

Quiz



Objective:

The aim of this activity is to stimulate intellectual activity, promote learning and memory skills, and create an entertaining and engaging experience for elderly.

Description of how the activity should be done:

Preparation:

- Gather a group of older people in a comfortable and relaxed environment.
- Prepare questions and answers in advance. You can have different themes for each quiz, such as music, history, film, or general knowledge, depending on the participants' interests.

Implementation:

- Before starting the quiz, review the rules with the participants. Explain how points will be counted and how answers will be evaluated.
- Ask the questions and let the participants think about the answers. Give them time to answer, usually 30 seconds to one minute per question, depending on the difficulty level.
- Points can be awarded based on the correct answer. You can use different scoring systems, such as one point per correct answer.
- It can be a good idea to let participants discuss the answers or share their thoughts. This promotes interaction and engagement.

What is needed to carry out the activity:

- Prepared questions and answers according to the chosen theme.
- Paper and pencils for scoring, if necessary.

Free printable quizzes:

<https://mariasplace.com/body-mind-activities/quizzes-for-seniors/>

Example of digital quiz-games:

<https://poki.com/en/quiz>

<https://www.gamesgames.com/games/quiz>

<https://www.yourlifechoices.com.au/games-and-puzzles/daily-trivia-quiz/>

<https://www.britannica.com/quiz/browse>

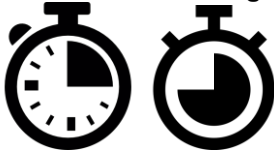
Example of quiz questions:

- Which planet in our solar system is known as the 'Red Planet'? a) Mars b) Venus c) Jupiter
- What is the highest mountain in the world? a) Mount Kilimanjaro b) Mount Everest c) Mount Fuji
- Which vitamin is also called the 'sunshine vitamin'? a) Vitamin C b) Vitamin D c) Vitamin B
- Who wrote the book 'Romeo and Juliet'? a) William Shakespeare b) Jane Austen c) Charles Dickens
- What is the main ingredient in a Caprese salad? a) Tomato, mozzarella and basil b) Meat and potatoes c) Rice and vegetables
- What colour is the pomegranate inside? a) Red b) Yellow c) Green
- Which animal is known as "king of the jungle"? a) Leopard b) Lion c) Elephant
- What year did the first man land on the moon? a) 1969 b) 1979 c) 1989
- What is the oldest known tree in the world? a) Oak b) Pine c) Spruce

Right answers for the questions:

- Which planet in our solar system is known as the "Red Planet"? Answer: a) Mars
- What is the highest mountain in the world? Answer: b) Mount Everest
- Which vitamin is also known as the "sunshine vitamin"? Answer: b) Vitamin D
- Who wrote the book "Romeo and Juliet"? Answer: a) William Shakespeare
- What is the main ingredient in a Caprese salad? Answer: a) Tomato, mozzarella and basil.
- What colour is the pomegranate inside? Answer: a) Red
- Which animal is known as "king of the jungle"? Answer: b) Lion
- What year did the first man land on the moon? Answer: a) 1969
- What is the oldest known tree in the world? Answer: a) Oak tree

Time: Short or long



Activity: Activating



Fellowship: Together



The time required for this activity can vary depending on the number of questions you have and how long you spend discussing and evaluating answers. A quiz session can be as short as 10 minutes or longer if participants are engaged and want to play multiple rounds.

The quiz activity can be adapted for groups of different sizes, usually 2 to 20 people. It is important to ensure that all participants are able to actively participate and that no one feels overwhelmed in a group that is too large.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionens material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal