

Level One

Have a Grand-buddy



Whether you are a parent who wants your child to be more involved with their community, a young adult who wants something important to do or a senior who wants to help and get to know future generations; this is a way for two generations to get to know each other and develop a unique friendship that is fulfilling and fun. Developing a grand-buddy relationship will help youth stay out of trouble while getting the benefits of a loving friend and new perspectives. The youth are not the only ones who benefit, seniors can have a new sense of joy and youthfulness, that they wouldn't be able to find on their own. During the summer months the grand-buddies can check-in on each other to make sure they are staying cool and have enough water.

Investment: Visiting at least once or twice a week with weekly activities or discussions

1. Find a Friend

- a. If there is a senior individual or youth living within your neighborhood, find a friendly way to introduce yourself. Ask them if they would be willing to start a grand-buddy friendship.
 - i. Safety is always first! If a young child would like to participate, **always** make sure they are with an adult when asking an elderly to be a Grand-Buddy.
 - ii. If an elderly would like to participate, **always** make sure to speak with the **parents first** to ask if they would like their child to participate to be a Grand-Buddy.

2. Schedule a meet-up

- a. Decide when a good time would be for the meet-up to occur. The grand-buddies should meet-up at least once a week for 30 min or more.
- b. Especially during the first few meet-ups a parent should always accompany the youth.

3. Break the Ice

- a. The first few times they get together, things will probably be a little awkward. But don't worry, with a few handy dandy ice breakers you can ease the awkward tension and be on your way to being good friends.
- b. Here are some ideas:
 - i. Fact or Fiction – For this ice breaker each person say two things that are true about themselves and one thing that is false. The other person then needs to guess which one is the false fact.
 - ii. Desert Island – Each buddy says what they would like to bring if they were trapped on a desert island.
 - iii. Arts and Crafts – During the visit, the buddies can have an art or craft project together, like painting a bird house, or creating a hat for each other.

4. Help Your buddy out

- a. If the youth-buddy is old enough, have him help out his grand buddy with any chores. He can help clean up their yard, do their grocery shopping, plant a garden, or make delicious desserts.
- b. An important quality of Grand-Buddy is that the youth can check up on their senior buddy to make sure they are okay and well! A great safety feature in case of an emergency! Ask your youth buddy if they would be willing during the week to check in during the summer time and winter season!

5. Create a lasting friendship

- a. Before you know it, an amazing friendship will have developed and everybody will look forward to seeing their new buddy every week.

