

„The right price“

Creativity applied to Sadness

„Creating Wellbeing”

CREATIVITY APPLIED TO SADNESS

1. NAME OF THE ACTIVITY

The right price

2. DESCRIPTION

Everybody knows the famous tv show “The price is right”, and our senior absolutely love it, so why not having an edition of the show in the care home?

This activity helps with boosting the mood and engaging senior in a topic of discussion that is easy to follow and very common for everybody – the price of common products, aliments and objects.

Participants have to guess the right price of different products and then discuss the evolution of prices over time.

3. OBJECTIVES

- Improve participation and engagement
- Reduce sadness
- Improve memory (by remembering the prices modifications over time)

4. RESOURCES AND MATERIALS

- Papers and pens for each participant
- Different products to put a price tag on them
- Award
- Flipchart or writing board to note the score
- Music to play when presenting the product (optional)

5. IMPLEMENTATION – INSTRUCTION

Steps of the activity

- 1.** Collect some relevant home and kitchen groceries and arrange them on a table in full view of the attendees
- 2.** Make a note of the current retail price for each item; the goal of the game is for players to come as near to the actual price as possible
- 3.** Hold up each item one by one and make a brief presentation, such as "Here we have a 500g pack of pasta"
- 4.** Participants have 30 seconds to write down the price of the product. After everybody is done writing, one by one, senior read and show what price they chose

Note: it is very important that participants do not talk to each other about the product or take a peek to others notes

- 5.** The host will reveal the actual retail price for the product. The person that was closest to the actual price will receive 1 point

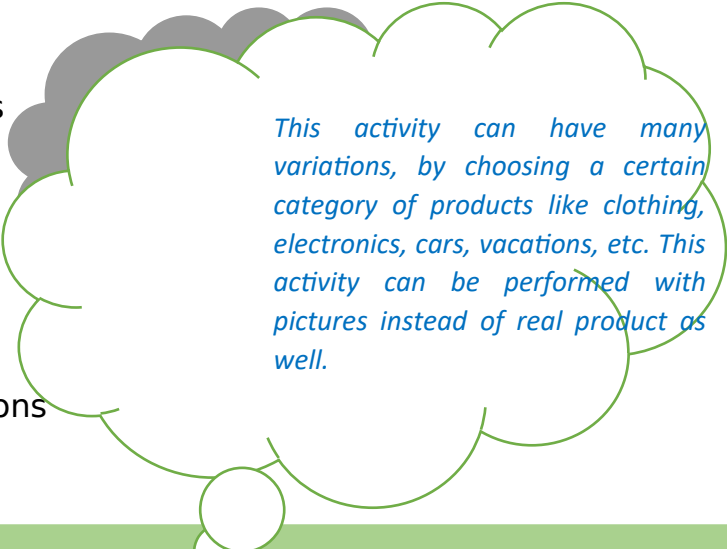
TIP : Take advantage of the chance to engage them in remembering about previous grocery costs and how they could have utilized these things in their house over time

- 6.** Repeat the previous steps for all products. In the end, the person who have the most points wins and is awarded a small symbolic reward (we recommend something that can be shared with the other senior, a pack of biscuits for example or a large bottle of juice)

6. POSSIBLE MODIFICATIONS AND INSPIRATIONS

Ideas of groceries and kitchen products to choose from:

- Bread
- Pasta
- Different canned foods
- Matches
- Flour
- Oil
- Cutlery
- Wine
- Cheese
- 1kg of potatoes or onions
- Soap



This activity can have many variations, by choosing a certain category of products like clothing, electronics, cars, vacations, etc. This activity can be performed with pictures instead of real product as well.

- Coffee



7. EXPECTED RESULTS

- Reduce sadness

- Increase joy and happiness

- Encourage desire to be more active in group activities

- Improve memory



8. PREPARED BY



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Funded by the
Erasmus+ Programme
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