



Jar of good activities

- WHAT IS IT, WHY AND HOW TO DO IT?

What is a jar of good activities?

IT'S A DECORATED JAR WITH LITTLE NOTES IN IT WHICH HAVE TASKS OR SMALLER OR BIGGER CHALLENGES FOR SOMEONE OR FOR YOURSELF WRITTEN ON THEM. THE JAR MAY ALSO CONTAIN MOTIVATIONAL SLOGANS.



What is a jar of good activities?



IT IS A WAY TO STRENGTHEN THE SENSE OF SELF-ESTEEM IN SENIORS. IT IS ALSO A GREAT TECHNIQUE USED IN ACTIVATING THE ELDERLY.

A jar of good activities – why create it?

**PRIMARILY,
THE TASKS PUT IN
THE JAR
MOTIVATE TO
TAKE ACTION.**

ACTIVE SENIORS HAVE LESS PERCEPTIBLE HEALTH DEFICITS AND GREATER PSYCHOPHYSICAL EFFICIENCY.

REGULAR PHYSICAL ACTIVITY CONTRIBUTES TO DELAYING DEMENTIA, ALZHEIMER'S DISEASE, AND MANY OTHER CHRONIC DISEASES.

ACTIVE SENIORS HAVE BETTER ABILITY AND WILLINGNESS TO WORK AND THEY MAKE A SIGNIFICANT CONTRIBUTION TO THE DEVELOPMENT OF SOCIETY.

Activity not only “adds years to life” but
also “adds life to years”

A jar of
good
activities
– why
create it?



**CREATING A JAR OF GOOD
ACTIVITIES:**

IT'S A GREAT FUN!

IT STIMULATES CREATIVITY

IT EVOKES POSITIVE EMOTIONS

IT'S A GREAT OPPORTUNITY TO
MEET IN A GROUP (OF FRIENDS OR
A WORKSHOP GROUP).

What do you need to create a jar of good activities?

A JAR, PREFERABLY TRANSPARENT (MIN. 250 ML)

SHEETS OF PAPER WITH PRINTED TASKS ON THEM
OR BLANK, IF WE WANT TO WRITE TASKS BY HAND

RIBBONS, BEADS, FEATHERS

SCISSORS OR A GUILLOTINE

DIFFERENT COLORS OF ACRYLIC PAINT

PAINT BRUSHES OF DIFFERENT THICKNESS

A LONG TOOTHPICK (FOR SKEWERS)

What do you need to create a jar of good activities?

Examples of activities for seniors



1. PHYSICAL ACTIVITIES:

- a) TAKE AT LEAST A 20-MINUTE WALK TODAY.
- b) FIND TIME TO MAKE AT LEAST 15-MINUTE LIGHT STRETCHES.
- c) USE THE EQUIPMENT OF THE OUTDOOR GYM.
- d) DANCE TO YOUR FAVORITE MUSIC.

2. FAMILY ACTIVITIES:

- a) GO FOR A WALK WITH A PERSON WHO IS CLOSE TO YOU.
- b) CALL A FAMILY MEMBER OR A FRIEND.
- c) EAT A MEAL WITH A PERSON WHO IS CLOSE TO YOU.
- d) PLAY BOARD/CARD GAME WITH SOMEONE.
- e) WRITE A LETTER TO YOUR FRIEND OR FAMILY MEMBER.

What do you need to create a jar of good activities?

Examples of activities for seniors



3. MENTAL ACTIVITIES:

- a) READ YOUR FAVOURITE BOOK.
- b) SOLVE A CROSSWORD.
- c) PLAY CHESS, SUDOKU OR DO PUZZLES.
- d) LEARN A FEW PHRASES IN A FOREIGN LANGUAGE.
- e) WRITE A POEM.

4. SOCIAL ACTIVITIES:

- a) GO TO A SENIOR CLUB OR A CULTURAL INSTITUTION IN YOUR CITY AND TAKE PART IN OFFERED CLASSES.
- b) DO A VOLUNTEER WORK.
- c) TAKE PART IN CLASSES/COURSES ONLINE.
- d) ORGANIZE A MEETING/ PICNIC/ WALK.

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Examples of activities for seniors



5. RELAXING ACTIVITIES:

- a) TAKE A LONG, RELAXING BATH.
- b) DO AT LEAST 10-MINUTE BREATHING EXERCISES.
- c) LISTEN TO YOUR FAVORITE MUSIC.
- d) BUY A POTTED PLANT AND TAKE CARE OF IT.

YOU CAN USE THESE EXAMPLES OF ACTIVITIES IN MAKING NOTES WITH TASKS OR YOU CAN COME UP WITH COMPLETELY DIFFERENT ONES.

A jar of good activities – step by step

START WITH COMING UP SUITABLE TASKS WHICH YOU WILL WRITE ON A NOTES (OR USE OUR PROPOSITIONS).

AFTER PRINTING OR WRITING YOUR NOTES, CUT THEM OUT.

ROLL EACH OF THEM ON A TOOTHPICK SO THAT A ROLL IS FORMED.

TIE THE FOLDED PIECES OF PAPER WITH A RIBBON.

PUT YOUR NOTES IN THE JAR.

TO MAKE THE JAR LOOK MORE ELEGANT AND MYSTERIOUS, ADD SOME FEATHERS, BEADS OR LOOSE GLITTER INSIDE.

A jar of good activities – step by step

NOW YOU CAN PROCEED TO DECORATE YOUR JAR:

USING ACRYL PAINT AND DIFFERENT KINDS OF BRUSHES OR EVEN TOOTHPICKS DECORATE THE JAR (E.G. PAINT A MANDALA MOTIVE).

YOU CAN ALSO DECORATE THE JAR WITH DECORATIVE SELF-ADHESIVE TAPES, STICKERS, ETC.

TIE THE JAR WITH A RIBBON AND YOU'RE DONE!

HAVE FUN!

Where to keep the jar of good activities?

THE FINISHED JAR SHOULD BE PLACED IN
A VISIBLE PLACE.

IT IS IMPORTANT TO REACH FOR A NEW
TASK EVERY DAY.





Checking the Jar of good activities every day is a great way to keep yourself motivated to spend time actively.

Through activity, the senior can strengthen the meaning of life and satisfaction and also change the quality of life.



SENESCENCE IS A PROCESS THAT CANNOT BE STOPPED FOR NATURAL REASONS, BUT ITS EFFECTS, ESPECIALLY NEGATIVE ONES, CAN BE LIMITED OR SLOWED DOWN.

