Title: Thanksgiving Trail Mix
Recommended for: elders and children 2-5 years
Length of activity: 30 minutes
Suggested group size: 3-4 IG pairs

Objectives:

Children
- Fine motor
- Follows directions
- Problem solving
- Engagement

Adults
- Fine motor
- Initiation
- Alertness
- Positive mood

Methods

Facilitator Preparation
1. Purchase or collect all ingredients
2. Set up chairs alternating adult and child chairs.
3. Place the ingredients in small mixing bowls and set aside.

Intergenerational Participants
1. Introduction-pair each older adult with a child and sing the hello song.
2. Discuss what trail mix is and how it is made.
3. Hand each pair a piece of each ingredient. Have the pairs close their eyes and taste-test the ingredient. Ask the pairs what they guess the ingredient could be?
4. Then give the pair another piece of the ingredient and have the pair discuss their ingredient, what it tastes like (salty or sweet) and where it comes from. How is it made?
5. Place the mixing bowl of their ingredient in front of the pairs after they have had a discussion. Have the pairs take turns pouring their ingredient into the larger bowl while mixing it with the other ingredients.
6. After the trail mix has been fully mixed have each group begin portioning out Dixie cups with the trail mix.
7. Enjoy! Or save for an afternoon snack.
8. Hold hands and sing the goodbye song.

Materials Needed:
- Raisins
- Sunflower seeds
- Chocolate chips
- Pretzels
- Bugles
- Pumpkin seeds
- Additional ingredients of your choosing
- Dixie cups
- Bowls, mixing spoons

Best Practices

Best Practice 1: Staff members of adult and child programs collaborate to plan activities.

Best Practice 2: Participants are involved in decision making about the activity.

Best Practice 3: Participation is voluntary.

Best Practice 4: Participants are prepared ahead of time and reflect on activities afterwards.

Best Practice 5: Activities reflect participants’ interests, backgrounds, and social histories.

Best Practice 6: Activities are age and role appropriate.

Best Practice 7: Activities support interaction among intergenerational partners.

Best Practice 8: Facilitators skillfully stage the environment to promote interaction.

Best Practice 9: Facilitators consider the social environment and the role of staff members.

Best Practice 10: Adaptive equipment is used as appropriate.

Best Practice 11: Experiences are documented and communicated to varied resources to build upon in future activities.
Helpful Websites:
• http://greatist.com/health/21-healthier-trail-mix-ideas
• http://wonderopolis.org/wonder/what-is-a-cornucopia/

Special Considerations
• Be aware of food allergies and dietary restrictions. Before taste testing ask adults and children if they are allergic to any of the ingredients.
• Serving in a Dixie cup or bowl will prevent crumbs or mess on the floor from using a plate.

Getting To Know You
• Look at all of the ingredients; tell your partner what ingredient is your favorite and why. Ask other pairs if they can pass their ingredient if you would like to try it.
• Talk with your partner about other favorite treats you enjoy. Do you prefer sweet or salty snacks?

Encouraging Interaction
• Discuss what the ingredients are and how they are made (e.g. what is the size, shape, color, taste). Discuss what a cornucopia is.
• Have you eaten these ingredients before? When have you tried these ingredients? What do they taste good in/with?

Enrichment Opportunities
• Creating a Thanksgiving feast or abundant harvest.
• Crafting sunflower faces for the adults and children.
• Creating pinecones with peanut butter and birdseed as a treat for the birds outside.

Technology Opportunities
• Use the iPads to take a picture of each individual ingredient.
• Use the iPads to take pictures of the participants.
• Use the iPads to take pictures of the various stages of production.
• Create a slideshow using iPhoto that can be played at various times so the participants can reminiscence together about the activity.
• The slideshow can also be shown to parents and others.