Show grandparents you care

Mark Grandparents' Day by celebrating the older people in your life.

Grandparents' Day is on 4 October and is a chance to let the special older people in your life know how much they mean to you. It's also an opportunity to spend more time with them and learn about their lives. Grandparents are important; some help to take care of their grandchildren and they are a link to a family's heritage (history).

One of the ways that you can celebrate older people is by getting to know more about them and their lives. Many grandparents, for example, are the historians of the family – they often know the most about your ancestors (relatives who lived a long time ago) and where your family came from; and they have lived through a different period of time to you. Many grandparents are happy to pass on this information and their stories to young people, so why not ask yours to tell you all about their lives? You could flick through an old photo album together and ask them questions about their past or get them to share their favourite memories of childhood. Here are some other ways you can celebrate your grandparents.



PENSIONER POWER
There are around 14 million grandparents in the UK.



Show them you care

Why not surprise your older loved ones with a handmade card or baked treat? Another way you can show that you care is by asking an adult if you can pop round to visit your grandparents. You could plan a day out together or even just arrange a time to go over and join in with their hobbies. Whether it's gardening, bowls or walking, it's fun to spend time sharing their passions and hobbies.

Create a family tree

Ask your grandparents or the older people in your life to help you make a family tree. Draw a tree on a piece of paper. Write your names and the names of any siblings at the bottom of the tree. Above those names write your parents' names, then your grandparents. Together, see how far back you can go, adding more family members to your tree. Try doing it over a video call if they live far away.





Long-distance love

If your grandparents live far away, don't worry, there are still lots of ways you can show them you care. Why not get an adult to help you record a special message to send to them or even write them a letter. Make sure you share all of your news with your grandparents. You could even include some pictures or drawings if you're writing a letter. Ask them to send a letter or video back doing the same.

Ask questions

Try asking your grandparents these questions to get to know them better.

- **What were you like at school?**
- **Who was your best friend when you were my age and what did you do together?**
- **What achievement are you most proud of?**
- **Do you have any advice for me?**



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