



Senior Nutrition Program Activity Guide: **Did You Know? Game**

This simple, fun game can help seniors socialize and get to know one another. This is an activity you can easily play virtually! It is casual and focused on engaging and connecting, which supports overall health and well-being. Customize this game by combining it with another activity (e.g., virtual powwow) and/or focusing on a specific interest (e.g., science and nature). You can also title the event in whatever way suits your group – “Did You Know?” is just one possibility.

Coordination

- Assign a coordinator to plan and manage the game.
- Develop and number the game questions (ideas below).
- Select a time and date for the event.
- Set up a free virtual event on a video platform (e.g., Zoom meeting).
- Create a sign-up form and promote the activity.
- Remind participants the day before the event.
- Start the event 30 minutes early to troubleshoot any technical issues.

Game Play

Once everyone has joined the meeting, the Coordinator should start the event with a quick overview of how the game works. Remind participants to pass on any question they prefer not to answer. Consider having extra questions on hand for this situation, so a participant can skip one without losing a turn.

Assign a number to each participant (these correspond to questions numbered during prep). Either give numbers as participants enter the virtual room or go down the attendee list once everyone has joined.

Start with any number. Call it out and find out who has the number, then read the corresponding question. Once the participant finishes answering, they (or the Coordinator) can call out the next number.

Play continues until everyone has answered a question. Depending on how much time and how many people you have, it's possible to get through more than one round of questions. Expect some chitchat in between questions – that can be the most engaging part!

Questions

The most important aspect of this game is choosing questions that are relevant to your community and comfortable for your participants. Even within one community, some questions will not apply to everyone. Below are a few ideas to get your started. You can also search online for “getting to know you questions” or “icebreaker questions.”

- What is the best thing you've eat in the last year?
- What is one of your favorite things to do when you are by yourself?
- If you are a hunter/fisher, what is the last thing you hunted/caught?
- What animals are a nuisance around your home/yard?
- What is one place that you would like to visit?
- What is one thing you've seen while window shopping that you would like to have?
- What is the best memory you have about your best friend and/or friends?
- What is your favorite dessert?
- If you could be anything, what would it be?
- Can you name all your children and grandchildren in alphabetical order?