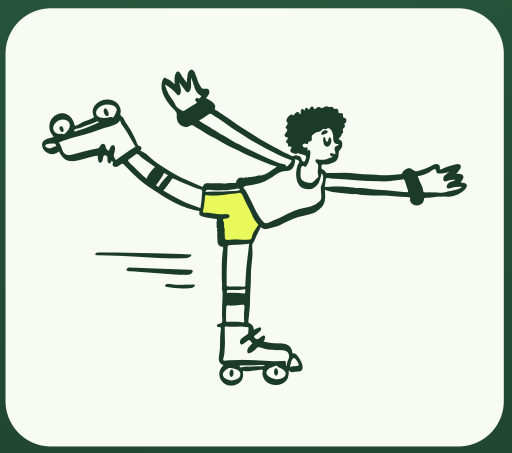
RESULT 5 · ACTIVITIES FOR SENIOR & INTERGENERATIONAL GROUPS

How to use the Activity Kit



Fourteen games, challenges and rituals that bring the G-PRO board game and handbook to life, for seniors' groups and for older and younger people learning side by side.

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What this kit is

The G-PRO Activity Kit is a set of fourteen ready-to-run sessions. Each one is a game, a challenge, a story or a small piece of theatre. Some are loud and quick. Some are quiet and thoughtful. Some need a phone or tablet. Many need nothing more than paper, pens and a bit of floor space.

Every activity has one aim: to help people practise green habits and wise use of AI by *doing*, not by listening to a lecture. People remember what they laughed about, argued about, made with their hands or told as a story.

The kit sits beside two other G-PRO resources:

- **The G-PRO board game.** Each activity is linked to one or more of the four game letters. Use an activity before a game session to warm up a theme, or after it to go deeper.
- **The G-PRO Handbook.** Each activity names the handbook chapter behind it. Read that chapter before you run the activity. It gives you the facts, and participants can take it home.

Who it is for

The kit is written for anyone who brings people together to learn:

- adult educators and trainers working with people aged 55 and over
- seniors' clubs, day centres and universities of the third age
- libraries, community centres and parish halls
- schools and youth groups that pair pupils or students with older people
- families who want to try something together at home

You do not need to be an expert in AI or the environment. You need to be curious, well prepared and good at keeping time.

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The four G-PRO letters

Letter	Stands for	In the activities
G	Green literacy	Water, energy, nature and recycling, learnt by sorting, making and exploring
P	Prompt intelligence	Using AI the G-PRO way: **ASK** the AI, **EVALUATE** together, **DECIDE** yourself
R	Real-world reasoning	Everyday choices: shopping, food, prices, claims on packaging
O	Own it	One specific, personal commitment, said out loud or written down

Every activity ends with an **Own It** idea. In the board game, a clear and specific promise earns the O. You can use the same rule in any session.

Your four roles as facilitator

You wear four hats during a session. If you have a helper, share them out.

- **Host.** Welcome people by name. Check that everyone can see, hear and sit comfortably. Make it safe to be wrong.
- **Timekeeper.** Keep each step to its time. A kitchen timer or a phone alarm helps. Energy drops when steps drag on.
- **Judge.** Award points fairly and quickly. Explain your decision in one sentence. When in doubt, give the point to the team that reasoned well.
- **Storyteller.** Read the opening lines with feeling. Link the game to real life at the end. Invite participants' own stories, which are often better than anything in the script.

The shape of every session

All the activities follow the same five-part shape. Once your group knows it, they relax and play.

Part	What happens	Typical share of time
1. Open	Read the opening lines aloud. Explain the goal and how to score.	5 min
2. Play	The game, challenge or role play itself.	About half
3. Name it	Name the key idea people have just used, with its source.	5 min
4. Debrief	Three questions: What happened? So what? Now what?	10 min
5. Own it	Each person chooses one small, specific action.	5 min

The three-stage debrief

The debrief turns a game into learning. Keep it short and use the same three questions every time.

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1. **What happened?** Facts only. What did your team do? What surprised you? Who scored and why?
2. **So what?** Meaning. What does this tell us about real life, about AI, about our shopping or our bins?
3. **Now what?** Action. What will you do differently this week? This leads straight into the Own It promise.

> **TIP**
>
> Ask one person from each table to answer each question, so the same voices do not take over. Older participants often have the most useful real-life examples: invite them first at "So what?".

Pairing generations well

Several activities are marked **intergenerational**. They work best when older and younger people need each other to win.

- **Mix every team.** Never seat all the young people together. Aim for at least one older and one younger person per team.
- **Give young people "assistant" roles, not "teacher" roles.** They can type, read out, take photos, keep score or fetch materials. They should not lecture.
- **Let seniors lead on lived experience.** Older participants know how to mend, preserve, save and make do. Their memories and skills are part of the game, and they often win points for them.
- **Swap roles halfway.** In longer activities, the person who typed becomes the person who judges.
- **Watch the pace.** Young people often rush the device steps. Ask them to say aloud what they are doing and to hand the device over.

> **FACILITATOR NOTE**
>
> For school groups, agree in advance with the teacher who supervises the pupils, and check your organisation's safeguarding rules. Do not share participants' photos without written consent.

Accessibility and safety basics

- **Print large.** Use at least 16-point text on cards and sheets, with strong contrast. Print on matt paper to reduce glare.
- **Seats for everyone.** Every movement game in this kit has a seated version. Offer it without making a fuss.
- **Hearing.** Reduce background noise, face the group when you speak, and repeat questions from the floor.
- **Breaks.** Offer a comfort break at least every 60 minutes, and water at all times.
- **Food.** Ask about allergies and diets before any food activity. Wash hands and surfaces. Respect "use by" dates.
- **Tools.** Use only simple hand tools. No electrical repairs, nothing plugged in, no gas appliances.

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- **Devices and privacy.** Use a facilitator device and account where possible. Never type names, addresses, health details or bank details into an AI tool.
- **Scams.** Activities about fake messages and calls use made-up examples only. Never use a real person's voice or photo without their permission.

All fourteen activities

No.	Activity	Format	Time	Letters	Device needed?
02	Two Truths and an AI	Icebreaker game · intergenerational	30–40 min	P	No (optional for round 2)
03	Grandma's Recipe vs the Robot	Cooking challenge · intergenerational	75–90 min	G · P · R	Yes, one shared (print-out version possible)
04	The Time Machine Shop	Sorting game · story	50–60 min	R · G	No
05	Repair Café Relay	Hands-on · skill swap · intergenerational	75–90 min	G · O	No
06	Real or Robot?	Detective game	45–60 min	P	Yes, for the picture round (print-out version possible)
07	The Great Bin Sort	Team relay · movement	40–50 min	G	No
08	Green Claims Court	Role play · mock trial	60–75 min	R	No
09	The Prompt Kitchen	Card game · unplugged, then tested	45–60 min	P	No (optional for the last round)
10	Scam Call Theatre	Improv · role play	50–60 min	P · O	No
11	The Standby Hunt	Detective walk · home audit	45–60 min (plus a week at home)	G	No
12	Water Detectives	Guessing game · hidden water	45–60 min	G · R	No
13	Memory Lane Interviews	Story · interviews · zine · intergenerational	75–90 min	O · R	No (optional for recording)
14	Pocket Garden & Seed Swap	Making · nature · wellbeing	60–75 min	G · O	No
15	The Promise Tree	Closing ritual · creative	40–60 min	O	No

The cards and sheets for all activities are in Printable cards and sheets.

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Suggested programmes

A two-hour taster

For a first visit to a club or library.

1. Two Truths and an AI (35 min): laughter, names, and a first look at how AI can sound sure and be wrong.
2. Break (15 min).
3. The Great Bin Sort (45 min): movement, teamwork and local recycling rules.
4. The Promise Tree, short version (25 min): everyone leaves with one promise.

An intergenerational afternoon

For a school class visiting a seniors' club, or grandparents' day at a library.

1. Grandma's Recipe vs the Robot (80 min).
2. Break with tasting (15 min).
3. Memory Lane Interviews (75 min).
4. The Promise Tree, short version (20–25 min).

A five-session series

One session a week, about 90 minutes each. Play one round of the G-PRO board game at the start or end of each session if you have time.

Session	Theme	Activities
1	Meeting AI	Two Truths and an AI + The Prompt Kitchen
2	Staying safe	Real or Robot? + Scam Call Theatre
3	Waste and repair	The Great Bin Sort + Repair Café Relay (short version)
4	Home and nature	The Standby Hunt or Water Detectives + Pocket Garden & Seed Swap
5	Shopping and promises	Green Claims Court + The Promise Tree

TIP

In a series, start each session by asking two or three people how their Own It promise went. Celebrate small wins. A promise that was only half kept is still a story worth hearing.

Before you run any activity

- [ ] Read the activity and its handbook chapter.
- [ ] Print the cards and sheets, large and on thick paper if you can.

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- [ ] Check the room: seats, light, space to move, toilets, step-free access.
- [ ] If a device is needed, test the AI tool and Wi-Fi beforehand.
- [ ] Ask about allergies, mobility and hearing needs.
- [ ] Prepare a scoreboard on a flip chart.
- [ ] Have a small prize ready: a jar of jam, a seed packet, a round of applause.

Related: Welcome and how to use this handbook · Printable cards and sheets

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