



PRACTICAL WAYS TO CREATE MEANING

Spoiling Grand Kids The Greatest Gift=YOU

Time: 50 minutes

Audience: A group of at least 10 adults from civic groups, congregations i.e. retirees, grandparents, seniors.

Format: This is an interactive presentation where participants break into small groups and brainstorm ideas on the topic of Gifts of Talents. Participants then move to new stations and brainstorm ideas on the topic of Gifts of Words. At the third and final station, they brainstorm ideas on the topic of Gifts of Time.

Learning objectives: Participants will be able to say, I can:

- Give intangible gifts designed to enhance intergenerational relationships and foster a more sustainable future.

Supplies needed:

- ✓ A pleasant sounding chime or drum
- ✓ Sticky flip chart paper
- ✓ Painters tape
- ✓ Six to nine different colored markers
- ✓ Pencils
- ✓ Three idea station signs that say: “Play Time,” “Meal Time,” and “Work Time.” (Printable signs may be found below the activity).
- ✓ *The Gift of Nothing* (book) by Patrick McDonnell
- ✓ Copy of [Gift Coupons](#) for each participant
http://www.uni.edu/ceee/sites/default/files/Hometown/ryh_giftcert_fillinandchoose.pdf
- ✓ Copies of [Spoiling Grandkids: A Guide for Grandparents, Aunts & Uncles](#) handout for each participant
http://www.uni.edu/ceee/sites/default/files/Hometown/spoiling_grandkids_guide_for_grandparents.pdf

Preparation:

1. Make copies of the [Spoiling Grandkids](#) handout.
2. Make copies of [Gift Coupons](#).
3. Print off the three signs for the three idea stations.
4. Set up three idea stations around the perimeter of the room by posting a stack of three sheets of self-adhesive flip chart paper at eye level on the wall. Place two to three different colored markers at each station. Tape one of the three idea station signs at each station. Place one handout, *Spoiling Grandkids: Guide for Grandparents, Aunts & Uncles*, at each location.

<p>5 min.</p>	<p>Welcome/Icebreaker</p> <p>Welcome participants, introduce yourself, and explain that the session is part of a state-wide Reclaim Your Holidays initiative, a program of the University of Northern Iowa Center for Energy and Environmental Education in partnership with Iowa State University Extension and Outreach. Two grant programs in Iowa—the Resource Enhancement and Protection Act Conservation Education Fund and the Iowa Department of Natural Resources Solid Waste Alternatives Program—have provided support for this project.</p> <p>Then, ask everyone to go around the room* and share their first name and <i>“In one sentence, describe a memorable time with your grandchild/niece/nephew.”</i> Or, if participants are not grandparents, aunts or uncles, then ask them to share a favorite memory of their childhood with their grandparent or special adult.</p>
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	<p>Model the exercise for participants by saying, <i>“My name is ___ and a memorable time with my grandchild/niece/nephew was _____.”</i></p> <p>* If the group is large, ask them to do this activity with the 3-4 people near them.</p>
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<p>10 min.</p>	<p>Mini-Talk</p> <p>Say this: <i>“What made this time with a grandchild special for each of you? What emotions did you have during the interaction? (Allow one or two participants to share an observation.)</i></p> <p><i>During the memorable time each of you described, you felt emotionally close to this child. You may have felt hopeful, content, happy, and even joyful! And, likely, that experience was pleasant for the child as well. Children form a close bond with extended family members when they engage in meaningful activities appropriate for their age and abilities. These experiences are not ‘Disneyland’ events.</i></p> <p><i>Bonding happens during ordinary, everyday activities and during special events like holidays and other family celebrations. Kids will remember how we made them feel during those special, ordinary moments much longer than they will remember what we gave them for their birthday.</i></p> <p>Distribute the handout <i>Spoiling Grandkids: A Guide for Grandparents, Aunts, and Uncles.</i></p> <p><i>There are three typical activities through which you can make that special bond with a grandchild/niece or nephew - Play time, meal times, and work times. Also, there are many types of intangible gifts that leave a legacy to the next generation. Today we are going to focus on three - they are 1. Gifts of Talent/Skills, 2. Gift of Words of Affirmation and 3. Gifts of Undivided Time. Take a minute to scan this handout. (Pause for one minute.)</i></p> <p><i>Our legacy to the next generation involves passing on the values of stewardship – care for the environment, our finances and our relationships. We can be intentional about doing this during the holidays and other family celebrations. Instead of giving objects that break, get lost or the child grows out of, you can give them the greatest gift of all – YOU!”</i></p>
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<p>25 minutes</p>	<p>Activity Say this: <i>We are going to do an activity that will help us generate ideas for creating a special bond with and passing on our values to our grandchildren, nieces and nephews. These ideas are the intangible gifts we can give for birthdays and holidays.</i></p> <p>Divide the larger group into three equal sized groups.</p> <p><i>Before I direct you to your station, listen to these instructions – Your goal is to generate as many intangible ways to create a strong bond with that youngster in your life. Appoint one person to write these on the chart paper. Use a different colored marker for each idea on your list. You will have six minutes to generate ideas. Then I will move you to a different station and new theme. When you hear this sound (sound the chime or drum one time), you have one minute to wrap up your ideas and get them written on the chart. When you hear this (sound the chime four times), your time is up and you will stop and move to the next station. We will repeat it until you have been to each of the three stations.</i></p> <p><i>The first theme is the Gift of Talents/Skills – list as many talents/skills as you can think of to teach the next generation in your topic of Playtime, Mealttime or Work time.</i></p> <p>Direct the small groups to the three stations. Watch the time. Circulate to clarify directions, offer an idea to get the group started, and encourage their discussion. Remind them they are to work only on Theme #1 at this time.</p>
	<p>After five minutes, sound the chime for the one minute warning, then after six minutes total, sound the chime to move the groups to the next station.</p> <p><i>The second theme is Gift of Words – Using the second sheet of flip chart paper at your new station, list as many affirming words, phrases or stories that will pass on your values related to your new topic of Play, Meals or Work.</i></p> <p>Watch the time. Circulate to clarify directions, offer an idea to get the group started, and encourage their discussion. Remind them now to focus on Theme #2.</p> <p>After five minutes, sound the chime for the one minute warning, then after six minutes total, sound the chime to move the groups to the next station.</p> <p><i>The third theme is Gift of Time. Think undivided attention, unconditional time. Using the third sheet of flip chart paper, list your ideas. Remember to look at your handout for ideas to get started.</i></p> <p>Watch the time. Circulate to clarify directions, offer an idea to get the group started, and encourage their discussion. After five minutes, sound the chime for the one minute warning.</p> <p>After six total minutes, sound the chime four times and direct participants to “Please return to your seats. Place your charts on the wall so we can all see them.”</p>
<p>5 minutes</p>	<p>Processing and Action Plan: Ask: <i>What did you notice? What surprised you? What is happening inside you? What will you do differently this year?</i> Take observations from three to four participants to summarize the activity.</p> <p>Draw participants’ attention to the Gift Coupons sheet. Invite them to take a moment to think about <i>What intangible gift will you choose to give this year? Write down one intangible gift you will give this year to a child in your life. Complete a Gift Coupon for someone for the next holiday or family celebration.</i></p>

5 minutes	Inspiration/Conclusion Conclude by encouraging participants to check out the website (ReclaimYourHolidays.org) where they can find many other tools, such as handouts on gifts and entertaining. They can also find resources to help them save money and live more sustainably. Conclude by reading the short picture book, <i>The Gift of Nothing</i> , by Patrick McDonnell.
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References:

McDonnell, Patrick, *The Gift of Nothing*. Little, Brown and Co. 2005
Chapman, Gary, *The 5 Love Languages*. Northfield Publishing, 2009.

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Play

Time

Using the handout to get started:

Theme #1: *List talents/skills can you teach the next generation.*

Theme #2: *List words of*

time/undivided attention can occur.

affirmation that can be shared.

Theme #3: *List ways quality*



Meal

Time

Using the handout to get started:

Theme #1: *List talents/skills can*

time/undivided attention can occur.

you teach the next generation.

Theme #2: *List words of affirmation that can be shared.*

Theme #3: *List ways quality*



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time/undivided attention can occur.

Time

Using the handout to get started:

Theme #1: *List talents/skills can you teach the next generation.*

Theme #2: *List words of affirmation that can be shared.*

Theme #3: *List ways quality*

time/undivided attention can occur.