



intergenerational

activities

Title

Pom Poms

Season

Any – an indoors activity

Time

5 to 10 minutes depending on the size of the group

Target groups

All ages

Objectives

To move the pom poms to music in a group activity.

Resources

Pom Poms, music, chairs for everyone to sit on in a circle.

Description

A group about 10 - 14 participants, alternating the seating so there is a variety of ages all sitting next to each other. To music the pom poms are moved in various directions, stretching high above your head, to leaning forward to reach down towards the ground and from side to side. This is done all together with everyone else, sometimes singing along to the song playing.



This is a fun social activity and can be linked with the Passing the balls activity. Do be careful though. Older people can get tired very quickly – even with simple activities like waving pom poms.

The lady at the back of the group photograph below is a special physical education trainer for older people. There might be one in your region to invite to your activity.