

# GROUP DISCUSSION

## Description

Group discussion is an interactive activity where elderly individuals engage in conversation on a specific topic or theme.

It encourages verbal intelligence by promoting communication skills, critical thinking, and the expression of ideas and opinions.



## Time Needed

60-90 minutes per session, depending on the complexity of the topic and the group's dynamics.

## Learning Setting

A quiet and comfortable room conducive to conversation, preferably with chairs arranged in a circle to facilitate eye contact and engagement among participants.



## Materials Required

- Chairs arranged in a circle
- Whiteboard or flip chart (optional)
- Markers (optional)

## Practical Tips

- Choose topics that are relevant and interesting to the participants to maintain engagement.
- Encourage active listening and respectful communication among participants.
- Provide prompts or questions to guide the discussion and keep it focused.
- Ensure that everyone has an opportunity to speak and contribute to the conversation.
- Foster an inclusive environment where participants feel comfortable expressing their opinions.

## Learning Objectives



- To enhance verbal communication skills through active participation in group discussions.
- To develop critical thinking abilities by analyzing and discussing various topics and viewpoints.
- To foster social interaction and engagement among elderly individuals.
- To promote self-expression and confidence in sharing ideas and opinions.

## Expected Results

- Improved verbal communication skills
- Enhanced critical thinking abilities
- Strengthened social connections and sense of community
- Increased self-confidence in expressing ideas and opinions

## Source

My Training Box: Adapted from experience in facilitating group discussions for elderly individuals in community centers and retirement homes.

## Step By Step Guidance

1. Choose a topic or theme for the discussion based on the interests and preferences of the participants. Topics could range from current events and personal experiences to cultural phenomena or thought-provoking questions.
2. Begin the session by introducing the topic and providing any necessary background information to ensure everyone understands the context.
3. Encourage participants to share their thoughts, opinions, and experiences related to the topic. Use open-ended questions to stimulate conversation and invite diverse perspectives.
4. Facilitate the discussion by guiding the flow of conversation, ensuring everyone has an opportunity to speak, and encouraging active listening among participants.
5. Summarize key points and insights that emerge during the discussion to consolidate learning and promote reflection.
6. Conclude the session by inviting feedback from participants and discussing any future topics they would like to explore.

## Some Topics

**Memorable Moments in History:** What was your experience during this event? How did it impact your life and community?

**Favorite Books and Authors / Sports and Athlete (Possible to add music or art) :** What book/sport had a significant impact on you? Who is your favorite author/athlete and why?

**Changes in Technology:** How has technology changed the way you live? What technological advancement do you find most impressive?

**Travel Experiences:** What was your favorite travel destination? What did you learn from your travels?

**Hobbies and Interests:** What hobbies do you enjoy? How have your interests changed over the years?

**Current Events:** What are your thoughts on recent news stories? How do you stay informed about current events?



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