

National Grandparents Day Activities

Interview One of Your Grandparents - We love our grandparents for how they contribute to our lives in the present. But have you ever taken the time to learn about their past? Ask a grandparent to tell a few stories from years gone by. You'll learn something new and participate in one of the most valuable experiences our grandparents can give us—wisdom passed down through the ages. Plus, it will help you understand where they're coming from. Some of their entrenched views will be explained by learning about the environment in which they grew up.

Cook for Your Grandparents - Some of the tastiest cookies in the world came from Grandma's kitchen. Return the favor by cooking up a special meal or baking some goodies for your grandparents. You'll have to accept the fact that whatever you make will never be as good as the food your grandparents make for you. However, if you can get past that, it's smooth sailing! Bonus points if you use one of Grandma's old recipes; you'll definitely get a pinch on the cheek for that.

Visit the Elderly in a Nursing Home - National Grandparents Day isn't just about celebrating grandparents—it's also about supporting and appreciating the elderly who live in nursing homes. Bake a batch of cookies and take them to your local nursing home. Spend some time chatting with the residents and munching on cookies together. We guarantee they'll remember the gesture for weeks and months to come. Plus, you might even make a new friend and develop a meaningful interpersonal relationship. You'll be doing the elderly good, but you might be doing even more good for yourself.

Create a Family Tree Together – Although there are many online programs that can help you trace your roots, sometimes there's nothing more authentic than having living history right in front of you. You'll also likely learn something new about your ancestors.

Watch an Old Movie Together – Ask your grandparent about his or her favorite old movie. Spend the afternoon watching it together.

Planting Gifts – If your grandparent likes to garden, you can give a planting gift with the theme “Let My Love Grow”. Put some dirt in a pot with some seeds. Then add a popsicle stick in there with a little poem or sign.

Picture This – Photos placed in a special frame are bound to capture any grandparent's heart. There are even kits you can buy where a child can decorate and create a frame. Find a good picture of a grandparent and grandchild and frame it.

Game Night or Game Day Party – Include nostalgic games and incorporate them into a party. Grandparents will love that you brought back some of their favorite games for some party fun.