

# Monday Motivation

Date: 15 June 2020

## Theme of the week: Look After Your Elders Day

Whether it's your own grandparents or elderly neighbours, in times like these it's more important than ever to acknowledge how vulnerable some people are and how much it would mean to them to be checked in on from time-to-time. In terms of family, it would be so lovely to tell them how much you love and value them and go out of your way to make them feel special!

### Action

#### Exercise 1

##### - Design a card

Use whatever arts and crafts you have available to you at home

It does not just have to be one card, it can be as many as you like!!

##### - For Elderly Neighbours:

Front page – We are Here for You!!!

Inside – Whatever words of comfort you feel drawn to write... Maybe you will want to let them know your telephone number just in case they need to contact you for help or day-to-day needs that they cannot do or find difficult to do and need help with.

##### - For Family:

Front page – We Love You

Inside – You may want to put how much you love and appreciate them and if they need anything at all to reach out.

Whatever it be, let them know you care!

#### Exercise 2:

##### - Pledge to take care of one task for one elderly person per week

Again, whether it be a grandparent/s or elderly neighbour, find out what chores they do each week and take it on yourself. This could be a number of things:

Taking out the rubbish, buying some groceries, mowing the lawn, cooking a meal!

**Decide together what would help them the most and assure them that you will take care of that thing!**

#### **Outcome / Mission Moments:**

- What have you learnt this week?
- How has this exercise made you feel?
- Maybe encourage other members of your family to do the same!

\* If you take up this Monday Motivation Challenge, you must make sure you and your household know the elderly person you are going to help and that you have permission to do so. \*