Take some time to think about your favorite memories with your grandparents / parents or the things they like to do. Now, write down or illustrate one thing you would like to do with your grandparents / parents in the morning, afternoon and evening of a day:

**Morning**

**Afternoon**

**Evening/Night**

Share this plan with your grandparents/parents and spend a day like this with them. Companionship is one of the best things we can do to show that we care and love them. Spend time with your family, cherish the moments with them and make their day!