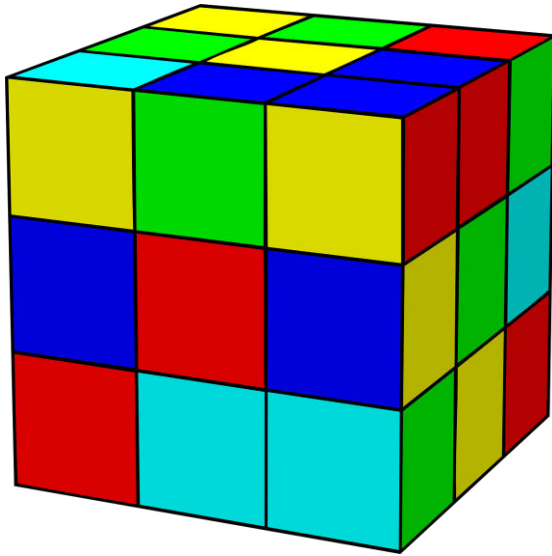


Brain teasers



Objective:

The goal of this activity is to promote the cognitive functions of the elderly, especially their mathematical abilities, logic, problem solving and memory. This activity also aims to stimulate intellectual activity and provide a fun challenge.

Description of how to do the activity:

Preparation:

- Gather the elderly in a quiet and comfortable environment where they can focus on the tasks.
- Make sure that each participant has access to paper and pencils to solve the problems.
- Create or select maths problems and different brain teasers: Choose problems that are appropriate for the participants' abilities and adapt the difficulty level to the group.

Present the problems:

- Give participants a copy of the selected problems. You can also project them if you are working in a group.
- Encourage participants to take time to carefully read and understand the problems before starting to solve them.

Solution and discussion:

- Participants work individually or together to solve the problems.
- When they are done, collect the solutions and discuss the correct answers together.
- Encourage participants to share their solutions and any methods they used.

Reward efforts:

- Provide positive feedback and encouragement whether participants are right or wrong.
- Emphasise that the most important thing is to participate and train their brains.

What is needed to carry out the activity:

- Brainteasers or exercises adapted to the participants' abilities.
- Pens or pencils.
- Paper or copies of the problems.

**Time required:**

The time required will vary depending on the number of problems and the complexity of the tasks. A typical session can be 15 to 30 minutes, but it can be extended if the group is committed.

**Alone or in groups:**

This activity is done with a group of older people.

Examples of brain teasers that are free to use with older people:

<https://www.memozor.com/memory-games-to-print/for-seniors-adults>

<https://seasonedtimes.com/printable-puzzles-for-seniors/>

<https://www.memozor.com/memory-games-to-print>

Digital brain teaser games:

<https://www.mentalup.co/blog/free-brain-games-for-seniors>

<https://www.yourlifechoices.com.au/games-and-puzzles/daily-trivia-quiz/>

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