

*Family
and Friends*



Across Generations

Senior citizens have wonderful stories to tell and skills to share. Take advantage of their wealth of information and depth of experience by doing the following activities. *Complete six of the following requirements.*

1. **These are Their Lives:** Interview one or more older adults to find out about their lives. Ask them about dates, special events, or other important days that they remember. Create a painting, time line or scrapbook showing these important experiences. Give it to the person you interviewed.
2. **Learn a New Skill:** Invite a person who is 70-years old or older and has a special hobby or skill to share it with your family and/or friends.
3. **Make a Friend:** Visit a person in a nursing home or senior center at least two times. Ask her about her life, share pictures from your life, teach her one of today's songs or a learn a song from her childhood.
4. **Be a Helper:** Find a way to assist an older person in your community. Help an older neighbor with her gardening, help a friend's grandmother with chores, or read to someone whose eyesight is failing.
5. **Girl Scouts Past and Present:** Find women in your community who were Girl Scouts from 1912 to 1950. Invite them to share their Girl Scout memories with you. What has stayed the same in Girl Scouting? What has changed?
6. **Share the Fun:** Visit a nursing home, retirement home or senior citizens' center. Participate in an activity such as singing or a game or craft session. Or, create a special activity that you then share with a group of senior citizens.
7. **What's So Funny?:** Find out how humor has changed over the years. Look at cartoons, or comic books from 20 or 30 years ago. Ask your local librarian to help you find them. Next, read the funnies in your local paper or your favorite comic book. What's different? What's the same?
8. **Food Through the Years:** Invite a senior citizen to do a cooking project with you. Prepare a recipe she enjoyed as a youngster. Ask her how food preparation has changed. Are some ingredients that used to be easily available now hard to find? What new kitchen equipment has been invented that made cooking much quicker and easier?

This badge can be found in the *Junior Girl Scout Badgebook*, page 40. This text has been reproduced with permission from Girl Scouts of the USA—this document may not be copied or reproduced in any way.