

## PEN PALS

It's fun to make new friends! Write a letter to a care home resident and wait for them to send one back to you. You will learn more about each other as your pen pal friendship develops.

### Equipment needed

- Pen & paper or computer
- Any materials you'd like to use to decorate your letter

### Method

1. Decide who you are going to write your letter to! If you're unsure, you can get an adult to help you contact your local care home. The care home can help you decide which resident will become your new pen pal.
2. Decide what to write about! The most interesting thing you can write about is you! Your pen pal will want to know more about you and your hobbies. If you'd like some inspiration, take a look at our Pen Pals Introductory Questions.

Top tip - make sure you include your home address with your letter so your pen pal is able to send you a letter back. In most letters, your address is traditionally written in the top right corner. Check with an adult first that they are happy for you to share your address.

3. As well as writing about yourself, it's a good idea to ask 'Curiosity Questions' back to your new pen pal. Curiosity Questions help to get a conversation going and allow you to get to know your new pen pal better.  
For example, when you write about something specific such as your pets, include a question for your pen pal to answer e.g. 'do you have any pets?' Or 'what is your favourite animal and why?'



Top tip – residents with dementia often have good long-term memory, so you could ask them questions about their past, including what their school was like and their favourite childhood memories.

4. Once you've finished your letter, feel free to decorate it. You could also add in a photograph, a drawing of yourself or some artwork for your pen pal to enjoy.
5. Send your letter to your pen pal! If the care home is close by, you could drop it off by hand. If not, you can send it via post, or take a picture of it and send via email.
6. Wait for your pen pal to send you a letter back!

