on headpin in desired order.
3. Use pliers to create circle at top of the beads (see figure 1).
4. Add earring hook.
5. Close circle fully and wrap the excess wire around the base 2-3 times.
6. Cut off excess wire.

(https://www.youtube.com/watch?v=h4DWI9CLzDE)

Bracelet or Necklace:
1. Cut wire or beading thread to desired length (add an inch or two for attaching the clasps).
2. Attach one end of the clasp to one end of the wire.
3. Thread beads onto the wire as wanted.
4. When completed, attach the other end of the clasp. (similar to attaching an earing hook to the headpin)
5. Cut off excess wire.

Set Up:
Before participants come, set up several stations with all the needed materials. Encourage the older adults and children to work together, whether that means making one item together, asking each other for opinions or sitting together at the same station while they work. Having some examples of jewelry already made they could get inspiration from could be helpful.

Goal:
The goal for this project is seniors and children come together to create something beautiful, that they can wear and enjoy. While the participants have busy hands working on their jewelry, encourage them to talk with one another. A great way to start conversations is asking questions like; “Are you making this for anyone?”, “Have you ever made jewelry before?”, “Why are you making this piece?”. 
Activity for Older Adults & Children

**Supplies:**
- Embroidery hoop
- Embroidery thread
- Fabric
- Embroidery needles
- Pencil (optional)
- Scissors

**Set Up:**
Set up an area with all the supplies needed. It may be nice to already have the fabric stretched on the embroidery hoop. Having ideas of simple embroidery that participants can look to is a good way to get them inspired. Assisting those with threading the needle or other tasks may be needed.

**Goal:**
The goal for this project is for seniors and kids to complete a project they can be proud of while interacting with each other. Encourage a younger member to work with an older member and have discussions while they work. Some questions to get conversations going could include; “Have you ever embroidered before?”, “What do you want it to look like when you’re finished?”, “Do you think this is something you would like to try again sometime?”

**Directions:**
1. Dissemble embroidery hoop and place fabric over smaller hoop.
3. Once fabric tight, lightly sketch out shapes, lines, or designs to follow if desired.
4. Pick out desired thread color and thread needle.
5. Tie a knot at the end of the thread.
6. Start to create lines, then fill them in as desired. (Watching YouTube videos on different stitches is very helpful)
7. When done with a section, tie knot on the backside.
8. Switch thread color and continue.
9. When completed, take off of embroidery hoop.

https://www.youtube.com/watch?v=kKnBUa4l2k4
Getty Museum Challenge Photography. For kids & seniors.

**How:** Start by finding an example of a piece of art from throughout history for your group to copy. Organizers could provide possibilities

Brainstorm objects you have available that approximate pieces present in the art

Assemble costumes that look like what people in the art are wearing, if applicable

Arrange props and costumed people to look like the chosen art piece

Take a photo!


**Who:** People with an interest in art, those who enjoy getting their picture taken, and people who like having a laugh!

**When:** When lighting is appropriate, indoor lighting may not be optimal for photography. Weather conditions may also lend themselves more to specific art pieces
Cool Collages! For kids & seniors!

**How:** Organizers will pick a theme. Build the collages around it

Cut out a picture or part of a picture from the pool of magazines and use it to start a collage

Then, pass the collage to the right. Cut out another picture for the collage passed to you

Continue until you get the collage you started with back

Show your collage to the rest of the group!

**What you need:** A pile of magazines, scissors, glue, and construction paper. Could even use copies of family photos

**Who:** Artistically inclined people. People who enjoy working with their hands. People who like jigsaw puzzles.

**When:** Can only really be done in person. An online-friendly version loses the collaboration aspect.
Art Classes
For Kids & Seniors

Painting Like A Pro

Who: Everyone! You can do this with a partner or as a group to see who has the most unique art skills.

Where: in your home or residential facility

What you need: Choose up to five colors and paint your take at a famous painting or sculpture. Painting brushes recommended. Can be done on paper or using dollar store canvas’.

Why: engage your brain to see if you may be the next Picasso. Art is personal and can be a good way to relieve stress

Make it extra fun: Turn on a BOB ROSS video and follow along to ensure a quality piece.

This activity is meant to be intergenerational but can also be completed over video chat, or in isolation if need be. Please be cautious that paint can be messy and stain clothes. Parental guidance advised under age 8.
TIE DYE T-SHIRTS

FOR KIDS AND SENIORS; TEACHING & LEARNING

HOW: TWIST IT, BAND IT, DYE IT. WAIT 24 HOURS, RINSE, DRY.

CAN BE DONE ON T-SHIRTS, OR ANY COTTON CLOTH MATERIAL

SENIORS MAY NEED TO ASSIST CHILDREN WITH THE USE OF DYE AND MIXING COLORS.

YOU WILL NEED … COTTON MATERIAL OF CHOICE, RUBBER BANDS, TIE DYE KIT (CAN BE PURCHASED AT WALMART $10)

WHERE: DO OUTSIDE OR ON A SAFE AND CLEAN TABLE
*CAN BE MESSY, PARENTAL SUPERVISION ADVISED

WHO: CAN BE DONE BY ANYONE WITH ACCESS TO DYE. SENIORS AND KIDS SHOULD WORK TOGETHER AS A TEAM TO CHOOSE COLORS AND BAND THE MATERIAL

AFTER CLOTH IS FULLY SATURATED, LEAVE IN THE SUN OR NEAR AIR FLOW TO ALLOW TO DRY. ONCE COMPLETELY DRY, RINSE THOROUGHLY. WASH ON COLD TO MAXIMIZE RESULTS. SHIRTS CAN BE TIED OR CUT IF SO DESIRED