DIGITAL AGEING
Train your brain

SAME LETTER CATEGORIES

Description

This activity aims at making elderly to recall words starting with the same letter, but belonging to different categories: Animals, Food, Country, City, Job.

Learning Objectives

Quick recalling of words of certain characteristics.

Time Needed

20 mins - 40 mins

Learning Setting

In group activity

Materials Required

Paper and pens

Practical Tips

It could be an individual activity, but it is recommended to do it in a group to create a feeling of competition or collaboration. Categories of words may be adapted, to be fewer or more (ideas for more categories: Clothes, Sports, etc).

Step By Step Guidance

Participants should first be told that they will have to think of words starting with the same letter and belonging to different categories. They should have their sheet divided into 5 columns with the respective title of each column. The moderator should pick a letter and participants have to to write words for each category as fast they can. When someone finishes, they have to say loudly "FINISH" so that everyone stops writing and the person who was the first to write all the words, adds 5 points. The game might have as many rounds as the participants want.

Source

My Training Box

Expected Results

- Better verbal memory
- Trained quick thinking
- Broadening of vocabulary

LIST OF WORDS

Words Starting with 'A'
Animal: Antelope
Food: Apple
Country: Argentina
City: Athens
Job: Architect

Words Starting with 'B'
Animal: Bear
Food: Banana
Country: Brazil
City: Barcelona
Job: Baker

Words Starting with 'C'
Animal: Cat
Food: Carrot
Country: Canada
City: Cairo
Job: Carpenter

Words Starting with 'D'
Animal: Dog
Food: Date
Country: Denmark
City: Dublin
Job: Doctor

Words Starting with 'E'
Animal: Elephant
Food: Eggplant
Country: Egypt
City: Edinburgh
Job: Engineer

Words Starting with 'F'
Animal: Fox
Food: Fig
Country: Finland
City: Florence
Job: Farmer

Words Starting with 'G'
Animal: Giraffe
Food: Grapes
Country: Germany
City: Geneva
Job: Geologist

Words Starting with 'H'
Animal: Horse
Food: Honey
Country: Hungary
City: Houston
Job: Hairdresser

Words Starting with 'I'
Animal: Iguana
Food: Ice cream
Country: India
City: Istanbul
Job: Interpreter

Words Starting with 'J'
Animal: Jaguar
Food: Jam
Country: Japan
City: Jakarta
Job: Journalist

Words Starting with 'K'
Animal: Kangaroo
Food: Kiwi
Country: Kenya
City: Kyoto
Job: Key maker

Words Starting with 'L'
Animal: Lion
Food: Lemon
Country: Lebanon
City: London
Job: Lawyer

Words Starting with 'M'
Animal: Monkey
Food: Mango
Country: Mexico
City: Madrid
Job: Mechanic

Words Starting with 'N'
Animal: Newt
Food: Noodles
Country: Norway
City: Nairobi
Job: Nurse

Words Starting with 'O'
Animal: Owl
Food: Orange
Country: Oman
City: Oslo
Job: Optician

LIST OF WORDS

Words Starting with 'P'
Animal: Penguin
Food: Pineapple
Country: Portugal
City: Paris
Job: Pharmacist

Words Starting with 'Q'
Animal: Quail
Food: Quiche
Country: Qatar
City: Quebec
Job: Quantity surveyor

Words Starting with 'R'
Animal: Rabbit
Food: Raspberry
Country: Romania
City: Rome
Job: Radiologist

Words Starting with 'S'
Animal: Snake
Food: Strawberry
Country: Spain
City: Sydney
Job: Scientist

Words Starting with 'T'
Animal: Tiger
Food: Tomato
Country: Thailand
City: Tokyo
Job: Teacher

Words Starting with 'U'
Animal: Urchin
Food: Udon
Country: Uganda
City: Uppsala
Job: Underwriter

Words Starting with 'V'
Animal: Vulture
Food: Vanilla
Country: Vietnam
City: Vienna
Job: Veterinarian

Words Starting with 'W'
Animal: Wolf
Food: Watermelon
Country: Wales
City: Warsaw
Job: Writer

Words Starting with 'X'
Animal: Xerus
Food: -
Country: -
City: -
Job: X-ray technician

Words Starting with 'Y'
Animal: Yak
Food: Yogurt
Country: Yemen
City: Yokohama
Job: Yoga instructor

Words Starting with 'Z'
Animal: Zebra
Food: Zucchini
Country: Zambia
City: Zurich
Job: Zoologist