

Sudoku



Objective:

The goal of this activity is to promote problem-solving skills. Sudoku is an excellent brain exercise that can help keep the mind active and maintain concentration.

Description of how to do the activity:

Preparation:

- Get sudoku puzzle books, crossword magazines or use digital resources with sudoku puzzles.
- Make sure you have pencils, erasers and copies of the puzzles you have chosen.
- Examples of free versions of digital sudoku
 - <https://sudoku.com/easy/>
 - <https://sudoku.game/>
 - <https://games.washingtonpost.com/games/sudoku>
 - <https://sudokukingdom.com/>

Instructions:

- Choose the difficulty level of the sudoku puzzles taking into account the skills of the participants. Start with easier puzzles and gradually move on to more challenging levels.
- Explain the rules of sudoku if participants are not familiar with the game. Remind them that each row, column and 3x3 square of the 9x9 grid must contain the numbers 1 to 9, without any number being repeated.
- Distribute copies of the sudoku puzzles to participants. Let them work independently or in pairs if they prefer.
- Encourage participants to take their time and be patient as they fill in the numbers.
- Give clues if they get stuck, but avoid giving away the whole solution.
- After participants have solved their puzzles, gather to discuss the solutions and any strategies they used. Evaluate and discuss the experiences and challenges encountered during the activity.

What is needed to carry out the activity:

- Sudoku puzzle books or digital sudoku resources.
- Pencils and erasers.

**Time required:**

The time required to solve a sudoku can vary depending on the level of difficulty and individual experience. The solving process can take between 10 minutes to over an hour, depending on the complexity. You can adapt the time frame to the group and their comfort level. Recommended time of 30 minutes.

**Alone or in a group:**

Sudoku is an activity usually done alone but this activity is done in pairs or groups.

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