



ADOPT A GRANDPARENT

Price: \$1.50 plus 6% tax

(Complete 8 requirements including the three (3) starred.)

- *1. Adopt one or more grandparents living at home or in a nursing home. Visit them at least four times in nine months.
2. Sing some Girl Scout songs to your grandparent and if possible teach one to him/her.
3. Invite your grandparent to a troop meeting or Girl Scout ceremony.
4. Share with your grandparent what you know about Girl Scouting and what you are doing in your troop.
- *5. Learn what type of activities your grandparent participated in at your age.
- *6. Find out about your grandparent's present lifestyle. Include physical activities, dietary changes, sleep habits, daily routine and interests.
7. At a troop meeting, discuss what you think it would be like to have a grandparent live with you. If possible, talk to someone your age who has a grandparent living with them.
8. Find out what country or state in the USA your grandparent's parents originated from. How different was it from where you live?
9. Have your grandparent share a game, song or dance from his/her heritage or one he/she participated in at your age.
10. Have your grandparent tell about something special in his/her life. Share something special in your life with your grandparent.
11. Have your grandparent help you make something from his/her past, possibly a toy, craft or food.
12. With your grandparent, make a scrapbook. Be sure to include something from your grandparent as well as something from one of your visits.
13. Make cards for one of the holidays and bring them to your grandparent or all the residents of a nursing home.
14. Make homemade gifts for your grandparent or for a nursing home.
15. Make up a short play or dance and perform it for your grandparent and possibly her/his friends.
16. Write a poem, song, or letter to give to your grandparent.
17. Plant some flowers outside your grandparent's home or a nursing home.
18. Find out what your grandparent and/or spouse did for a living. What would he/she choose to do today?
19. If your grandparent lives in his/her own home or apartment, spend time helping with repairs, yard work, painting, shopping, housework, etc.