



**AGRUPAMENTO DE ESCOLAS D. SANCHO I
VILA NOVA DE FAMALICÃO
PORTUGAL**



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...

1. Playing physically challenging games, like *Paper Plane* (you cut some holes in an old bed sheet, write the punctuation for each hole and tie the bed sheet, so that it stands in front of the players. Then, you tell the seniors to make some paper planes each and throw them at the sheet, trying to make them pass through the holes. The winner will be the one who gets more points). It will challenge their dexterity and moving ability, as well as distracting them by making them absorbed by what they're doing. This game is especially popular with men
2. Playing music based games, like *I Remember That* (in which they write the titles of songs they can remember with, for example, the word 'love'), *Which Music Is It?* (in which they listen to some songs and try to identify them), both activities engaging the seniors' memory, or preparing a *Karaoke* competition where they can choose their favourite songs, which will then be voted by a jury. The winner will get an award (it can be something produced locally or just a symbolic token). This activity increases their self-esteem;
3. Playing memory card games or board games, like *Bingo* or *Pictionary*. These games allow them to exercise their memory, along with their creativity or concentration capacities. Besides, it's a lot of fun.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

Material: pack of cards, hi-fi, paper, tissues, board games, bed sheet

Place: Nursery Home

Time: end of morning or afternoon

POSSIBLE OBSTACLES

Health problems: memory loss or physical limitations.

ILLUSTRATION

