



Connecting Generations Through Outdoor Activities

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Ka 'Aha

*Weaving Generations to
Build Healthy Communities*

An Intergenerational
and Aging Program

Fun, daily activities that focus on strengthening connections between different generations help to build strong, healthy communities.

For more information about the Ka 'Aha program and other intergenerational programs, visit

www.ctahr.hawaii.edu/kaaha

Keiki today have very different childhoods than their parents and grandparents did. Adults often reminisce about carefree summer days and wonder how parents allowed them to wander so far from home. But today parents have to be more protective, which often means spending more time indoors. Summer and after-school time is busy with video games, television, and the computer. While these indoor activities aren't bad, it's important for our youth to balance indoor, sedentary activities with outdoor, physical activities. But how can we do this?

Planning successful outdoor intergenerational activities

Have fun! Fun activities keep everyone excited and looking forward to spending more time together.

Make it simple! Simple activities allow more time to get to know and enjoy one another's company.

Learn something! Students spend much of their day reading and writing, but outdoor activities offer hands-on, interactive learning.

Involve keiki in planning! When keiki are involved in the planning, they are more invested in the activity and know their ideas are important.

Outdoor intergenerational activity ideas

Paint a mural on an old sheet. With a few colors, paintbrushes, and a large, inexpensive "canvas," magic can take place. Remember to wear old clothes and not be too concerned if a paint fight breaks out.

Plan a mystery "date." Keiki and kupuna take turns planning a small excursion and only revealing the activity when it begins. Go on a picnic. Together, plan a healthy menu and choose the location.

Plant an herb garden. For young keiki, simple container gardening may be ideal. Older keiki and youth may be interested in planning and planting a larger section of a garden. Once the herbs are ready to use, cook together, using them in the dish.

Plan a scavenger hunt around the neighborhood. This offers a great way for the different generations to explore their world together.

Hold an outdoor picture contest. Using a digital camera—disposable or regular—decide what type of pictures to take and then see who can capture the best shots.

Visit the zoo, an historical site, or a park.

Go on a hike together.

Visit the town or city where the kupuna grew up.

Tip

Pulling keiki away from television, computer, or video games once they are turned on is often difficult and may create a negative atmosphere. Plan ahead so they know when and what activities are planned.