

Kindness Challenge

FOR GRAND-PARENTS OR OTHER OLDER PEOPLE IN YOUR LIFE

As a grand-child, what can you do to make the older people in your life feel valued, loved, and heard?

Ask your grand-parent to tell you a story from their childhood.
Listen and ask questions.

Ask them to teach you a skill that you are interested in learning
from them.

Bake cookies for them and invite them over for a tea party.

Call them and chat. Prepare a list of interesting questions. Let
them know that you love them.

Ask them to read you a story. Let them know you are grateful.

Make a list of 10 reasons why they are amazing. Share it with
them.

Do some housework for them.

Find out what it is they would love to do and help make it
happen.

Send them a heartfelt letter.

Cook a meal for them.

Visit them!