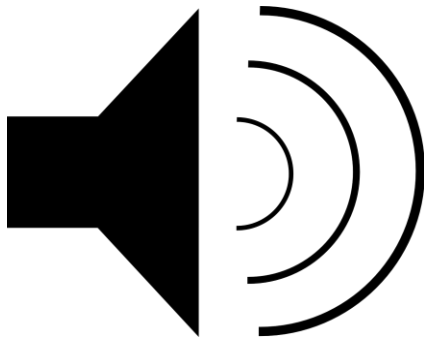


## Audio quiz



### Objective:

The goal of this activity is to stimulate older adults' cognitive and memory skills by listening to audio clips and answering questions. 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.

### Implementation:

- Play the sound clips one by one and let participants listen carefully.
- After each audio clip, ask a question related to what was heard. For example, if the audio clip was birdsong, you could ask: "What kind of bird do you think it was?".
- Participants have time to discuss the answers in the group or write down their answers.

### Discussion:

- After each question, allow participants to discuss their answers and any memories or associations that the sound evoked.
- You can also share information about the sound, such as the species of bird that was singing.

### Scoring system (optional):

If you want to make it more competitive, you can have a point system where participants earn points for each correct answer. This can increase engagement and create a fun competitive spirit.

### What is needed to carry out the activity:

- A calm and quiet environment.
- An audio player or computer with speakers
- Pre-recorded audio clips with different sounds, such as birdsong, pieces of music, celebrity voices, or sounds from nature
- A list of questions related to the sound clips

**Time: Short**



**Activity: Activating**



**Fellowship: Together**



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

This activity is suitable for groups. It can be a challenging and entertaining way to activate older people by using their sense of hearing and memory.

#### **Free sound bank:**

<https://freesound.org/search/?s=Date+added+%28newest+first%29&q=1&page=5#sound>

<https://pixabay.com/sv/sound-effects/>

<https://soundbible.com/>

[https://www.internetstart.se/download\\_ljud.asp](https://www.internetstart.se/download_ljud.asp)

#### **Examples of sounds that can be used:**

##### **Sound clips:**

- The sound of a rushing river, birdsong and the sounds of nature.
- A short recording of an old-fashioned telephone ringing.
- The sound of an old bell ringing.
- A clip of laughter from a comedy TV show from the past.
- The sound of a steamboat blowing its steam whistle.

##### **Example of questions:**

- What does this sound clip represent? (Sounds of nature with birds singing and a rushing river) Bonus: What season do you think this sound is connected to? (Spring or summer)
- What was this sound used for? (Old-fashioned telephone ringing) Bonus: Can you describe what phones looked like when this sound was common?
- What do we hear in this audio clip? (The sound of an old clock chiming) Bonus: Do you have any memories associated with hearing church bells?
- Can you recognise the laughter in this clip? (Laughter from a comedy TV show) Bonus: What was your favourite comedy when you were younger?
- What does this audio clip represent? (Steam boat steam whistle) Bonus: Have you ever travelled on a steamboat or heard this sound in real life?

By using such sound clips, you can evoke memories and encourage participants to share their personal experiences and associations with the sounds. This can create interesting conversations and allow participants to relate to the sounds in a personal way.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionens material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#) and ChatGPT's proposal