**Attention Trivia**

Attention Trivia is a fun success-oriented group activity that utilizes long term memory and reasoning skills.

Four different PowerPoints and forty-five questions are provided for each weeks Attention Trivia session.

Two multiple choice answers are provided to assist the participants in answering general knowledge questions. The difference between the two answers is subtle.

Being in a group setting helps benefit in providing the correct answer (most of the time). When a correct answer is provided by the team, a portion of a picture puzzle is revealed. The goal of the activity is to correctly answer the trivia questions and to decipher the picture puzzle.

The picture puzzle is usually of a common phrase or cliché’. A few liberties with phonetics (well maybe more than a few) are taken to provide the clues in deciphering the picture puzzle. The picture clues are generally either literal, phonetic or a representation of a sound or a word. When a plus sign is used between two or more picture clues a word is formed.

Attention Trivia is adaptable to a variety of settings. We have predominately used three main types.

 1. **Collaboration** (LTC and Assisted Living)

 2. **Competition-Collaboration** (Independent Living)

 3. **Brains over Balance** (IL and Community settings)

**Collaboration**

1. Instruct the group that the object of the game is to answer the trivia question and to figure out the picture puzzle beneath the nine numbered squares.
2. Ask the Attention Trivia question.
3. Solicit an answer from each one of the participants individually.
4. After getting a response from each of the participants, announce what answer the majority of group provided.
5. Ask a participant to select a number square displayed on the PPT slide.
6. Place the cursor over the numbered square selected and click to display a part of the picture puzzle.
7. Regardless of whether most of the group provided the correct answer or not, reveal a square.
8. After each question, ask a different participant to provide a numbered square to reveal more of the puzzle.
9. Whenever a participant can decipher the picture puzzle, reveal the remaining number squares.
10. If the picture puzzle has not been solved with all the number squares being revealed, provide verbal clues for each of the picture icons until the picture puzzle is solved.
11. Proceed to the next PPT slide and repeat.

**Competition-Collaboration**

1. Instruct the group that the object of the game is to answer the trivia question and to figure out the picture puzzle beneath the nine numbered squares.
2. Divide group into two teams (set up the room with an aisle in the middle and the chairs either facing forward or with each side facing the other).
3. Announce to the participants that you are thinking of a number between 1 and 5
4. Ask a participant from each team to pick a number between 1 and 5.
5. The participant who selects the number closest without going over wins. If both numbers selected are over, then the closest number wins. The participant’s respective team receives the first question.
6. Ask the Attention Trivia question.
7. Solicit an answer from the participants individually.
8. After getting a response from each of the participants, announce what answer the majority of group provided.
9. If there is a tie, select the response from the last participants’ answer as the tiebreaker.
10. If most of the participants’ answers are correct, ask a participant to select a number square displayed on the PPT slide.
11. Place the cursor over the selected number square and click to partially display the picture puzzle.
12. If majority of the participants are not correct, proceed to the opposing team.
13. Repeat steps 6-12
14. After each question, ask a different participant to provide a square number.
15. Only when a group has correctly answered the Attention Trivia question can a participant of that group provide the answer of the picture puzzle.
16. If any attempt is incorrect, continue with steps 6-12.
17. Reveal all the remaining number squares if the correct cliché’, phrase, or expression is provided.
18. If the picture puzzle has not been solved with all the number squares being revealed, provide verbal clues for each of the picture icons until the picture puzzle is solved.
19. Proceed to the next PPT slide and continue to the other team.

**Brains over Balance**

1. Instruct the group that the object of the game is to answer the Attention Trivia question and to figure out the picture puzzle beneath the nine numbered squares.
2. Divide group into two teams (set up the room with an aisle in the middle and the chairs either facing forward or facing the other team).
3. Announce to the participants that you are thinking of a number between 1and 5
4. Ask a participant from each team to pick a number between 1 and 5.
5. The participant who selects the number closest without going over wins. If both numbers selected are over, then the closest number wins. The participant’s respective team receives the first question.
6. Ask the Attention Trivia question.
7. Solicit an answer from each one of the participants individually.
8. After getting a response from each of the participants, announce what answer the majority of group provided.
9. If the majority of the participants answers are correct, ask a participant to a select number square for display.
10. An incorrect majority answer requires the team to perform in order: 1) a Sit to Stand, 2) a Right leg lift and hold, 3) a Left leg lift and hold and 4) a Stand to Sit
11. Proceed to the opposing team.
12. Repeat steps 6-10
13. After each question, ask a different participant to provide a number square.
14. Only when a team has correctly answered the question can a group participant provide the answer of the picture puzzle.
15. If any attempt is incorrect, continue with steps 6-10 for the opposing team.
16. Reveal all remaining number squares if the Picture Puzzle answer is correctly solved.
17. If the picture puzzle has not been solved with all the number squares being revealed, provide verbal clues for each of the picture icons until the picture puzzle phrase is solved.
18. Proceed to the next PPT slide and continue with the other team.

**Sit-to-Stand**

Repeat proper technique before allowing the participants to stand anytime.

Description: The sit to stand movement is an excellent exercise for leg strengthening and its proper form is crucial in the safe transition from sitting to standing.

1. Sit tall in the chair with the feet flat on the floor.
2. Move the hips forward approximately 6 inches.
3. Bring toes beneath the knees.
4. Have feet pointed forward and at hip width.
5. Position the chin parallel to the floor.
6. Depending upon the conditioning level of the participant they may utilize one of the following arm positions in order of diff A) Hands placed on arm rests. B) Hands placed on thighs. C) Arms positioned outstretched in front of body. D) Arms positioned across the chest.
7. Slight forward bend at the waist bringing the chin over the balls of the feet.
8. With the eyes looking forward, stand straight up to the ceiling.
9. Lift the Right knee and hold for 3 seconds then return the foot to the floor.
10. Lift the Left knee and hold for 3 seconds then return the foot to the floor.

**Stand-to-Sit**

Repeat the proper technique before allowing the participants to sit anytime.

Description: The Stand-to-Sit movement is the reversal of the Sit-to-Stand exercise. It reinforces the mindset of using one’s legs as much as possible in a safe and controlled manner. Utilizing its proper form is crucial in helping the participants keep their legs strong by not “plopping” back into their chair.

1. Have the participants stand in front of their chair facing forward.
2. Position both legs so that the edge of the seat is slightly touching the back of both legs.
3. Have feet pointed forward and at hip width.
4. Position the chin parallel to the floor.
5. Depending upon the conditioning level of the participant they may utilize one of the following arm positions A) Arms positioned outstretched in front of body. B) Arms positioned across the chest.
6. Have the participants position themselves so that the back of their knees is lightly touching the front of the chair seat.
7. Remind the participants that the chair is directly beneath them and that it is safe.
8. With the eyes looking forward, engage the core of the body.
9. Release the knees and “slowly” bring the body to the seat of the chair.
10. The participants are now in the exact position they would be in to initiate a “Sit-to-Stand”!