

Takeaways, Facts, Population Pyramid

- **Contact:**
- **Helen@topsixtyoversixty.com**
- **Website:**
<https://www.topsixtyoversixty.com/>
- **LinkedIn:**
- **<https://www.linkedin.com/in/helen-hirsh-spence-a029a010/>**

IDEAS TO EXPLORE FOR CLASSROOM TEACHERS

Differentiate accordingly.

Emphasize that we all have age in common. Ageing=Living

- Give them some facts about demographic trends and how the world is evolving.
- Introduce them to the concept of ageism. Point out that ageism can also refer to young persons. Examples: She's too young to be my boss. But mostly, it applies to older persons. Ex. He's too old to learn something new.
- Provide examples of birthday cards that are ageist and ask them why this might be a put-down and not funny.
- Find out how many generations are in their families. Share with them that in today's world we can have as many as 6-7 generations in a family.
- Calculate the collective age of all the generations in students' families (Or just of grandparents, if they have any).
- Point out that at the turn of the 19th c., the average lifespan was 47 and for them, it will likely be 100.
- Talk to children about some older people in their lives. Ask them questions such as: why does Great Aunt Jeanne enjoy being with you so much? What can she do that you can't do?
- What do you look forward to when you grow older? Emphasize growing older, not getting older
- Find books/magazine articles/ads that illustrate older adults using their strength, participating in sport, working on computers, gardening, painting, creating, starting new careers, etc..
- Introduce the longevity mindset: I recognize that we will have a long, healthy and engaged life as the norm, not the exception.
- Have kids write stories about an older person. Tell us about your grandparents if you have one or more. Do you have great grandparents?
- Encourage them to interact deliberately with another generation. How is it different? When you enter a room, seek out younger or older people.
- Include depictions of older adults in paintings
- Find websites/magazines that show older people engaging in activities
- Create a project for older students where they seek out a community of older adults, ask them to interview them, write a story or article about them, video them.
- Teach an older person about technology (how to use their smart phone).
- Come up with new icons such as: older people crossing the street, going to the park with a child, seniors' residence.
- Talk to grandparents or other grands to discuss current events and historical events.
- Ask older students what excites them about the longevity economy.
- Shoot videos of older and younger people together.
- Make collages of activities that both older and younger people enjoy.

IDEAS TO EXPLORE FOR CLASSROOM TEACHERS

Differentiate accordingly.

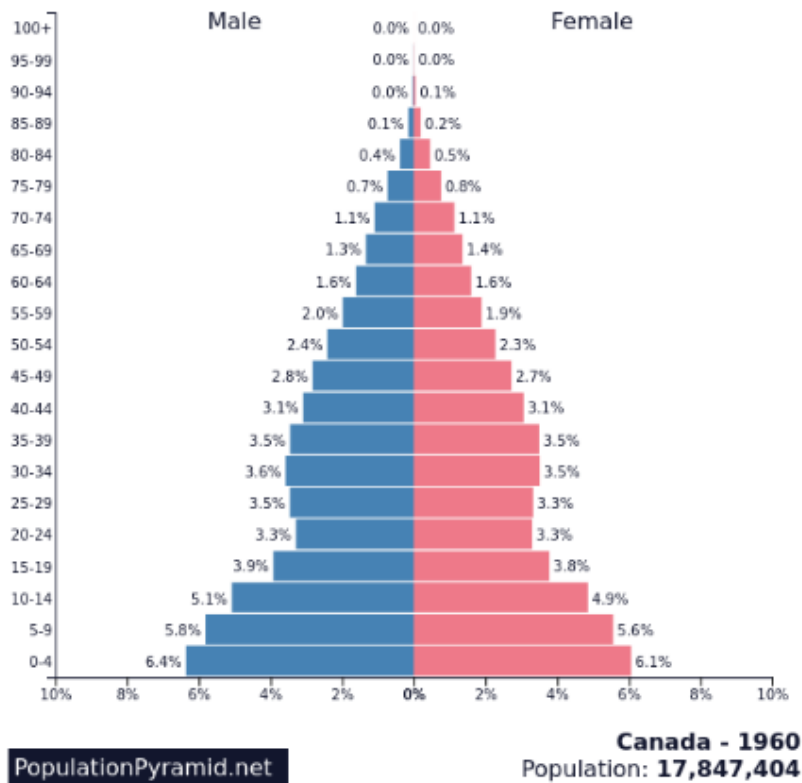
100th day of school activities

- *STEM*: build the tallest tower you can using 100 building blocks
 - *Language*: write a story or poem that is exactly 100 words long. Or use exactly 100 words to tell us about yourself, or your favorite activity, or a topic that is important for everyone to know about
 - *Reading*: read the first 100 words of a story and predict what's going to happen
 - *Math*: find as many ways as possible to group 100 different objects
 - *Phys.Ed*: balance on one leg for 100 seconds (maybe even with your eyes closed), toss a ball with one hand and catch it with the other 100 times.
 - *Art*: as a class, draw 100 different faces or trees or friendly monsters and display them in the classroom or the hallway
-
- **Check out this [article](#)**

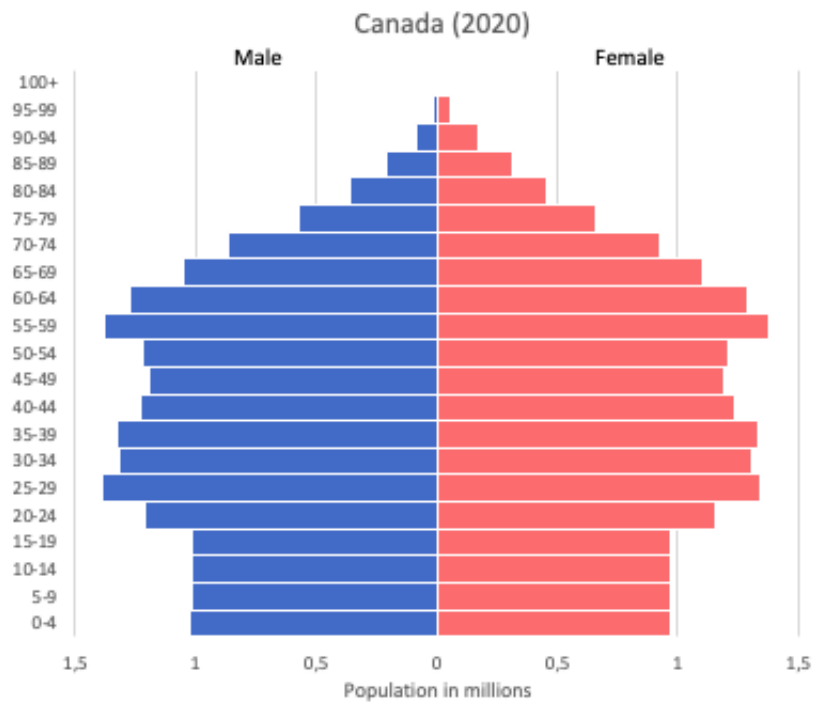
FACTS TO SHARE WITH STUDENTS

- Longevity bonus of ca. 30 years
- By 2030, 25% of Canadians will be 65 or older
- Today the fastest population segment is 85+
- More adults 65+ than children <15
- Children born today will have average lifespans of 100 years
- By 2026 there will be more people aged 55-64 working than 15-24 y.o.
- Today's 20-30 y.o. will work into their 70s & 80s
- Globally, one in two people are ageist against older adults (WHO)
- Ageism impacts individual's health and well-being, society and the economy
- 65% of children in primary school will have jobs that don't exist today
- Children can expect to hold 40 different jobs in 10 different career paths

Helen@topsixtyoversixty.com



1960



2020

Helen@topsixtyoversixty.com