



Live well together

Activities for health and happiness across generations

Introduction

Welcome to your new health and well-being activity toolkit for children and adults to enjoy learning and living well together!

It's based on research and the [Take Five to Age Well pledge](#), which offers five steps to boost your health and wellbeing. Take Five to Age Well: Empowering the UK towards longer, healthier lives | Faculty of Wellbeing, Education and Language Studies (open.ac.uk) and there are five types of activity – eat, drink, move, engage and connect, and think.

This toolkit is designed to be “intergenerational”. This means it is for different age groups to have fun and learn together. It's good for:

- Boosting mental health and wellbeing
- Promoting knowledge and skill sharing
- Reducing feelings of isolation
- Building understanding and respect between different age groups
- Supporting a sense of purpose and belonging
- Strengthening your relationships

People are different and have different needs. This guide provides general information and is not medical advice. Before making any changes to your diet, water intake or exercise routine please speak to your GP or healthcare provider. To read more about this, click [here](#).



How to use this toolkit

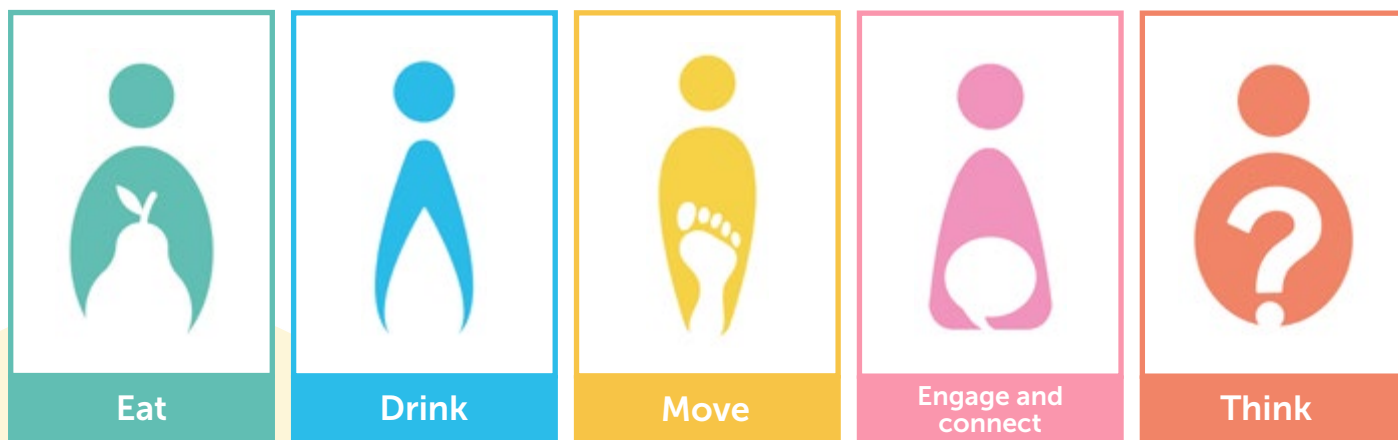
When we build new habits together, we are more likely to stick to them. This toolkit provides lots of activities and challenges designed to help everyone make small changes together that make a big difference and help us all become healthier and happier.



The most important thing is to enjoy choosing activities and challenges to do together, talking about which things you want to try and giving them a go!

What did you like most about the activity? What would you change? How can you build small changes and activities into your everyday lives?

Each activity shows you which of the five areas of aging well it covers. If you keep track, you can see where you are doing well and where you want to do better. Everyone can give themselves a daily or weekly score out of five for each of the areas and this will be your Take Five Score! There is a score card at the end of the toolkit to help you keep track.



Menu



Menu

Click on the buttons below to go to each activity.

Story den

Fun snack face

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Fun facts trail

Seek and Find

Caterpillar Hydration
Station

Rainbow food
challenge

Simon says

Instant Art

Conversation Cafe

Storytime exchange

Family clapping game

Family box-fill
challenge

Colour my
emotions

Building a
bird feeder





Make a story den

3-7 years and adults of any age. Older age groups can sit together to read or share a story online

Experience:

Sharing a story together in a fun way can bring everyone together to learn and communicate.

Pitch a tent or create a makeshift shelter using blankets and chairs inside or outside. Make it cosy with pillows, sleeping bags, and blankets. Prepare simple, low-cost snacks like popcorn, fruit slices, or crackers and dip. Enjoy these snacks together while sharing stories and laughs.

Use a flashlight. Take turns telling stories, whether they're spooky tales, funny stories, childhood fairy tales or an adventure from your imagination!



Did you know?

Young children who participated in intergenerational activities found it helps their learning and develops their coordination and motor skills. ([Eisner Foundation/Generations United](#))



Make a fun snack face

3-12 years and adults of any age.

Experience:

Creating a healthy snack together is always fun, but who can make the funniest food? This activity is perfect for the whole family and supports both hydration and nutrition. Get everyone involved - children, parents, and grandparents - and turn the kitchen into a place of laughter and creativity.

Step 1: Gather ingredients

For the funny face snacks, you'll need:

- Whole grain crackers or rice cakes (as the face base)
- Soft cheese or hummus (to help things to stick)
- A variety of colourful fruits and vegetables (like blueberries, strawberries, grapes, bell peppers, carrots, and cucumbers)
- Cheese slices (optional for extra features).

Step 2: Prep together

This is where the fun happens, and everyone can join in:

Children: They can help wash the fruit and vegetables. They can also pick out their favourite ingredients to use for their funny faces. It's a great way for them to explore different textures and colours.

Adults: You can slice the fruit, vegetables, and cheese into different shapes, like slicing cucumbers into round eyes, carrots into triangle noses, and strawberries into big, silly mouths. Share stories about your favourite snacks growing up or maybe even a funny face you made as a child.

Step 3: Together, create the funny faces!

- Start with a cracker or rice cake as the base.
- Spread a thin layer of soft cheese or hummus on top to act as 'glue'.
- Use the fruits, veggies, and cheese to create funny faces. Blueberries can be eyes, strawberry slices can be mouths, and bell peppers can make great hair or moustaches.
- Encourage everyone to get as silly as possible. Maybe one face has big, goofy ears made of cucumber slices, and another has a carrot nose that's way too big. The more imaginative, the better!

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Make a fun snack face

3-12 years and any age adults.

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Step 4: Share and enjoy

Once all the faces are made, sit down and enjoy your creations. Talk about how each ingredient helps to keep us healthy.

- Fruit and vegetables are full of water to keep us hydrated and packed with essential vitamins and minerals.
- Whole grains provide energy and fibre to keep us full and satisfied.
- Soft cheese or hummus adds protein and healthy fat for growing bodies and active minds.



Bonus activity – Funny face photos

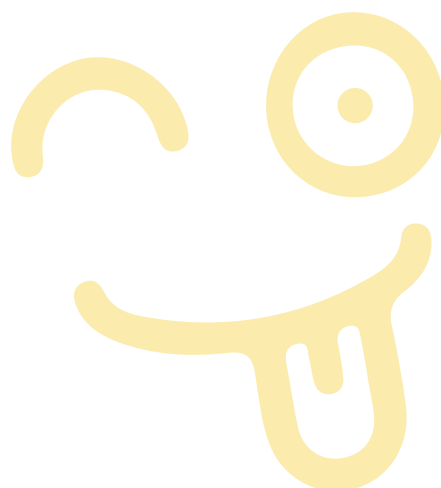
Before you eat your funny face snacks, take some photos. Start a family album or a digital collection of your creations. Each time you make new ones, you can add to it and see how your artistic skills improve.

Making these funny face snacks supports your hydration and nutrition and brings everyone together. It's a delicious way to create lasting memories and healthy habits across generations. So, get your funny faces on and enjoy every bite!



Did you know?

“Older adults are exceptionally suited to meet young children’s needs because they welcome meaningful, productive activity and engagement. They seek and need purpose in their lives, which these intergenerational interactions provide” ([Stanford Centre on Longevity](#))



Menu





Nature treasure hunt

All ages.

Experience:

Going on a nature treasure hunt is a good way to enjoy the great outdoors and have fun exploring together. It's an adventure!

Step 1: Prepare the nature treasure hunt list

First, create a list of items to find. Here are some ideas to get you started:

- A smooth rock
- A pinecone
- A feather
- A flower (any colour)
- A leaf with an interesting shape
- Something red
- Something that makes a noise when you shake it
- A piece of litter to pick up and dispose of properly.

Step 2: Gather supplies

Before heading out, make sure you have:

- A bag or basket to collect your treasures
- A notepad and pencil for everyone to check off items and make notes
- Water bottles to stay hydrated
- Sunscreen and hats if it's sunny
- A camera or smartphone to take pictures of items that shouldn't be picked up, like insects or flowers in a garden.
- Tissues for sticky or muddy fingers, hands and noses.

Step 3: Head outside together

Now, go outside! This could be in your backyard, a local park, or a nearby nature trail. Everyone can participate.

Adults should guide the search, help with the things that are difficult to reach, ask questions about the things you see, and share interesting facts. Share stories about your own nature adventures as a child – where did you use to go or where did you want to go?

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Nature treasure hunt

All ages.

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Step 4: Hunt and discover

As you search for items on the list, make a point to enjoy the journey. Here are some tips to enhance the experience.

- Take your time and observe. Look under rocks, in trees, and along paths
- Encourage everyone to use all their senses. Feel the textures, listen to the sounds, and smell the flowers
- Take photos of the things you find, especially if they are things you can't or shouldn't pick up

Step 5: Share and reflect

Once you've found as much as you can, gather together to share your discoveries.

- Lay out all the collected items and discuss what each one is and why it's interesting.
- Share any stories or fun facts learned during the hunt.

Reflect on what you saw, heard, and felt during the adventure. What was the most surprising find? Which part of nature did everyone enjoy the most?



Bonus activity – Create a nature journal

Why not turn your discoveries into a keepsake together?

Include:

- Drawings or photos of the items found
- Descriptions and any interesting facts
- Personal reflections on the experience.

Creating a nature journal not only captures the memories but also encourages continuous learning and appreciation of the natural world.

A nature hunt is more than just a fun activity; it's an opportunity to connect with each other and the environment around us. It's a fantastic way to stay active, hydrated, and engaged, while making memories that will last a lifetime. So, get your shoes on, grab your nature hunt list, and head outside for an adventure that everyone in the family will enjoy!



Fun facts trail

7 and above, this could be adapted for younger ages.



Experience:

A fun facts trail is a fantastic way to enjoy the outdoors, learn something new, and bond across generations. Get everyone together for a stroll filled with discovery and delightful facts.

Step 1: Prepare your fun facts

Before heading out, gather some interesting facts. Here are a few to start with.

- Did you know that a group of flamingos is called a “flamboyance”?
- Oak trees don’t produce acorns until they are about 50 years old.
- Honey never spoils. Archaeologists have found pots of honey in ancient Egyptian tombs that are over 3,000 years old and still edible.
- A single strand of spider silk is thinner than a human hair but five times stronger than steel of the same diameter.
- Some species of bamboo can grow up to 35 inches in a single day.

Step 2: Gather everything you need

Make sure you have:

- Printed or written fun facts to place along your trail
- A small backpack to carry essentials
- Water bottles to stay hydrated
- Comfortable shoes for walking
- A map or plan of your trail if needed
- Tissues for sticky or muddy hands, faces and noses

Step 3: Set up the trail

Choose a suitable location for your fun facts trail. This could be in your garden, a local park, or a nature trail. As you set up, place the fun facts at various points along the trail. Attach them to trees, benches, or stakes in the ground. Space them out so there’s a bit of walking between each one, encouraging exploration and anticipation.

Step 4: Walk the trail together

Now it’s time for the fun part! Head out with the whole family.

- Children will love running ahead to find the next fact. Encourage them to guess what the fact might be before they read it.
- Adults should help guide the group and add extra context or information to the fun facts. Share any related knowledge you have. Share your own stories, memories and experiences related to the fun facts. It will make the trail even more fun and memorable.

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Fun facts trail

7 and above, this could be adapted for the younger ages.

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Step 5: Discover and learn

As you walk the trail and find each fun fact:

- Take a moment to read each fact aloud and discuss it
- Encourage everyone to share their thoughts and reactions. Which fact surprised them the most? Which one did they find the most interesting?
- Take breaks to appreciate the scenery, play games and enjoy the outdoors.



Bonus activity – Create your own fun facts

At the end of the trail, why not create your own family fun facts? Each family member can share something interesting they know. Write them down and add them to your trail for the next time or create a fun facts booklet for the family to keep.

Bonus activity – Make a fun facts scrapbook

Turn this adventure into a keepsake by creating a scrapbook together.

- Include photos from the trail, the fun facts you discovered, and personal reflections from each family member.
- Decorate the pages with drawings, leaves, or other natural items collected during your walk.

A Fun Facts Trail is not just an engaging way to get some exercise and fresh air; it's a wonderful opportunity to learn and connect with each other. This shared experience will create lasting memories and a greater appreciation for the world around us. So, get your shoes on, grab your fun facts, and set off on your adventure full of discovery and delight!



Menu





Seek and Find

All ages

Experience:

A game of seek and find is an exciting activity that can be done in person as a group, or online when you and the children in your life do not live together.

To set up, one person (the organiser) creates a list of items or tasks that participants need to find or complete within their homes. Either together in real life or during a video call, the organiser announces each item or task one by one, giving everyone a set amount of time to find the item or perform the task and bring it back to the group to talk about.

Items can range from simple household objects, like 'something red' or 'a family photo', to more personalised and creative prompts, like 'an item that reminds you of a special memory' or 'a book that you love'.

This activity creates teamwork, laughter, and interaction across generations, making it a memorable and enjoyable experience for the whole family.



Did you know?

"When young learners interact with older people, their literacy skills increase, and they develop important social and emotional learning competencies like social awareness and empathy. These relationships can even prove crucial for kids in at-risk populations, providing the difference between success and failure" ([Centre on the Developing Child, Harvard University](#))



Menu





Caterpillar Hydration Station

7 and under

Up to 60% of the human body is made up of water. Hydration is the process of replacing the water we've lost. Drinking water is one of the cheapest and best things you can do to improve your health and wellbeing.

Fun facts on the benefits of hydration

- Boosts Brain Power
- Aids Digestion
- Energises Muscles
- Improves Skin Health
- Regulates Body Temperature
- Flushes Toxins
- Supports Joint Health
- Boosts Immunity
- Promotes Weight Loss
- Enhances Mood

Caterpillar Hydration Station is a simple craft activity that shows how water can help make things more energetic and colourful.

You will need some kitchen towel, some coloured felt-tip pens and some water.

Step 1: Take a square of kitchen towel. Fold it into quarters and use the pens to make colourful rainbow lines on one side.

Step 2: Roll the kitchen towel tightly around one of the pens to make your caterpillar with the rainbow lines on the inside and the blank side on the outside.

Step 3: Remove the pen and scrunch up the caterpillar roll in your hand to make it tighter. Put it into a dry dish or saucer. Make a few caterpillars, using different designs with the coloured pens.

Step 4: Slowly add some drops of water to the caterpillars and watch them wriggle and come to life with colour as the paper absorbs the water.

Watch a quick [video](#) to show you how to make your caterpillars.



Rainbow food challenge

7 and above, younger children can get involved too but please see the disclaimer

Draw a rainbow and, during the week, try to eat food of each colour.

Why don't you start with your favourite colour?

Make it into a family competition; whoever completes their 'food rainbow' first wins!

Talk about the different food you ate, its taste and health benefits. What were your favourite and least favourite choices?

Next week, try to choose a different fruit or vegetable at least one colour. Could you challenge yourself to try your least favourite again?



Did you know?

Children often need to try a new food 12-15 times before they start to accept and like it. The more times you try something, the more likely you are to like it! If they do not want to try something new today, perhaps they could touch it, smell it, lick it or take a bite and see how it feels in their mouth. It is okay to spit it out. Can you try it with them? Children are more likely to try new types of food if they have seen someone else eating them too.



Menu





Simon says

Appropriate for all ages

Think about who is playing and what they can do and come up with commands that everyone can do, older and younger. For example:

- “Simon says touch your toes.”
- “Simon says clap your hands three times.”
- “Simon says take three steps backward.”
- “Simon says wiggle your fingers.”
- “Simon says pretend to be a bird and flap your wings.”
- “Simon says show your best dance move.”

This can also be done online on a video call if you don't live together.



Instant Art

All ages

Create instant artwork using materials found in nature, enjoying your Instant Art masterpiece in the moment.

If you don't live together, you can do this separately and send each other pictures and videos of what you made.

Go outside and find leaves, flowers, sticks, rocks and other natural things you like. If you are together, arrange the natural materials on some paper or an outdoor space, making patterns, shapes or scenes. If you don't live together, agree a theme or inspiration to go off and create your masterpiece separately

Everyone has freedom to experiment and create. Rearrange the materials as many times as you like and if you are together, discuss your choices and why it looks good to you.

Take photos of your instant art to preserve the beauty and the memory and then leave it outside to be blown away by nature.



Conversation cafe

12 and above

Use conversation prompts to talk about life in ways that teach the younger family member about adult life and lets the older family member think back about what they want to teach about life.

Don't forget this can be combined with a walk outside or with a healthy picnic!

Example prompts

- How has technology changed your daily life since you were younger?
- What advice would you give your younger self based on what you know now?
- Share a significant event from your youth that shaped who you are today.
- Discuss a hobby or interest that has evolved over the years.

Have you ever...?

[continued on next page...](#)

Life experiences



Have you ever travelled to a country where you didn't speak the language? How did you manage?

Have you ever met someone famous or admired? What was your impression?

Have you ever lived in a different city or country? What was it like and how is it different to where you live now?

Career and work



Have you ever changed careers or job? What made you make the change?

What was the best part of a job you had? Why did you like it?

Have you ever had a job that taught you a valuable life lesson? What was it?

Technology and communication



Have you ever learned to use a new technology later in life? What was challenging about it?

Out of all the new technology you've seen, what made you most excited or the most worried? Why?

Have you ever had a pen pal or exchanged letters with someone from another country? What was that experience like?

Family and relationships



Have you ever traced your family tree or researched your ancestry? What did you find out?

Out of everyone you've met or been friends with, who was the most fun or the most important? How did you meet?

If your family member told you they were finding it hard to meet people, what would your advice be?



Conversation cafe

12 and above

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Hobbies and interests



Have you ever tried a new hobby or activity and been surprised by how much you enjoyed it?

Have you ever attended a concert, play, or sports event that really sticks out in your mind? What made it so memorable for you?

Personal growth and challenges



What advice do you have for overcoming big setbacks?

When have you felt like you really couldn't handle a situation but ended up handling it well? What do you think made it go better than you expected?

Community and service



Have you ever volunteered for a cause or organization that you're passionate about? What motivated you to get involved?

Have you been to a community event like a fete or BBQ that you really loved and felt connected to? What made it so fun?



Storytime exchange



Appropriate for all ages

Both of you write a short story based on a common theme or prompt. It could be about a shared memory, a fairy tale or an inspirational story. Based on the story, draw or make a response, like a painting, or make a collage.

Show each other what you made and tell each other why you made it the way you did. Talk about what you like about the theme or prompt.

Family clapping game



All ages

Work together to create a symphony of sound from simple rhythms using just your hands.

- One participant starts by clapping a simple rhythm with their hands.
- The next participant repeats the first rhythm and adds their own.
- Continue around the group, with each participant adding a new rhythmic pattern to the sequence.
- To make it more challenging, increase the tempo or vary the complexity of the rhythms.



Family box-fill challenge

7 and above and adults of any age

This activity is designed to help you connect and learn more about each other and there are a few different ways of playing.

You can have a longer session together working through as many as you'd like or you can ask one at a time and make it a weekly way of taking time to connect and learn more about each other.

You also can make it a weekly community challenge to learn more about other people where everyone playing tries to find a new person for each category.

Knows how to play a musical instrument.

Can share a childhood memory from a significant historical event (such as the moon landing, fall of the Berlin Wall).

Has a favourite book or movie from a different generation than yours.

Has a collection of something unique or interesting (such as comics, stamps, shells).

Can teach you a family recipe or cooking technique.

Can describe what life was like before smartphones or the internet.

Has travelled to at least three continents.

Knows how to dance a specific dance style (such as salsa, bhangra, jive, breakdancing).

Has a skill or hobby that they have practiced for more than 20 years.

Can share a piece of wisdom or advice they received from their grandparents.

At the end of the week, share how many people you connected with and the age range of participants



Colour my emotions

7 and above, younger children may need some support with vocabulary

'Below is a list a colours and each colour represents an emotion. Come together and take turns to choose a colour and tell each other about a situation or experience that has made you feel that emotion and why.

This activity is a great way to share stories about things that make you feel good or talk through difficult emotions or experiences and how you might handle them together in the future.

ORANGE

Mention something that you are grateful for

RED

Mention something that makes you feel angry

BLUE

Mention something that makes you feel sad

PURPLE

Mention something that makes you feel calm

PINK

Mention something that makes you feel embarrassed

GREEN

Mention something that makes you feel jealous

YELLOW

Mention something that makes you feel happy

DARK BLUE

Mention something that makes you feel proud





Building a bird feeder

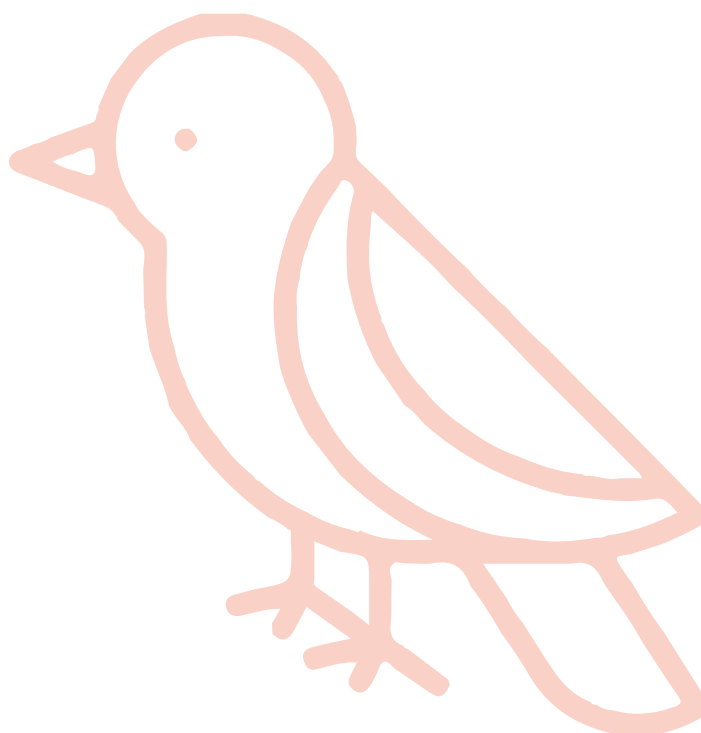
All ages

Making bird feeders can get you moving outside problem-solving together and there are different ways you can make something special together.

Go for a walk and collect pine cones. Spread peanut butter on them and roll them in bird seed until they are well-coated and then hang on a string outside. Alternatively, use recycled materials like plastic bottles or milk cartons cut and filled with bird seed, with a perch attached.

Once the feeders are ready, take everyone outside to a good spot with trees or a quiet place the birds are likely to visit. Hang the bird feeders securely in visible spots, making sure they are at a height that is safe and accessible for everyone.

Sit together and watch the bird feeders. Count how many birds visit, how many types of birds there are, any facts, stories or rhymes you know about them or choose a favourite bird to look out.



Disclaimer

The information provided on hydration and nutrition is for general informational purposes only and is not intended as medical advice. While we strive to provide accurate and up-to-date information, the content may not be applicable to individual circumstances and should not be relied upon as a substitute for professional medical advice, diagnosis, or treatment. If you think you may be suffering from any medical condition, you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of the information in this document.






Always consult with a healthcare provider or registered dietitian before making any changes to your diet, hydration, or exercise routine. Individual hydration and nutritional needs can vary based on factors such as age, gender, health status, and activity level.

Annex

Your Take Five score!

Date:

Give yourself a daily or weekly score out of five for each of the areas and this will be your Take Five Score! If you keep track, you can see where you are doing well and where you would like to do better.

				
Eat	Drink	Move	Engage and connect	Think
/5	/5	/5	/5	/5

Acknowledgements

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We would be very grateful to get your feedback on how this toolkit has worked for you.

Please scan the QR code below to complete a survey on your experience.

