



When I Was Your Age ... Lesson Plan

Introduction

This activity allows students to consider issues that may affect the course of their lives. A comparison with life events of older adults is made. This activity is appropriate for an interdisciplinary unit with language arts, social studies, health and home economics. It also can be used in units on human relations and problem solving.

Objectives

Students will:

- understand generational differences in life experiences;
- gain a greater appreciation for the communality of life histories;
- consider their future life courses in view of their past and present; and practice writing and verbal skills.

Procedures

1. Ask students to imagine themselves as they might be 50 years from now. Students may begin their papers with "When I was" or "When I was your age...."
2. Use excerpts from the papers (without students' names) to discuss student concerns and the importance of making lifestyle choices that will enable a longer and healthier life.

Extension Activities

Ask groups of students to prepare a skit or role play where they are explaining to their grandchildren what it was like growing up in the 20th century.

Hold an intergenerational discussion group using the handout and cartoon. Invite older persons to write about what it was like for them growing up. Younger and older persons then read and comment on each others' essays.

Have students interview older persons and write comparisons of growing up, both then and now.