



The game "Delivery on the Go Challenges", which encourages seniors to volunteer and help others, was developed by the "Wyjdź z Domu" Foundation.

1. Objective:

The goal of this activity is to develop cooperation, creativity, and flexible thinking. Seniors learn to interact in diverse, often unexpected situations, which develops their physical and interpersonal skills and strengthens their sense of community.

2. Materials needed:

- A small object (e.g., a ball, a cup, a balloon, a piece of cloth, a small pillow, etc.).
- A set of "challenge cards" (e.g., sheets of paper with various tasks – these can be physical challenges, such as "hold an object on your foot" or "pass an object over your knee").
- Enough space to form a circle.

3. Step-by-step instructions:

a) Prepare the space:

Ask the seniors to stand in a circle. Make sure they have enough room to move freely and pass the object. You can organize this in a classroom, garden, or a spacious room.

b) Preparing the Object and Challenges:

Choose a small object to pass around, such as a ball, cup, balloon, or piece of cloth. Also prepare "challenge cards"—these can be randomly selected tasks that participants must complete during the game. Each card will contain a surprising challenge.

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Challenge suggestions:

- "Pass the item over your knee"
- "Hold the item on your forehead and move to the left"
- "Pass the item holding it only between your elbows"
- "Pass the item while imitating an animal (e.g., dog, cat, duck)"
- "Name your three favorite places in the world before passing the item"
- "Pass the item, but first say one word about "help" (e.g., how you help others)"
- "Pass the item while shouting "Hurray!"

4. Game Rules:

The goal of the game is to pass an object in a circle, but with additional challenges that make the task more creative and challenging.

a) Starting the Game:

Seniors receive a predetermined signal to begin the game. One participant begins holding the object and then, passing it to the next person, draws a challenge card. The participant must complete the challenge card before passing the object to the next person.

b) Game Rules:

Drawing a Challenge: Each participant draws a challenge card before passing the object. Challenges can involve using only one body part (e.g., only the feet, only the forehead), passing through additional obstacles (e.g., rotating around one's axis), or performing gestures while passing the object.

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Surprise Elements: You can introduce challenges that are timed (e.g., "you must pass the object in 10 seconds using only one leg") or require some fun, physical movements (e.g., "pass the object while standing on one leg").

Group Challenges: During the game, every few rounds, you can add a challenge that requires larger group cooperation (e.g., "everyone must pass the item without touching the ground, only at chest height").

c) End of Round:

When the item reaches the first person in the circle or when it returns to the back of the circle, the round ends. Then, conduct a short debriefing session, asking:

- What challenge did you enjoy the most?
- What difficulties did you encounter during the game?
- How did cooperation facilitate problem-solving?

5. Game Summary:

After the game, discuss with the participants:

- What was the most challenging aspect of the game?
- What creative solutions did you use?
- How important was cooperation, and how did you help each other?

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7. Evaluation:

This task aims to demonstrate how cooperation, creativity, and flexibility can help solve problems. Seniors develop communication skills, cope with challenges, and work as a team, which fosters a sense of community and connection.

8. Benefits of the activity:

- Cooperation and trust: The game encourages cooperation, as seniors must trust each other to successfully pass an item.
- Creativity: Requires creative thinking to find a way to pass an item without using their hands.
- Communication: Successful passing of an item requires verbal and nonverbal communication, which allows for better understanding within the group.
- Enjoyment of shared fun: Gives seniors the opportunity to have fun and laugh, which improves mood and builds bonds between participants.

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