

INTERGENERATIONAL ACTIVITIES

Creativity applied to loneliness (Activity 4/12)

DESCRIPTION

Intergenerational activities are ways of creating spaces for meeting, raising awareness, promoting social support and reciprocal exchange between different generations.

These intergenerational activities bring together people of different ages to carry out a series of pre-planned activities. They favor and enrich the quality of life of both young and old people. They are also an excellent resource for achieving various objectives related to intergenerational rapprochement. These activities are recreational and educational, in them, there is an exchange of knowledge between the different generations.

The periodicity and duration of the activity create intense personal links between young people and older people. It is therefore essential that these activities take place with a certain frequency (at least once every two months). In addition, it is very important to combine activities in which children or young people teach something to the elderly and others in which it is the other way around.

To carry out these activities, it is necessary to follow the next steps:

1. Welcome the participants. In this first part, a relaxed atmosphere should be created in which the participants feel comfortable. An introductory dynamic can be used so that everyone can get to know each other.
2. The contents to be worked on will be presented. In the following sessions, the conclusions of the previous session will also be presented.
3. The activity to be carried out will be explained, seeking the involvement and participation of all the participants.
4. At the end of each activity, a small conclusion will be drawn.
5. In addition, a small evaluation of each activity carried out will be made.

OBJECTIVES

- Foster social relations between children and older people. Reinforce self-esteem.
- Combat loneliness among the elderly.
- Promote the values of participation, collaboration and coexistence.
- Cooperate and exchange knowledge.
- Overcome possible prejudices and promote understanding between the different generations.
- Maintain active ageing. This means a decrease in memory loss, improved mobility and increased self-confidence.
- Encourage specific actions to facilitate intergenerational communication within and outside school.

RESOURCES AND MATERIALS

- 12 tweezers (or any small object)
- 2 maps of the same place
- 2 markers

IMPLEMENTATION - INSTRUCTION

To carry out this intergenerational activity it is necessary to go to a local park. Children or teenagers and older people have to take part in it. First of all, a visit around the park or the locality can be made to see the most outstanding sites of the place. Secondly, the participants will be grouped into two teams, in which there must be an equal number of participants and a mixture of young and old. The steps to follow are:

1. Each team will be given 6 pegs. They will have to hide the pegs at different points in the park and mark the location of each peg on the park map.
2. The two teams meet and give the maps to the facilitators. They have to validate the map. Then the teams exchange the map.
3. Team A has to find the clamps of team B and vice versa.
4. The team that finds all the clamps first wins.
5. At the end of the activity, meet with the facilitators. End the activity by asking what they liked the most

and least and what they learned.

POSSIBLE MODIFICATIONS

Facilitators need to be in mind that the map provided may not be adequate. Therefore, trainers will have auxiliary maps ready in case it is necessary. If a cultural walk around the locality takes place beforehand, facilitators can give the lead role to adults who know the history of the place to tell it to the rest of the participants.

There are many types of intergenerational activities, this is just one example of an activity. Others can be carried out, such as:

- Group physical activity.
- Teaching new technologies, with children/young people teaching the elderly how to use mobile phones.
- Shared reading days (children read stories to the elderly and vice versa). They can also all read the same book and discuss it.
- Community outings, where everyone goes on an outing together somewhere for educational and recreational purposes and then discuss what they have done.
- Theatre (making a theatre between children and adults); dance, etc.

EXPECTED RESULTS

Intergenerationally is a means of developing and harnessing the potential of all people. It is also an opportunity for them to learn from each other, while promoting values such as participation and solidarity. It is hoped that these intergenerational activities will raise awareness of civic responsibility and civic spirit. This will help to involve more people in community action and create more participatory and responsible societies. It is expected that these activities will help children and older people to strengthen their bond and to revalue intergenerational relationships in leisure settings. As a result, it is expected that both young and old will engage with each other and encourage the transfer of knowledge and experiences between different generations. Contact between different age groups promotes respect, combats loneliness and builds values such as solidarity, support, self-esteem and optimism, among others.