



Make and send a happy card to a senior friend.

Art by Aimée, age 12, Canada



Get Inspired

Quote

"Be kind whenever possible. It is always possible."

Dalai Lama

Fact

Socially connected senior citizens are happier and healthier than their more isolated counterparts.



Shake It Up

Do 10 "Windmills" with a smile on your face.

"I am connected!"



Talk It Out

1. What is a senior friend?
2. Do you have a grandparent or great grandparent still living? If so, do you get to spend time with her/him? How does that make you feel?
3. What are some happy wishes we could send to our senior friends?
4. What are some happy pictures we could draw for them?



Do It!

1. Choose one senior friend that you'd like to honor.
2. Make a happy card to send to that senior friend.
3. Share your final project with your classmates.
4. Have your teacher help mail or deliver the happy card.

Make and send a happy card to a senior friend.

SEL Competencies

Social Awareness

Empathy
Respect for Others

Relationship Skills

Communication
Social Engagement
Relationship Building

Responsible Decision-Making

Reflecting
Ethical Responsibility

Self-Awareness

Identifying Emotions

Timeframe

15 – 30 min

Materials Required

Construction paper
Crayons, markers,
colored pencils
Envelopes, stamps



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Quote

Invite a student to read the quote.

Fact

Socially connected senior citizens are happier and healthier than their more isolated counterparts.

[Source:](#) Seniors Housing and Care Journal



Shake It Up

Get your students moving. Invite them to do the following activity:

“Windmills”

1. Arms out
2. Feet apart
3. Touch opposite foot

Repeat on both sides 5–10 times. When finished invite the students to say, “I am connected!”



Talk It Out

Encourage your students to reflect on the provided questions.

1. What is a senior friend? (This can be any elder: a grandparent, great grandparent, family friend, neighbor, former teacher or other senior family member.)
2. Do you have a grandparent or great grandparent still living? If so, do you get to spend time with her/him? How does that make you feel?
3. What are some happy wishes we could send to our senior friends? What are some happy pictures we could draw for them?
4. Record and display the students' answers and then give the instructions below.



Do It! (as a class)

1. Have students choose one senior friend that they'd like to honor.
2. Using materials they have in the classroom, invite them to make a happy card to send to that senior friend.
3. Have students share their final project in the classroom.
4. Help mail or deliver the happy card.