

# Become a Care Home Friend! Intergenerational Challenge

Care Home  
FaNs  
Intergenerational  
Linking

## WEEK 6

This week we're going to send a postcard to a local care home.

### Postcard Challenge

Your challenge this week is to create a postcard for someone who lives at your local care home.

By taking part in this challenge you are joining lots of other children across the country who have already sent a postcard to a care home.

Here are some of the postcards other children have made.

What can you remember about the care home you looked at last week?

Share with those at home what you can remember.



These ladies live in a care home and they loved receiving the postcards!

Now it's your turn!

# Making your postcard

Postcards have a design on the front and a message on the back.

## Message (on the back):

This is your chance to say hello to someone living in a care home and tell them that you are writing to brighten up their day.

You could start by telling them a bit about yourself. You could also explain what's on the front of the card and why it's special to you.

Make sure to leave space on the right for the care home address, and a stamp if you need one. You can use the template if you like.

## Design (on the front):

Time to design the front of your card!

Take a look at the **Postcard of Kindness** ideas sheet for some ideas.

Bring your postcard back to school next week and your teacher will help to send them all to the care home.

### Tip

You can choose which side you do first. If you are planning to stick lots of things to the front, you might find it easier to write your message first.



### Tip

You might want to plan out your design on a rough piece of paper first. Could you use photographs, collage, pen or paint?

Postcards of kindness – ideas

A picture of a place you love – where are you happiest? 	A design based on your favourite sports team or hobby 	A picture of the beach 
Your favourite pet or animal 	An image/photo of your favourite book or film 	A self portrait! 
A nature scene 	A memory from your favourite holiday 	A rainbow 



Five vertical lines spaced evenly across the page, serving as a guide for writing a message.

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Dear friend at . . . . .