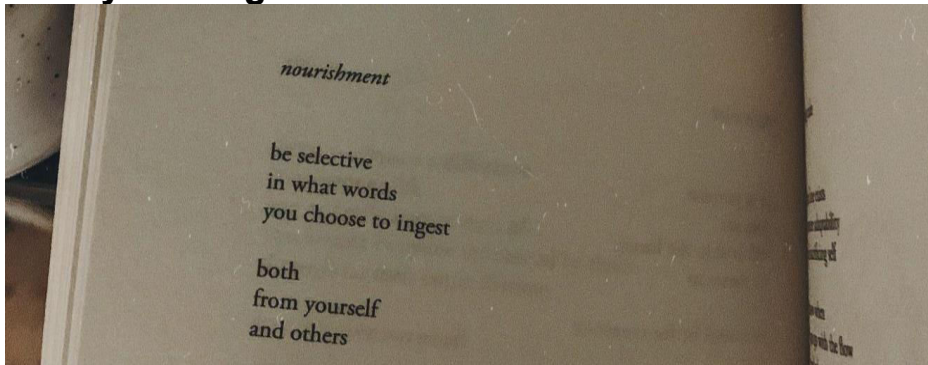


## Poetry reading



### Goals:

- Promote creativity and emotional expression among elderly
- Create a relaxed and peaceful atmosphere.
- Promote fellowship by sharing and discussing poetry.
- Stimulate cognitive activity by analyzing and discussing poetry.

### Description:

- **Time and place:** Choose a quiet and comfortable place where the participants can gather for the reading. This could be a joint place like a daytime room, a garden or any other suitable area.
- **Choice of poetry:** Choose different types of poetry to suit the target group. It can be classic poetry, modern poetry, or even poetry written by the elderly themselves if they are interested. Vary the poetry to keep it interesting.
- **Equipment:** Make sure you have comfortable chairs or sofas for the participants. If possible, use a microphone to ensure that the reading is clear and a suitable volume to everyone.
- **Preparation:** Before the reading, choose a few pieces of poetry to read aloud. Keep in mind that poetry with emotional content is often highly appreciated. You can also ask participants if they have any favorite poems.
- **Reading aloud:** Read the poetry aloud calmly and in a pleasant tone. Try to let your voice and emphasis reflect the poet's intentions. At the end of each poem, leave a short silence to allow participants to reflect on the poetry.
- **Discussion:** After the reading, start a discussion about the poetry. Ask the participants about their thoughts, feelings and interpretations of the poem. This encourages interaction and sharing of experiences.
- **Creative expression:** If participants are willing, encourage them to share their own poems or thoughts about the poetry. This can help create a creative and positive atmosphere.

### What is needed:

- A collection of poetry pieces suitable for the target audience.
- A quiet and comfortable place for the activity with chairs or sofas.
- Microphone if needed
- Prepared poetry pieces for reading aloud.
- Staff who can carry out the reading.

Reading poetry aloud in elderly care centers can be an emotionally rewarding activity that promotes creativity, community and cognitive stimulation. It enables the elderly to express their feelings and thoughts while creating a meaningful and peaceful atmosphere.



Time :

20-30 minutes



**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