



mindful littles

planting seeds of compassion

## Resource Guide for Parents: *Connecting Littles and Seniors*

**“WE DON’T STOP  
PLAYING BECAUSE  
WE GROW OLD.  
WE GROW OLD  
BECAUSE WE STOP  
PLAYING.”**

~ George Bernard Shaw

### ACTIVITY IDEAS

There are countless ways to create connections between littles and seniors. Children can interact with their older relatives such as grandparents, or family friends, or even elders in your neighborhood. Below are some ideas of activities for littles and seniors to get to know each other better:

- Become pen pals
- Celebrate birthdays by making a card or giving flowers
- Look through family photos
- Cook or bake a favorite family recipe
- Play cards or board games
- Read to each other
- Plant a garden
- Go on an outing or take a walk
- Share personal stories, and chat about your day
- Work on an arts and crafts project

### INTERESTED IN LOCAL OPPORTUNITIES TO SOCIALIZE WITH SENIORS?

Mindful Littles is actively working on partnership programs in the East Bay so that littles and seniors can have more social interactions. If you are interested in learning more, email us at: [info@mindfullittles.org](mailto:info@mindfullittles.org) and we will add you to the mailing list for our seniors program.

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*"Aging is not lost youth*

*but a new stage of opportunity and strength."*

*~ Betty Friedan (1921-2006)*

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## TALKING TO OUR LITTLES

Having open discussions with our littles about seniors and aging is a valuable way to teach them about compassion. Here's a few ways to start conversations with your littles:

- Share your own life experiences with seniors or elderly with any vivid stories.
- Seniors can seem a little "different" to littles- sometimes they are slower to walk or can't hear as well. Acknowledge these differences and then share what littles can learn from seniors.
- Talk about the different ways seniors can teach us about life- stories about life back in the day, family traditions, new skills, games, life lessons or more.
- Ask your littles if they have ever felt sad or lonely. Share your own experiences with these emotions. Discuss what makes you feel better and how kindness to others can help.

## PICTURE BOOKS ABOUT SENIORS & AGING

Source: <http://www.doinggoodtogether.org/bhf-book-lists/picture-books-about-aging>

- Wilfrid Gordon McDonald Partridge by Mem Fox
- Effie's Image by N. L. Sharp
- Grandmothers' Stories: Wise Woman Tales from Many Cultures by Burleigh Muten
- Dream: A Tale of Wonder, Wisdom & Wishes by Susan V. Bosak
- Sunshine Home by Eve Bunting
- Someone for Mr. Sussman by Patricia Polacco
- Mr. George Baker by Amy Hest
- Miss Tizzy by Libba Moore Gray
- The Old Woman Who Named Things by Cynthia Rylant
- The Old Woman Who Loved to Read by John Winch
- The Patchwork Quilt by Valerie Flournoy
- Sitti's Secret by Naomi Shihab Nye, illustrated by Nancy Carpenter
- You Most Certainly Can! by James Mathews and Ella Mathews, illustrated by Ella Mathews (Amazon Digital Services, Inc, 2012). Kindle edition"