

A cup of coffee/tea



Goals:

- Promote social interaction and conversation.
- Create a relaxing atmosphere.
- Enjoy a shared cup of coffee or drink.

Description:

Step 1: Planning and preparation

- Choose a suitable location for the coffee time, such as a living room, garden or a coffee shop.
- Decide which participants will take part in the activity and make sure everyone is informed of the time and place.
- Get the necessary supplies, including coffee, tea, cookies, and possibly milk and sugar if needed.
- Prepare coffee cups, plates, cutlery and napkins.

Step 2: A cup of coffee or tea

- When all participants have arrived, welcome them and start the coffee time by inviting them to sit down.
- Serve coffee, tea and any snacks, and make sure everyone has what they need.
- Create a relaxed atmosphere by playing quiet music in the background or by having some comfortable chairs and sofas available.
- Encourage participants to start conversations on different topics. These can range from everyday events to more in-depth discussions depending on the participants' interests.
- Make sure everyone feels included and heard. It can be helpful to have host to keep the conversation going and make sure everyone gets a chance to speak.
- Enjoy the coffee/tea and conversation in a relaxed atmosphere.

Equipment:

- Coffee or tea
- Coffee cups and plates
- Cutlery (spoons)
- Milk and sugar
- Snacks (such as cookies, small sandwiches or pastries)
- Napkins
- A suitable place to gather
- Coffee cups, mugs or glasses

- Music (optional)
- Comfortable chairs or sofas

It is important to adapt the activity to the participants' preferences and needs. A cup of coffee or tea can be a simple and enjoyable activity that promotes social interaction and relaxation.

Time: Short



Activity: Calming



Fellowship: Together or alone



This activity can be done as a group activity or individually with the elderly and the caregiver.

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 ChatGPT's proposal