

Puzzles



Objective:

The goal of a puzzle activity is to promote cognitive stimulation, increase concentration and focus, and provide a relaxing and entertaining activity for older participants.

Description of how to do the activity:

Preparation:

- Make sure you have access to puzzles of different levels of difficulty. You can use regular paper puzzles, wooden puzzles or digital puzzles depending on participants' preferences and availability.
- Organize a quiet and comfortable space where participants can sit and work on their puzzles.

Implementation:

- **Choose puzzles:** Depending on the participants abilities and interests, offer a selection of puzzles in different levels of difficulty. You can have anything from simple children's puzzles to more advanced options.
- **Promote conversation:** While working on the puzzle, encourage participants to talk about their experiences, memories or discuss topics related to the picture on the puzzle.
- **Take breaks:** If the activity takes time, make sure there are opportunities to take short breaks and stretch.

What is needed to complete the activity:

- Puzzles of different levels of difficulty.
- A comfortable and quiet place for participants to work on their puzzles.
- Lighting and possibly a magnifying glass if needed to see details.

Examples of printable puzzles:

[https://www.memozor.com/pdf/pictures/memory_game_difficult_puzzle_geometric_shapes.p
df](https://www.memozor.com/pdf/pictures/memory_game_difficult_puzzle_geometric_shapes.pdf)

https://www.memozor.com/pdf/pictures/memory_game_puzzle_geometric_shapes.pdf

https://www.memozor.com/pdf/pictures/memory_game_puzzle_geometric_shapes_2.pdf

Example of digital puzzles:

<https://www.jigsawplanet.com/>

<https://www.jigsawexplorer.com/>

<https://www.jigsaw365.com/>

**Time required:**

The duration of the puzzle activity can vary depending on the difficulty of the puzzle and how fast the participant works. The activity can be as short as a few minutes or take several hours. The recommended time is about 30 minutes.

**Alone or in a group:**

Puzzles can be done individually with the older person.

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