



What is the Chain Reaction Challenge?

The Chain Reaction Challenge is a shared Aotearoa New Zealand and Australia activity for Global Intergenerational Week 2026.

It invites people of different generations to come together, create something simple, and pass connection along, one pom pom at a time.

Anyone and everyone is welcome, including families, schools, early learning centres, community groups, workplaces, aged care settings, and intergenerational programmes. You can take part with two generations, many generations, one small group, or a larger community.

1. Make a pom pom together

Create a pom pom using two colours of wool:

- Red and black for Aotearoa New Zealand
- Green and gold for Australia

Each country is encouraged to make both colour combinations, symbolising connection across the Tasman.

2. Pass the pom pom

Pass the pom pom between people in a simple, playful way. This can happen in an everyday place or somewhere meaningful or unexpected, with the focus on intergenerational connection rather than performance

3. Film a short video

To help us bring all submissions together into one shared story, we strongly encourage the following filming method.

Preferred filming method:

- Film one person at a time using a phone held vertically
- Start with the pom pom coming in from the left, thrown by someone off camera
- Catch the pom pom, pause briefly, then pass or throw it off screen to the right
- Keep the camera steady and the action simple

This approach allows clips to be stitched together so the pom pom appears to travel between people, places, and across countries.

Groups may also film a shared passing moment, such as passing the pom pom around a small circle. Keep group clips short and focused on the passing action and intergenerational connection. There is no need to speak on camera.

4. Take a few photos (optional)

You may also take photos of different generations making pom poms together or sharing the experience.

What do we submit?

One short video and up to four photos

Submissions are collected for inclusion in a combined Chain Reaction Challenge video. Not all submissions may be included. Videos and photos may also be used to promote this and future Chain Reaction Challenge activities, as well as broader intergenerational connection initiatives.

Permissions and consent:

By submitting, you confirm that:

- Everyone featured has given permission to be included
- Parent or guardian consent has been obtained for anyone under 18
- The content may be shared by Generations Connect New Zealand and the Australian Institute for Intergenerational Practice

How do we take part?

Complete the submission form and upload your video and photos.

bit.ly/pass-a-pom