Wider Achievement Betha Park School Training Plan

Over six weeks we would look at:

1) What is intergenerational learning?

In the first week we would introduce the concept of intergenerational learning by watching a video, do a fun, activity.

2) Exploring stereotypes

We would explore the concept of stereotypes, by watching a video and doing another activity.

3) How can I keep my brain healthy

This session will explore the concept of keeping our body and brain healthy and will provide you with opportunities to think about and experience different types of cognitive loss.

4) Getting to know older adults

This session we would think about the benefits of intergenerational interactions may have on you and the older adults.

5) Planning a project

This session will explore how to identify and create an intergenerational project idea that you could work on together. A variety of projects can be intergenerational, may surprise you and could involve activities such as: dance, theatre, art, cooking sewing crochet, knitting, singing, sports (such as tennis, football, etc), bicycle maintenance, bee keeping, chess, painting, gardening, film making, photography - there are so many more to explore!

6) Measuring the impact

In this session we would look at the importance to capture the impact of bringing together younger and older people and the difference it makes

7) to 18) Running their intergenerational project idea!