

Questions and emotion cards



Objective:

The goal of this activity is to stimulate elderly's' cognitive and memory skills by answering quizzes, riddles and emotion cards. This can be entertaining and challenging while promoting social interaction.

Preparation:

Gather a group of older people in a comfortable and quiet environment, preferably without distracting background noise.

Description:

- Select the desired material according to the theme, print the material when needed
- Follow the instructions in the attached material.

Materials:

- Recovery-oriented practices - resources and inclusion: [Three dots](#)
- [Emotion cards](#)
- ["If I Were" Questions](#)
- [My favorite Questions](#)



Time required:

The duration of this activity can vary depending. A session can be as short as 20-30 minutes or longer if you have an engaged group. Be flexible and adapt the activity to the needs and wishes of the participants.



Alone or in a group:

This activity is suitable for 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