

# GUESS THE OBJECT BY DETAILS

*Creativity applied to anxiety (Activity 2/12)*

## DESCRIPTION

*Guess the object by details* is a simple game and easy to put in practice with elderly people. It can be organized with minimal resources, in a group or individually and can bring good mood among them. It can help seniors to relax and divert their attention away from the sources of anxiety.

## OBJECTIVES

1. Stimulate imagination and creative thinking.
2. Arouse fun and competitive spirit.
3. Reducing anxiety and frustration related to memory loss.

## RESOURCES AND MATERIALS

1. Laptop/computer.
2. Image selection.
3. Video projector and screen.

## IMPLEMENTATION - INSTRUCTION

1. Some images familiar to the target group are selected (e.g., chair, child, cup, tram, pen). – the images can be chosen at random by the coordinator.
2. The first image is projected, but not entirely; only a portion of it is.



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3. Participants are asked to identify the object.
4. If no one can, the image is enlarged to show more details.
5. Participants are invited to identify the object.
6. The activity is repeated with the display of as many details of the image as possible, reaching the projection of the entire image, until one of the participants identifies the object in the image.
7. The activity is developed with the next object in a similar manner.
8. It is repeated with a maximum of 6 objects and can be repeated with any other objects.
9. The participant who guesses the most objects is declared the winner and receives a prize (e.g., a cookie or something sweet to share with the other seniors).

## SUPPLEMENTARY IDEA

10. The images can be changed as many times as the exercise is repeated with the same group of elderly people.

## POSSIBLE MODIFICATIONS

1. The exercise can be themed, adapted to different calendar moments (e.g., Christmas, Easter, Women's Day, spring, etc.).
2. At the beginning of the activity, the chosen theme can be discussed for a few minutes, and the hidden objects can be selected according to this theme.

## EXPECTED RESULTS

The seniors will discover a simple way of amusement, because the details of the objects can be associated with a multitude of other objects. They will be kept active by stimulating the curiosity to discover what is hidden behind the image.