

# MAKING ME HAPPY

## 私のアクティブ・チャレンジ | MY ACTIVE CHALLENGE

I can find happiness by connecting with older people!



### Why should I try this challenge?

Connecting young and older people is good for everyone. It breaks down barriers, it stops people feeling lonely and it enables younger and older people to learn from each other.

This challenge helps you to connect with older people by discovering **games they used to play**.



### How do Japanese people connect with older people?

Japan has the longest-living citizens in the world. A high number of people are over 100 years old – centenarians – and lead healthy lives. Older people are very active and respected in Japan.

Respect for the Aged Day – Keirō-no-Hi – is a public holiday in Japan. It is a day to honour older citizens and includes lots of events. For example, schools organise performances or older people take part in fitness displays.



### How do Olympic and Paralympic athletes connect with older people?

Para rower Benjamin Pritchard likes to reach out to his older neighbours for a cup of tea, to ask advice or just to listen to their stories. They also swap and share vegetables from their gardens. Benjamin says, **“Everyone has a story to tell and I love to listen. It costs nothing to say hello, and that hello may just make the other person’s day”**.

Benjamin is a Welsh para rower who is hoping to represent Great Britain at the Tokyo 2020 Paralympic Games. He only took up rowing in late 2016.

## What should I do?

### Step 1: Warming up

Think about older people you know. What was life like for them when they were your age? What was the same? What was different?

What is life like for them now? What makes them happy? What makes them sad? Do the same things make you happy or sad?

**WITH PERMISSION** from your parent/carer or teacher, decide which older person or people you would like to contact. Think about different ways to connect.

#### For example:

- Chat to family members who live with you.
- Call family members who live somewhere else – by phone or video call.
- Write to older people who can't get out – by post or email.

## Step 2: Taking part

### Learn a game from the older person that you can play at home.

The happiness actions will help you. For example:



#### Connect

Find out which games they played when they were young.



#### Notice

Be aware of what they can or can't do. Don't make assumptions!



#### Discover

Learn one of the games. Try one you have not played before.



#### Give

Suggest your own ideas so you both learn a new game or skill.

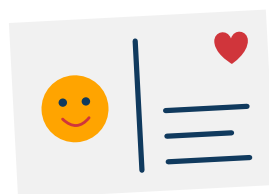


#### Move

Play the game together if you are in the same house or play it separately and send a photo/video of you playing it.

## Step 3: Cooling down

### Say thank you!



#### Make a thank you card or picture

After the contact, make a thank you card or picture. Draw or write why the game made you happy.

Give or send the card to the older person. Saying thank you will make them feel happy too.



#### Tokyo Ten activity

Turn the game into a Tokyo Ten activity. Use the My Workout sheet to write down how to play it. Share it with your friends.

<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>

For ideas on how to adapt games so everyone can play, download the Active Indoors active challenge: <https://www.getset.co.uk/resources/travel-to-tokyo/ttt-teacher-resources>