



## Connecting Generations Through Old-Time Games

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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](http://www.ctahr.hawaii.edu/kaaha)

**W**hat can you do on rainy days, or when you are on a long drive with bad radio reception, or the battery for a hand-held pocket game or cellular phone is low, or when you just want a new activity? Why not try some “old-time games” that do not require any technology?

First, find someone who grew up before computer games and cell phones. Ask your partner to make a list of activities or games he or she did for fun while growing up, when the electricity went out, or on long car rides. At the same time, make a list of your own of activities and games you enjoy. Now, compare the lists and take turns choosing one to play.

If you need a few ideas to start, here are some to consider. The only supplies needed are paper, pencils, cups, a white candle, and string.

**Cloud gazing:** Look up at clouds and describe to your partner what you see.

**Cup/tin-can telephone:** Find two plastic cups or clean tin cans (be sure there are no sharp edges on the cans). Make a tiny hole in the middle of the bottom of each cup or tin. Take a length of string and pass one end through the bottom of the cup. Tie a knot on the inside. Pull the string tight. One person talks into their cup, while the other listens at their end.

**Secret messages:** Find a white candle and piece of paper. Write a message on the paper using the candle and send it to your partner. The message will be almost invisible, but your partner can reveal the message or picture by lightly rubbing a #2 pencil across the picture or message. To make this more adventurous, turn this into a scavenger hunt with each message representing a clue.

### What can you gain from this exercise?

- Expand your imagination.
- Improve conversational skills.
- Share new experiences with others.
- Try new experiences.
- Build self esteem and self confidence.
- Make someone feel needed and valued.

### Tip

Set aside game-playing time with someone older or younger than yourself. Each person will choose a game they enjoyed (or currently enjoy) playing as a child. Take turns playing one another's game, then talk about other games to play. Modifications may need to be made to accommodate each partner. Use this as an opportunity to problem-solve and understand the preferences and abilities of each partner.