



Activity ideas to connect people of all ages and stages in life. To enjoy spending time together, learn, share skills and knowledge and have fun!

▶ **Virtual Get Together:** host a [virtual get together](#) on the big screen using zoom/ Microsoft teams – talk, sing, enjoy arts & crafts, make [fruit skewers](#), smoothies and dips, decorate cupcakes etc.



▶ **'Spring into Summer':** enjoy activities together in the great outdoors – good for health and wellbeing. You can download the ['Spring into Summer'](#) ideas from our website resources section.

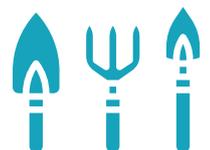


▶ **'Pots of Kindness':** plant up to share – flower and vegetable seeds, herbs. Paint and decorate your pots with stickers, ribbon and attach little cards and notes of kindness and art to share with others. Download the ['growing pots of kindness'](#) resource from our website resources section.



Start a sunflower growing competition between settings.

Plant & Share by celebrating growing your own food and friendships in your community. There's more information on the [Food for Life Get Togethers](#) website.



PLANT & SHARE MONTH

20 April - 20 May 2022





WHY NOT TRY THIS?...

- ▶ **Postbox of kindness:** set up to collect letters, postcards and art cards. Spread some joy and positive messages by delivering to elders in care homes and other settings.

Check out the [kindness postbox](#) website for their amazing resources and inspiration and their [Facebook page](#).



- ▶ **Create a personal music playlist:** check out '[Playlist for Life](#)' - a music and dementia charity. Music is a great way to connect people no matter their age, stage or ability! [Sign up to their network](#) - to receive a free starter pack of printed materials. resource page.



- ▶ **Lockdown activity pack:** check out the [resources pack](#) with a variety of ideas to connect people of all ages.

- ▶ **Have a Garden Party:** arrange a visit to sing/ enjoy activities and food outside with residents of your local care home, sheltered accommodation.



- ▶ **'Show & Tell Session':** find out a little about each other by sharing your most treasured item with others and explain it's significance to you.



- ▶ **Easter activities:** make bonnets & baskets, decorate your own easter wishing tree with positive messages as decorations. Design an [Intergenerational Easter egg](#) to share. Exchange cards, letters, art, and have an Easter egg hunt/picnic.



- ▶ **Design a tile:** Linking Generations NI have been invited by [The Beth Johnson Foundation](#) to design 2 ceramic tiles which will form part of a mosaic to be displayed at their office to celebrate their 50th Anniversary. See [flyer](#) for more information.





Global Intergenerational Week links:

[Register your support](#)

[Supporters' Pack](#)

[Social Media resources](#)



LGNI links:

[Sign up to your local network](#)

[LGNI News](#)

[Food for Life Get Togethers](#)

[Global Intergenerational Week Events](#)



**LGNI Network
[sign up here](#)**



**why not change
your profile pic
to your favourite
intergenerational
picture?**



**Linking Generations
Northern Ireland**

#IntergenerationalWeek



**Please remember
to share your
activities on social
media & don't
forget to tag us
@LinkGenNI**

