



ACTIVITY SHEETS

Seniors week

Acrostic poem instructions

- Students to choose an older adult in their life - this could be a grandparent, neighbour or family friend.
- Assist students to write the name of their older adult going down the page, with each letter having its own line.
- Help students to think of positive adjectives to describe their older adult. Example below can be shown to students to give some inspiration.
- If students feel comfortable encourage them to share their responses with the class.
- Encourage students to share their responses with the older adult they have chosen.

Thank you bingo instructions

- Designed to educate students on the all the ways they can spend meaningful time with the older adults in their lives.
- Print out a copy per student as specify how long they can take to complete the card (doesn't have to be restricted to Seniors Week).

Say thank you instructions

- Students to choose an older adult in their life - this could be a grandparent, neighbour or family friend.
- Ask students to reflect and think about what this person means to them and how they can say thank you.
- Guide students to answer the prompt questions. If students feel comfortable encourage them to share their responses with the class.
- Encourage students to share their responses with the older adult they have chosen.

Thank you acrostic poem

Choose an older adult you admire or are close to and think of some positive words to describe them. Write each letter of their name in the square on the left hand side, and then write a positive word that starts with that letter in the line next to the box.

K	ind
A	wesome
T	alented
E	nergetic

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As seen in the example, the name is written down the side of the lines. Next to each letter students should write an adjective about their older adult.

I just wanted to say...

Thank you, Nan Write their name

My favourite thing about you is your yummy cooking!

You help me by sitting with me when my homework is tricky

I want to say thank you by helping mum cook you dinner

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As seen in the example students reflect on their older adult and answer the question prompts.

Thank you acrostic poem

Choose an older adults you admire or are close to and think of some positive words to describe them. Write each letter of their name in the square on the left hand side, and then write a positive word that starts with that letter in the line next to the box.

<input type="text"/>	_____
<input type="text"/>	_____
<input type="text"/>	_____
<input type="text"/>	_____
<input type="text"/>	_____
<input type="text"/>	_____
<input type="text"/>	_____
<input type="text"/>	_____

I just wanted to say...

Thank you, _____
Write their name

My favourite thing about you is _____

You help me by _____

I want to say thank you by _____

SENIORS WEEK BINGO

Use the Act Belong Commit principles to complete as many of these activities as possible with or for an older adult - could be a grandparent, neighbour or family friend!

Write a thank you note

Set a goal to achieve together

Help with household chores

Watch a movie together

Go on a walk together

Play a board game

Read a book together

Help out in the garden

Learn about their family history

Talk to each other about your hobbies

Call them for a chat

Do a puzzle together

Try something new together

Ask them to teach you a new skill

Catch and throw a ball together

Help them learn technology