



Wee Play & Learn

Wee Experts (5 - 6 years): Holiday Cards for Seniors

Many Seniors are feeling particularly isolated during the pandemic. At Wee Watch our Providers and children have created and delivered Valentines for Seniors in the past and the impact has been great. The holiday season is a great time for children to draw a postcard or write a letter to send to a senior in your community! Here are some tips:

What You Need:

- Paper and craft supplies (the sky is the limit!)



What to do:

1. Have children draw a picture on a post card sized piece of paper, write a letter or create a holiday card.
2. Find the address of a local senior living centre or nursing home (you may want to call in advance and tell them you are sending some cards to seniors and get a contact name of someone to send them to for distributing). In some cases, the representative might give you a specific first name of senior to address the card to (those that have limited family contact for example). You also want to ensure that they are okay to receive cards for distribution.
3. If possible, you may be able to go with your children to the Senior's home and drop off the cards at the front door (some homes may not allow this due to COVID).
4. Connect with an administrative person in that home to see if you can set up a virtual Zoom or Skype call so that you and your children can talk with the seniors and share their experience when they read the cards.
5. Look into making this an annual tradition for your family.

Source: <https://bit.ly/2JkzNfR>

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