



### Easter Pick - a - Box

Facilitator Diversional Therapist, Lifestyle / Activity Staff or Volunteer

### Objective of Activity

Mental Stimulation and to minimise cognitive decline.

### Capability

Verbal communication skills and ability to share long term memories in a group setting

### Environment

Lounge area

### Equipment

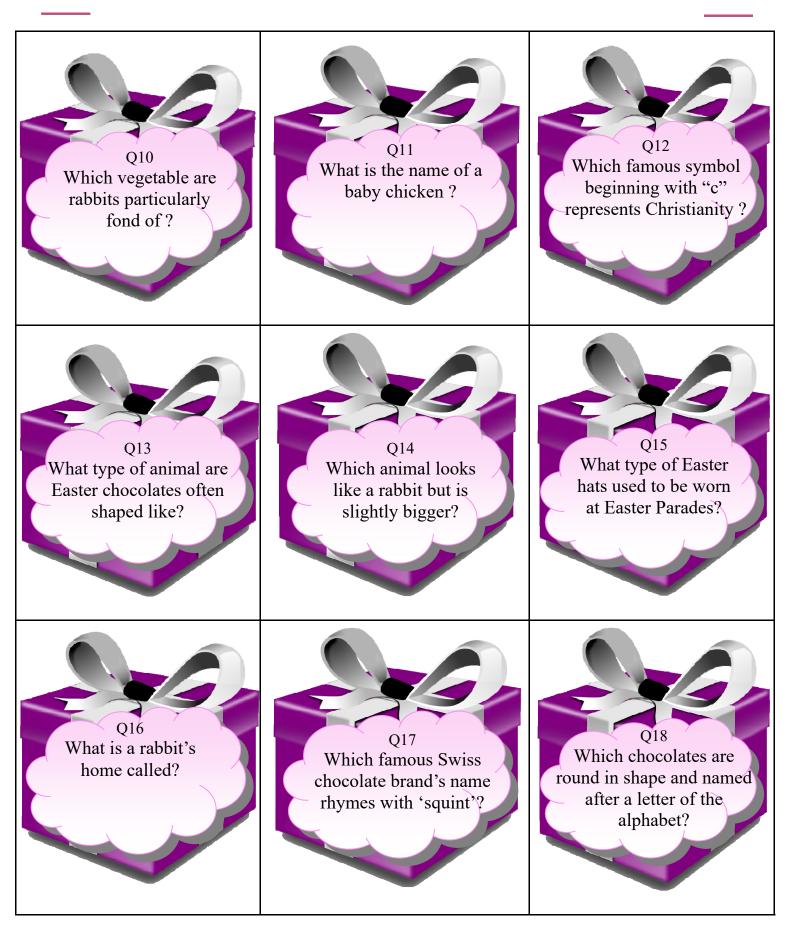
- Scissors
- A box to put all the questions into
- Answer Sheet

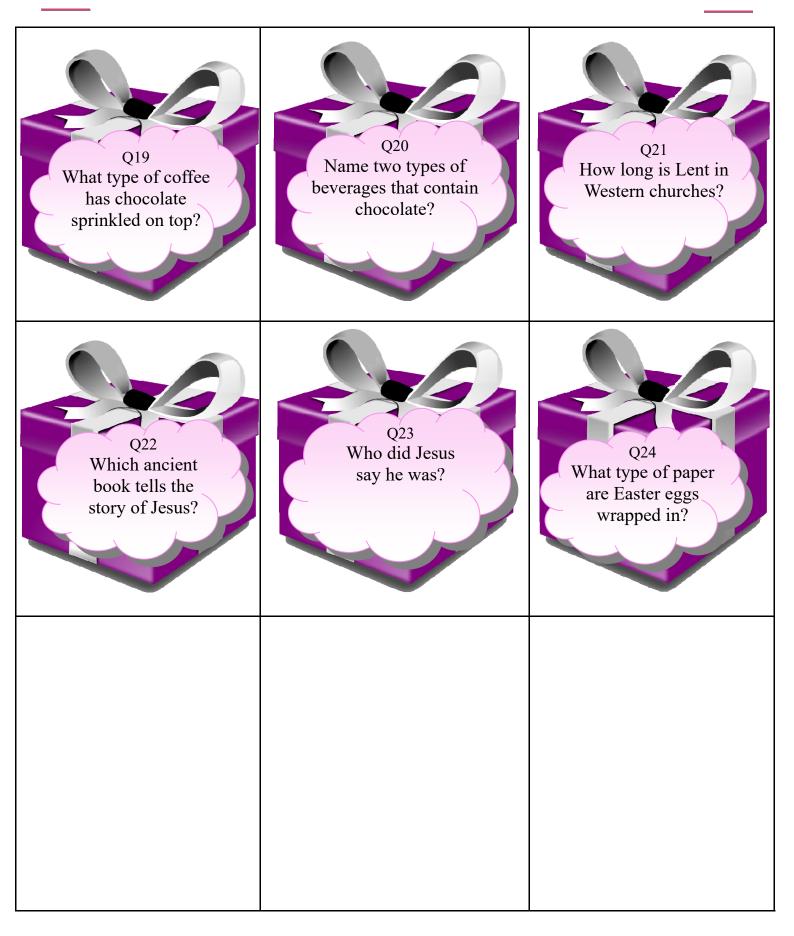
#### **Instructions**

- Pick-a-Box was a highly successful Australian TV quiz show of the 1950s and 1960s.
- For this version of Pick-a-Box, print the questions, laminate if you want to reuse for sturdiness cut them out.
- Put them all in a box and ask your clients to choose one at random.
- Read the question out for everyone to hear it.
- Allow the person who pulled the question out first chance to answer it
- Keep your answer sheet handy!









## Easter Pick - a - Box

#### Answers

Q1: Bunny

Q2: He rose from the dead

Q3: Hot Cross Buns

Q4: Eggs

Q5: Easter Egg hunts

Q6: Good Friday

Q7: The Easter Lily

Q8: Bugs Bunny

Q9: Peter Rabbit

Q10: Carrots

Q11: A chick

Q12: A Cross or Christ

Q13: Rabbits or Bilbies

Q14: A Hare

Q15: Easter Bonnets

Q16: A Burrow

Q17: Lindt

Q18: M&M's

Q19: A cappuccino

Q20: Chocolate milkshakes, hot chocolate

Q21: 40 days

Q22: The Bible

Q23: The son of God

## Easter Pick - a - Box

#### **Answers**

Q24: Foil



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### Goals of Activity

#### PHYSICAL:

- Maintain sitting posture and balance
- Encourage walking to group if ambulant

#### SENSORY:

- Maximise the use of auditory and visual skills
- Reduce risk of sensory isolation by utilising senses: hearing and vision

#### **COGNITIVE:**

- Maintain alertness and concentration span and attention skills
- Utilize comprehension and broad thinking skills
- Stimulate residual mental abilities to optimise cognitive functioning
- Promote visualisation skills
- Maintain/build alertness and concentration span
- Prompts past learned skills of a familiar nature
- Stimulate long-term memories

#### **COMMUNICATION:**

- Maintain social interaction and motivation to communicate within the group
- Expression should be encouraged to maintain skills at both a simple and more complex level of communication
- Stimulate and motivate social contact and communication skills, especially relation to the group
- Maintain verbal and non-verbal skills

#### SOCIAL/EMOTIONAL:

- Provide an avenue for interaction with fellow residents to promote and maintain social skills
- Facilitate feelings of self-worth; increase self-esteem by promoting self-expression of one's own ideas and current affairs
- Promote a sense of belonging, feelings of self-worth and self-esteem, especially on completion of quiz or word game
- Peer support and encouragement, self-expression and assistance are provided in an enjoyable group environment
- Reduce risk of social isolation
- Maintain past interests, promote a sense of well-being
- Increase self-esteem with group participation
- Have fun

Residents Who Regularly Attend: Comments/ Prompts/Assis		istance Required:
Name of Person Completing Form:		Signature :
Designation:		Date :
Plan is to be reviewed annually or as required.		Date Revised:
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