

# Ideas for Intergenerational Activities



## Music Sharing

Swap favorite songs, artists, or genres. Use whatever you have—Spotify, YouTube, a turntable, or an old CD player—to listen together. Look up lyrics and sing along (you may discover you've been singing the wrong words for years!). When an adult can't recall a song title but instantly remembers every word once it plays, kids are always amazed. Talk about the memories each song brings up.



## Storytelling & Reminiscing

Invite children to ask older adults questions about their past—favorite vacations, holidays, summers, or traditions. Kids can write down the stories in a journal or draw a picture of the memory. Adults can ask follow-up questions that encourage kids to describe colors, seasons, and details to bring their stories to life.



## Cook a Meal Together

Choose a family recipe and make it side-by-side. Kids can copy down the recipe, learn measurements, discover new ingredients, and maybe uncover the family's "secret ingredient." Cooking together invites conversation, teaches life skills, and creates delicious memories.



## Show & Tell Across Generations

Have children show their creative projects or hobbies and open a conversation around them. Adults can share their own long-time interests—past or present. Take turns teaching each other something new.





## Visit the Library Together

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Plan a trip to the library to explore books about shared interests—gardening, woodworking, birdwatching, starting seeds indoors, or anything that sparks curiosity. Pick out books to read together or browse topics you want to learn more about.



## Volunteer as a Team

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If an adult volunteers somewhere, see if the child can join in. Or choose a new volunteer opportunity together. Even small acts—like helping an elderly neighbor rake leaves or shovel snow—can teach responsibility and empathy. Older kids can brainstorm ways they think they could be helpful.



## Nature Walk Adventures

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Take a walk and notice birds, plants, rocks, and the world around you. Collect rocks (if allowed) to paint later. Identify plants or leaves using your phone's camera or an app. Listen for bird calls and use the free MERLIN app to discover the species. Press leaves in wax paper or gather pine cones for a bird-feeder craft. Evening walks can turn into simple stargazing sessions—a wonderful bonding experience.



## Explore the Family Tree

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For older children, researching family history together can be both meaningful and educational. It opens the door to discussing family stories, historical events, and the experiences of past generations.



## Adopt a Senior

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Reach out to a local senior center or assisted living facility to see if anyone could use a small gift basket or friendly visit. Some centers even welcome interviews—kids can ask fun, thoughtful questions, then bring back a drawing or a short write-up about what they learned. This can be done individually or with a homeschool group.

