

# SUDOKU FOR SENIORS

## Description

Sudoku is a classic numerical puzzle game that is both entertaining and beneficial for reinforcing numerical intelligence. It involves filling a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub grids contains all of the digits from 1 to 9. This activity is particularly suitable for seniors as it helps improve cognitive functions such as concentration, problem-solving, and logical thinking while also providing a fun and engaging pastime.

## Time Needed



15-30 minutes per puzzle

## Learning Setting

Ideal for small groups in a relaxed and comfortable environment such as a community center, senior living facility, or even at home with family members.

## Materials Required



- Sudoku puzzle books or printouts (available in various difficulty levels)
- Pencils or pens

## Practical Tips

1. Start with easier puzzles and gradually increase the difficulty level as participants become more comfortable.
2. Encourage collaboration and discussion among participants to share strategies and tips for solving Sudoku puzzles.
3. Provide assistance and guidance as needed, but allow participants to solve the puzzles independently as much as possible to stimulate cognitive function.
4. Ensure that the environment is well-lit and comfortable to minimize any discomfort during the activity.

## Expected Results

- Improved numerical intelligence and problem-solving skills.
- Enhanced concentration and focus.
- Increased confidence in tackling numerical puzzles.

## Learning Objectives



- Enhance numerical intelligence and problem-solving skills.
- Improve concentration and focus.
- Stimulate logical thinking and reasoning abilities.

## Step By Step Guidance

1. Provide each participant with a Sudoku puzzle book or printout.
2. Explain the rules of Sudoku and demonstrate how to fill in the grid using numbers 1-9 without repeating any digit in a row, column, or sub grid.
3. Encourage participants to start with the easier puzzles and work their way up to more challenging ones.
4. Offer assistance and guidance as needed, but encourage participants to solve the puzzles independently.
5. Facilitate discussion and sharing of strategies among participants.
6. Once participants have completed a puzzle, review the solution together to reinforce learning and discuss any alternative approaches.

## Source

GrowthCoop. [Printable sudoku sheets for free](#)

