

Acorns and Oaks

Get to know older adults and understand aging. Dispel negative stereotypes and encourage bonding among generations. The best way to bridge the gap is to spend time together.

To earn the Oak patch, do one activity from each section, plus one more of your choice, for a total of four. After earning your Oak patch, to earn the Acorn add-on patches, do two more activities from any section for each acorn.



Discover

- Celebrate a holiday in the traditional way. (For instance, you might celebrate May Day, the 1st of May, by filling May baskets with cookies and flowers and leaving them on a neighbor's doorstep.) You may want to explore old customs, folklore, foods, gifts, etc. as a way of celebrating the holiday.
- Make a list of the misconceptions young people have about older adults.
- Make a list of the kinds of challenges that people face as they get older.
- Cut out pictures of elderly adults from magazines and bring them to a troop meeting. Create a collage of all pictures collected. Share your collage with a friend, parent/guardian or other family member.
- Go through your family tree.
- Interview someone who works with older adults. Ask at least five questions about their role working with seniors.

Connect

- Ask an older adult to tell you about their experiences from their childhood and while they were in school.
- Identify some career opportunities related to caring for the elderly.
- Visit a museum to learn about how people lived in the past (can be virtual). Bring an older adult with you to hear their perspective (if possible).
- Have an older adult teach you their favorite card game or board game.
- Work a puzzle with an older adult.
- Bake cookies or another special treat with an older adult.
- Treat an older adult to lunch and ask them about their favorite things.

Take Action (Do at least one action)

- Plant flowers or tend a vegetable garden for or with an older adult.
- Take a special treat (cards, crafts, snacks, etc.) to an assisted living or retirement center and deliver it to the residents.
- Adopt a grandparent. Do at least four special activities with them.
- Be a secret pal to an elderly shut-in or a nursing home resident. Send cards, letters and small gifts on a regular basis.
- Teach an older adult how to use a computer or smartphone.