

Crosswords



Objective:

The goal of this activity is to promote word knowledge, mental acuity and problem-solving skills. Crosswords are an excellent exercise to keep the mind active, expand vocabulary and maintain concentration.

Description of how to do the activity:

Choice of crosswords:

Choose crossword puzzles with different levels of difficulty and different themes depending on participants' skills and interests.

Explanation:

- Explain the rules for completing the crossword puzzle. Talk about how the answers should be crosswise, and how each box represents a word.
- Show examples of clues and answers.

Crossword solving:

- Hand out copies of crossword puzzles to participants.
- Let them work independently or in pairs if they prefer.
- Encourage participants to use the clues and their knowledge to complete the puzzle.
- Give clues or answers if they get stuck, but try not to give away the whole solution.

Discussion and evaluation:

- After participants have solved their crossword puzzles, gather to discuss the answers and any strategies that were used.
- Evaluate and discuss experiences and challenges that arose during the activity.

What is needed to carry out the activity:

- Crossword magazines or digital crossword puzzles.
- Pens

**Time required:**

The time to solve a crossword puzzle can vary depending on the level of difficulty and individual experience. The solving process can take between 15 minutes to over an hour, depending on the complexity. You can adjust the time frame according to the group and their comfort level. The recommended time is 20-30 minutes per session.

**Alone or in a group:**

Crossword is an activity that is usually done alone. It is flexible enough to be adapted to the participants' preferences.

Examples of crosswords that are free to use with the elderly:

http://www.gets.com/crossword_puzzles.htm

<https://www.nsw.gov.au/community-services/seniors-card/games-and-activities/crossword>

https://www.onlinecrosswords.net/printable-daily-crosswords.php#google_vignette

Digital crosswords:

<https://www.arkadium.com/free-online-games/crosswords/>

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