Students working with Seniors

THE CONGRESSIONAL AWARD @ HOME

CONGRESSIONAL AWARD

Charter® COMMUNICATIONS

Connect with senior citizens from your home!

In partnership with Charter Communications, The Congressional Award Foundation would like to provide opportunities for Congressional Award participants to engage with seniors virtually.

Because the risk for severe illness from COVID-19 increases with age, older adults are especially vulnerable, particularly those living in communal facilities. As a precaution for the health and safety for seniors in nursing homes and care facilities, visitors and face-to-face meetings have been restricted.

VIRTUAL ACTIVITIES:

- Conversation Jar - pick a topic or question from a jar and discuss with your senior buddy.
- Share Your Talent - do you sing, play an instrument, or do magic tricks? Show your buddy what you got!
- B-I-N-G-O.
- Arts and Crafts - are you a master of origami, or have you ever put together a Pinterest-worthy craft? Go step-by-step with your buddy and make a matching masterpiece.
- Online Games - play checkers, chess, or even battleship with your senior buddy through game websites.
- Family Tree - you and your buddy can map out your family trees and compare and contrast your families' histories.