

Intergenerational activities for seniors and children

Read the following passage and answer the questions on the next page.

Tucker is 6, and William is 76. Tucker loves to go next door to spend time with his neighbour. At first, it was because William would always let him have a few biscuits and sweets, but **over time** Tucker's visits were planned because of the fun he had. Both friends had something to teach the other – and plenty to learn.

Multigenerational **households** are becoming more common. However, it's also true that long distance relationships between grandparents and grandchildren are a familiar story for some. Unfortunately, it is also common for older adults to be isolated, without significant family and community connections. In all cases, intergenerational activities can bring inspiring benefits to seniors, as well as to children.

When the older adults and the youth in our community get together, they are able to share very different and **equally-valuable** perspectives. Children come with lots of energy. They are seeing and experiencing many things for the first time. Ageing adults, on the other hand, bring decades of experience and memories from

many phases of life. It can be more challenging for seniors to generate energy, so being inspired by children can be uniquely **rejuvenating**. The task of children and older adults finding a way to meet each other to find a shared pace and a mutual interest brings benefits for those involved and for the larger community.

Socialisation. These companion interactions offer powerful social experiences for both youth and seniors. Children learn how to relate to a distant generation that is rapidly growing and older adults get energetic interaction – fighting potential isolation.

Purpose. Older adults often miss their role in society and lose their sense of independence. Spending time with children and sharing their **wisdom** gives them a sense of purpose. Children, too, can feel the rewards of a greater connection with their elders and the importance of their role in the relationship.

Health. Older adults are likely to get more exercise – for the body, mind, and emotions – when they spend time with children. This experience can have a positive impact on their **overall** health. And the young may even develop a greater interest in contributing to the health of the elderly in the future.



equally-valuable: di egual valore
household: unità familiare
to offer an important insight: accrescere la comprensione
overall: complessivo
over time: con il tempo
rejuvenating: ringiovanente
to rely on: fare affidamento
tech-tool: arnese tecnologico
tie: legame
wisdom: saggezza

Relationships with technology.

Since today's children use technology as an integral part of daily life, they can be great teachers for older adults who are still trying to get used to the idea and learn how **tech-tools** work. Vice versa, ageing adults can **offer an important insight** for youth

about how fun does not have to **rely on** screens and devices.

Of course, regular intergenerational connections can also help to strengthen community **ties**. Integration, rather than separation, helps to make the most of our resources, so people of all ages can benefit.

1. Are Tucker and William relatives?
2. Why did Tucker like to visit William at the beginning of their relationship?
3. What do children bring to older adults?
4. What do older adults bring to children?
5. What gives older adults a new sense of purpose?
6. How can children help older adults with technology?
7. How can older adults be beneficial to children as far as technology is concerned?
8. Is this kind of relationship beneficial for the whole community?