

MESSAGE TO A CARE HOME



GET INVOLVED



30 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

People living in care homes have been in lockdown for a few weeks now and most of them are not able to receive visitors. Help put a smile on their faces, by sending them a message.

Letter: Write a letter to a resident in a care home. Tell them that you are thinking of them, what you have been up to, what activities you've been doing from #BBatHOME and some words of encouragement.

Picture: Draw a picture to help put a smile on a resident's face. Make sure the picture is bright and colourful. Add a message at the bottom.

The best way of sharing those letters or pictures is online. Scan or photograph the message and then get a grown-up to email it to a care home or share it on the care home's social media page. The care home should then share it with the residents.

Ask a grown-up to take a photo of you with your message and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Paper
- Pen
- Colouring Pens



NOTES FOR PARENTS & CARERS

Please only include first names in any message and don't share any personal information for safeguarding reasons. An adult should initiate contact with the care home and the BB group on social media.