



Connecting Generations

Connect and share your stories

Take time to get in touch

Right now, every generation is facing a huge global challenge together. Everyone, young and old, is struggling with the implications of Coronavirus. It's so important right now to make sure we are all doing what we can to help each other and maintain good mental wellbeing for both ourselves and others, particularly those feeling isolated or low.

You may not be able to physically take part in some of the effort going on but there is still lots you can do to be connected and make someone's day.

Your voice is a powerful tool. Are you using it?

Your thoughts and words could have a huge impact on someone. This is **your chance** to get involved and help support and connect with someone older than you.

Connect with someone today

- We want you to write and post a letter to an older family member, friend or neighbour, or if that is tricky, email them your letter, or make a phone or video call and read your letter to them.
- Why? Because you'd be surprised how even the smallest piece of news from you can brighten someone's day and boost morale. Being connected is important for our mental wellbeing, especially if we live alone or are feeling anxious.
- Then, spread the word and encourage others to take part, however you can, to amplify the result!
- Be sure to tell a family member what you are doing to ensure you stay safe and get parental permission for calls and email. It's important not to share names and contact details with strangers.



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Tips for what news to share

You might think you haven't got much to say because life has slowed down for all of us, but we're all in the same boat. Don't underestimate the power of what your words can do. Here are some tips:

- Speak in a way that is natural to you.
- If you can't think of anything you have done today, think of a memory you love that will make them smile. Have you got a funny family story or a football memory you can share? Think about adding some ideas about what you are looking forward to doing when it is safe to be out again; perhaps you will be able to celebrate a family member's birthday, for example?
- You are bringing joy to a friend, family member or someone in your community who may need some ideas for things to do – can you add some ideas to inspire them to get active, keep them busy with a new hobby or healthy with recipe ideas? They may not be able to do things they normally enjoy – can they adapt them or try something else?
- To keep the conversation going, don't forget to say you'd love to hear back from them.
- Remember that all ideas should be suggested in line with official coronavirus guidance to keep everyone safe, for example social distancing. This applies to posting any letters too.
- If you need some letter-writing tips, read the Plan your letter sheet provided.

Spread the word

Once you have written your letter or made your call spread the word to make sure as many people as possible join in:

- If you are over 13, take a photo of your letter and share it on Twitter using **@PremierLeague @PLCommunities #GetInTouch** to make sure as many people as possible in your community see it. It may inspire others to take action as well.
- Get blogging or vlogging – what you are doing will have a real impact on society – spread the word and share your experiences and thoughts. Talk about why it matters to you and why others should care too.
- Email a copy of your letter and the reply when you get one to **PLInspires@premierleague.com** and we will showcase our favourites on the Premier League website! (Make sure you have permission from the other letter-writer to share it.) Remember to stay safe online and only include your first name and age on posts and correspondence with us.

If you are a parent/carers or teacher, please read the separate information sheet provided.



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Plan your letter

Sometimes, staring at a blank piece of paper can be a bit overwhelming and it can be hard to know where to start. Here are some planning tips for how to make your letter or call the best it can be.

Think about	Notes
Who are you going to write to? Why are you contacting them? A big part of this is to boost morale, so start with an upbeat tone!	
Be yourself – what would they like to hear from you? If they know you well, what do they know about you? Can you tell them about how you are keeping in touch with your friends now? Perhaps you have done a new activity or something exciting is happening on your street?	
Put yourselves in their shoes – if you know them, what can you suggest that might help their wellbeing? Take some time to think about suggestions to keep them busy.	
If you are explaining something, break down what you have to explain into parts. If you are describing something, try to paint a picture with your words, use the senses and lots of descriptive vocabulary. If you are trying to persuade them to try something new, use humour and rhetorical questions as well as emotive language.	
How can you get them to engage and reply? Can you ask them some questions to get them thinking?	
How can you improve your letter/notes? Read it through to check it flows and is suitable for the reader/listener.	



Handwriting practice area with 20 horizontal dotted lines.



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Information for parents/carers and teachers

We hope you enjoy the task of either becoming more connected with a member of the older generation, friend, neighbour or family or encouraging someone else to do so. Here are some notes for parents/carers and teachers to read in conjunction with this activity.

Parents/carers

Safety while your children take part in this activity

While we want children and young people to use their initiative and to be creative with their communication, it is important they follow social distancing guidelines and stay safe.

Safety tips

- Parents/carers should stay engaged and support their children, particularly if taking part online or by phone.
- Think carefully about what is uploaded or shared on social media platforms.
- Keep personal information private and take care not to give away too much identifiable information in photos and videos.
- Make sure you have permission to take and share photos or videos of relatives, friends or neighbours.
- Children and young people should never meet up with anyone they don't know in real life without a parent/carer present.
- It is important to talk to your child regularly about online safety. Let them know they can come to you or another trusted adult if they're feeling worried, pressured, upset or unsafe.
- Children and young people can visit **ChildLine** for advice, support or to get help about a wide range of issues.
- Parents/carers can visit **Internet Matters** for online safety advice and support.
- Ensure they are not committing to too much if communication becomes regular or they are taking any action that would break social distancing rules.
- Ensure they understand that despite there being news that can sometimes make us anxious, it is a great time to do something positive for others. They are doing a great thing by communicating in this way!
- Celebrate the fact that your child is doing something so positive to boost public morale and tackling isolation. Congratulate them on doing something so meaningful and maybe display some news about it in the window or spread the word with friends and family.



Teachers

- This is the perfect opportunity for Key Stage 3 pupils to work on their letter-writing skills and wider PSHE knowledge, while also taking part in a valuable community activity at home. If you are looking for ideas to boost morale along with work you are sending home, this is the perfect activity.
- Many pupils may feel that they are not able to contribute to the national effort going on around them and so we encourage you to emphasise that safely helping out in this way is just as valuable as those helping out in more practical ways.
- The task of planning a call or writing a letter will get pupils thinking about how to structure their communications, vary the language and make content enticing. More widely, the activity will help pupils feel like they are contributing a valuable act through practical steps and think about the impact on older generations.
- If you can, celebrate pupils' actions by writing to parents/carers about what they are doing and highlighting it in your school communications.

English links

Pupils should be taught to write accurately, fluently, effectively and at length for pleasure and information through writing for a wide range of purposes and audiences, including:

- a range of other narrative and non-narrative texts, including arguments, and personal and formal letters
- applying their growing knowledge of vocabulary, grammar and text structure to their writing and selecting the appropriate form
- drawing on knowledge of literary and rhetorical devices from their reading and listening to enhance the impact of their writing
- plan, draft, edit and proof-read through: considering how their writing reflects the audiences and purposes for which it was intended and amending the vocabulary, grammar and structure of their writing to improve its coherence and overall effectiveness.



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PSHE links

Respectful relationships, including friendships

Pupils should know:

- practical steps they can take in a range of different contexts to improve or support respectful relationships.

Physical health and mental wellbeing

Pupils should know:

- that there is a relationship between good physical health and good mental wellbeing and that this can also influence their ability to learn
- the contribution that hobbies, interests and participation in their own communities can make to overall wellbeing
- that self-focused or isolating lifestyle choices can lead to unhappiness and being disconnected from society for those who have a greater need for companionship and relationships
- how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.