



Getting Old

Sponsored by *Game of Actual Life*



Overview: A thought-provoking look at age.

Time: 10 minutes

Equipment required: Paper and pens

Benefits:

- Encourages children to appreciate the older people in their life.
- Lets children explore the concept of different ages.
- Helps alleviate some anxieties children may have about getting older.

Creating a Lifetime Timeline:

1. Create a blank timeline on a piece of paper that represents somebody's life, from age 0 to 100+.
2. Invite a few children to draw on the timeline where they think somebody is considered "old".
3. Ask other children to label areas of the life, such as: 'baby', 'toddler', 'teenager', 'adult' and 'pensioner'.

Discussing Life:

1. Ask the children, of the periods of life written on the timeline, which is the best part and why?
2. Anybody playing (including yourself) can then share their opinion on the question.
3. On one piece of paper, list three reasons why it might be good to be "old".
4. On another piece of paper, list three reasons why it might be tricky to be "old".
5. Now do the same for other sections of life.