Generational Strength Exchange

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Two relatives teach each other everyday skills.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Share optional skills across generations without treating age as expertise in every area.

3. What could each person learn?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.