



## Discussion starters

This is a perfect time, while preparing your act of hope, to have a conversation about the value of elderly people. Below are some ideas on how to get the conversation started!

### With young children:

- Why do you think we are doing this (whatever activity you have chosen) for the elderly people?:
  - To help cheer them up! Many elderly people feel lonely because they don't have family to visit them. We want to remember those people and make sure they feel loved.
- Who are some of the elderly people we know (ie: grandma, grandpa, neighbors, people at church)? What makes them special? What do you like the most about them? What is your favourite thing to do with them?
- What are some other things you could do for an elderly person that would make them feel loved and special?
- What can older people teach you?

### With youth/adults:

- Recall fun moments or stories with grandparents.
- What can you learn from elderly people? What can you teach them in return?
- Why should we spend time with people who are older or younger than we are?
- Why is it important to do things that make the elderly feel loved and valued as members of the community?
  - To combat feelings of that they are unloved or a burden on society. These feelings can often lead to depression or thoughts of suicide/euthanasia.
- Why are elderly people an essential part of society?
  - Talk about the cycle of life and how parents care for their children and then children care for their parents, intrinsic human value regardless of age or ability.
- What do you think about the fact that Canada legalized euthanasia? What are the implications for society?
- How did people in past generations or other cultures show love & respect for their elders?
- What can other cultures teach us about respecting the elderly?

