



# CONNECTING WITH KIDS AND GRANDKIDS

1

## Storytelling and Family History

- Share family stories, traditions, and memories with younger generations.
- This helps build identity and connection.



2

## Cooking Together

- Prepare family recipes together.
- Cooking is a great way to teach life skills and create shared memories.



3

## Technology Learning

- Grandkids can help seniors learn smartphones or computers.
- This creates mutual learning and stronger relationships.



4

## Outdoor Activities

- Try gardening, walking, or playing simple sports together.
- Outdoor activities promote physical and emotional wellbeing.