

## Questions and emotion cards



### Objective:

The goal of this activity is to stimulate elderly's' cognitive and memory skills by answering quizzes, riddles and emotion cards. 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.

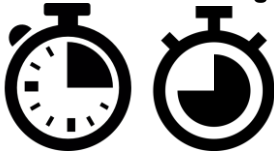
### Description:

- Select the desired material according to the theme, print the material when needed
- Follow the instructions in the attached material.

### Materials:

- Recovery-oriented practices - resources and inclusion: [Three dots](#)
- [Emotion cards](#)
- ["If I Were" Questions](#)
- [My favorite Questions](#)

Time: Short or long



Activity: Activating



Fellowship: Together



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

This activity is suitable for groups.

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