Create poems

Goals:
- Promote creativity and self-expression among the elderly.
- Create a meaningful and fun activity that promotes social interaction.
- Preserve and share life stories and experiences through poetry.

Description:
- This activity aims to inspire the elderly to write poems using their life experiences and creativity.

Preparations:
- Start the activity with a short presentation on what poetry is and how it can be used to express feelings, thoughts and memories.
- Tell the participants that the aim of the activity is to encourage participants to write their own poems based on their experiences and feelings.
- Use questions that can inspire poems, such as "What is your most memorable moment?", "What place means the most to you?" or "What do you feel when you think about your grandchildren?"
- Play quiet music and ask participants to close their eyes and focus on their memories and feelings.

Writing the poems:
- Encourage participants to write freely, without worrying about grammar or structure at the beginning.
- Allow time for reflection and writing.

Share and discuss:
- After writing, encourage participants to share their poems if they are willing.
- Discuss the poems and encourage constructive feedback and appreciation from the group.
- Collect all the poems and create a collection that can be shared with other residents or their family members if they agree.

What is needed:
- Paper, pencils, crayons and other materials for artistic expression (if desired).
- You can use these glossy pictures as materials for artistic expression: roses , flowers, angels, children and animals

- Create an inspiring environment: Create a comfortable and quiet space with music, good lighting and furniture to promote creativity.
- Bring some samples of poems to show to participants.

Time :
From 30 minutes up to 1 hour

Alone or in a group:
This is a group activity

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