Puzzles

Objective:
The goal of a puzzle activity is to promote cognitive stimulation, increase concentration and focus, and provide a relaxing and entertaining activity for older participants.

Preparation:
- Make sure you have access to puzzles of different levels of difficulty. You can use regular paper puzzles, wooden puzzles or digital puzzles depending on participants' preferences and availability.
- Organize a quiet and comfortable space where participants can sit and work on their puzzles.

Implementation:

- **Choose puzzles:** Depending on the participants abilities and interests, offer a selection of puzzles in different levels of difficulty. You can have anything from simple children's puzzles to more advanced options.
- **Promote conversation:** While working on the puzzle, encourage participants to talk about their experiences, memories or discuss topics related to the picture on the puzzle.
- **Take breaks:** If the activity takes time, make sure there are opportunities to take short breaks and stretch.

What is needed to complete the activity:
- Puzzles of different levels of difficulty.
- A comfortable and quiet place for participants to work on their puzzles.
- Lighting and possibly a magnifying glass if needed to see details.

Examples of printable puzzles:
https://www.memozor.com/pdf/pictures/memory_game_difficult_puzzle_geometric_shapes.pdf
https://www.memozor.com/pdf/pictures/memory_game_puzzle_geometric_shapes.pdf
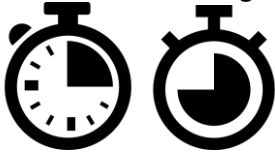https://www.memozor.com/pdf/pictures/memory_game_puzzle_geometric_shapes_2.pdf

Example of digital puzzles:
https://www.jigsawplanet.com/
https://www.jigsawexplorer.com/
https://www.jigsaw365.com/

Time: Short or long   **Activity: Activating**   **Fellowship: Alone**

The duration of the puzzle activity can vary depending on the difficulty of the puzzle and how fast the participant works. The activity can be as short as a few minutes or take several hours. The recommended time is about 30 minutes. Puzzles can be done individually with the elderly.