

# Intergenerational Bridge Building: Community Connection Activities

## Project Overview (10 minutes)

This activity sheet is part of a 10-week program connecting students with elderly community members. Before starting, discuss:

1. What do you know about the lives of elderly people in your community?
2. How often do you interact with people from different generations?
3. What skills or stories do you think older people could share with us?

## Empathy Mapping Exercise (20 minutes)

### Group Task: Understanding Our Elderly Community

In your groups, complete the following empathy map:

THINKS	FEELS
SAYS	DOES

## Planning Our First Visit (25 minutes)

Work with your group to plan activities for our first community visit:

## Activity Planning Template:

### 1. Introduction Activity:

What games or icebreakers could help us get to know each other?

### 2. Story Collection:

What questions would you like to ask about their life experiences?

### 3. Skill Sharing:

What traditional skills would you like to learn? (cooking, crafts, gardening)

## Cultural Documentation Planning (20 minutes)

Design your approach for recording and preserving stories and traditions:

### Documentation Methods:

Type of Content	How to Record	Equipment Needed
Stories & Memories		
Traditional Recipes		
Crafts & Skills		

## Creative Connection Ideas (15 minutes)

Brainstorm ideas for maintaining connections between visits:

### 1. Holiday Celebrations:

How can we include our elderly friends in holiday celebrations?

### 2. Regular Communication:

What types of messages or artwork could we send regularly?

### 3. Special Events:

What community events could we organize together?

## Project Impact Assessment (10 minutes)

How will we know our project is successful? Complete the following:

Success Indicators:

1. What changes do we hope to see in our elderly friends?
2. How will we measure the impact of our visits?
3. What feedback should we collect?

## Digital Storytelling Project (30 minutes)

Plan how to create digital stories from your intergenerational experiences:

### Story Elements Checklist

Element	Ideas & Notes	Resources Needed
Photographs		
Audio Recordings		
Video Clips		

## Historical Timeline Creation (25 minutes)

Create a visual timeline comparing different generations:

Decade	Major Events	Daily Life	Technology
1950s			
1970s			
1990s			
2020s			

## Skills Exchange Workshop Planning (40 minutes)

### Workshop Series Overview

Week	Traditional Skill	Modern Skill Exchange
Week 1		
Week 2		
Week 3		

### Workshop Requirements:

- Materials needed:
- Space setup:
- Safety considerations:
- Documentation method:

## Community Celebration Event Planning (30 minutes)

### End-of-Project Celebration

#### 1. Event Format:

What type of celebration would best showcase our project?

#### 2. Presentations:

How will we share our stories and learning?

#### 3. Exhibition:

What artifacts and documentation should we display?

### Personal Growth Journal

1. What surprised you most about working with elderly community members?

2. How has this experience changed your view of different generations?

3. What are the most valuable lessons you've learned?

4. How might this experience influence your future actions?

### Sustainability Planning

Initiative Type	Description	Resources Needed
Regular Activities		
Special Events		
Community Projects		

## Final Reflection and Next Steps (15 minutes)

### Personal Growth Reflection:

1. What have you learned about yourself through this project?
2. How has your perspective on elderly people changed?
3. What skills have you developed?

## Project Continuation Plan

Outline your commitments for maintaining these valuable connections:

Time Frame	Action Items
Next Month	
Next Term	
Next Year	