

Book circle



Goals:

- Promote the joy of reading and reading as a meaningful and enjoyable activity.
- Stimulate mental activity and cognitive stimulation through reading and discussion.
- Provide an opportunity for elderly to engage in meaningful conversations and interactions.
- Promote fellowship through shared reading and discussion of books.

Description:

Step 1. Planning and preparation:

- Start by gathering information about the literary interests of the elderly. Ask them what genres, authors or books they are interested in.
- Choose a book that everyone reads. Discuss the choice of book with the participants and make sure everyone agrees. You will later discuss the book in the book circle.
- Some of the elderly can read the book by themselves, while others can listen to the book by themselves or together.
- Choose a suitable time and frequency for the book circle. It can be a weekly or monthly meeting, depending on the needs and wishes of the elderly.
- Create a comfortable and relaxing environment for the book circle.

Step 2: Book circle:

- One person needs to act as a facilitator for the book circle, helping to keep the conversation going, asking questions and keeping time.
- During the book circle, encourage each participant to share their thoughts, opinions and reflections on the book. Promote open dialogue and allow participants to ask questions or comment on each other's perspectives.
- End the book circle with a discussion and thoughts about the book circle. Plan together when to organize a book circle again.

What is needed:

- A range of books suitable for the target group
- A comfortable environment with good lighting and seating.
- A time and frequency for meetings.
- A person who keeps the discussion going and supports the book circle.

Book circles are an excellent activity that combines reading, reflection and social interaction. They allow elderly to engage in meaningful conversations and encourage reading and mental stimulation.

Asking good questions during the book circle can help participants reflect on the book, share their opinions and create a meaningful discussion. Below you will find some suggestions for questions that can be used to support a book circle:

- What did you think of the book as a whole?
- Are there any specific scenes or quotes that made a strong impression on you?
- Did you have any expectations before you started reading the book, and if so, what were they?

Characters and plot:

- Which character did you like the most and why?
- How does the main character develop over the course of the story?
- What was the most crucial event in the book?

Theme and message:

- What theme do you think the author is trying to convey?
- How do you interpret the message of the book?

Impact of the book on feelings and thoughts:

- How did the book affect your feelings and thoughts?
- Are there any moments in the book that evoked strong emotions for you?

Language and style:

- What did you think of the author's writing style?
- How did the author's language affect your reading experience?

Relationship with the author:

- Do you think the author's background and experiences influenced the book? In what way?
- Do you know the author's other works or life story? Did it influence your interpretation of the book?

Comparisons:

- Are there other books or authors that you can compare this book to?

Time: Long



Activity: Activating



Fellowship: Together



At Least 30 minutes or more per session, a book circle should be organized regularly.

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