

Step-by-Step Guide to Facilitating Charades in Aged Care

Here's a step-by-step guide on how to facilitate the game for an unforgettable April Fool's Day celebration! Follow along and don't miss a single step!

Step 1: Preparing for the Game

Choose a spacious area like a common room or dining hall. Arrange chairs in a semi-circle for clear visibility. Ensure residents with mobility challenges can participate by guessing instead of acting. Use a microphone or bell for those with hearing difficulties.



Step 2: Prepare the Prompts

Create a list of fun, senior-friendly prompts with an April Fool's twist, such as "rowing a boat," "flipping pancakes," or "tripping over a shoelace." Include famous characters like "Charlie Chaplin" or "a clumsy magician." Write them on index cards or print them for easy use. Encourage residents to contribute their own ideas for a personalized touch.



Step 3: Explaining the Rules

Clearly explain that one person will act out a word or phrase without speaking while the group guesses. Encourage gestures, facial expressions, and movements. Emphasize that the game is for fun—no pressure, just participation! If needed, demonstrate a sample round, like "a bird flapping its wings" or "struggling to open a jar," to set a playful tone and ease any nervousness.



Step 4: Forming Teams and Starting the Game

Divide participants into two teams for a friendly competition. Each team takes turns with one player acting out a prompt while teammates guess. Set a 30–60 second time limit per turn to keep the game engaging. A correct guess earns a point; if no one guesses, the opposing team can steal the point.



For hesitant participants, offer a “duo round,” where two people act together, or let them assist in guessing instead. Keeping the game flexible ensures everyone can join in and have fun.

Step 5: Encouraging Laughter and Engagement

Since this is an April Fool's Day-themed game, encourage humor and exaggeration. Participants can use silly expressions and playful movements to embrace the spirit of the day. Introduce "trick rounds" where the actor deliberately performs the wrong action—like pretending to brush their teeth instead of their hair—to see if others catch on.



Keep the energy high with small prizes for creative performances, such as fun stickers, treats, or certificates like "Best Comedian of the Day." Applaud every attempt to create a positive, inclusive atmosphere where everyone feels encouraged to join in the fun.

Step 6: Wrapping Up and Celebrating

Celebrate everyone's participation by sharing funny moments and favorite parts of the game. Offer refreshments for socializing. Capture group photos or videos (with permission) to share with families. Ending on a high note keeps residents excited for future activities.



April Fool's Day Charades Themed Prompts

Funny Actions & Everyday Situations

1. Slipping on a banana peel
2. Trying to swat a fly
3. Struggling to open a stubborn jar
4. Getting tangled in a skipping rope
5. Trying to lick an ice cream cone that's melting

Catchy Phrases & Sayings

11. "Hold your horses!"
12. "Cat got your tongue?"
13. "Crying over spilled milk"
14. "A fish out of water"
15. "Let the cat out of the bag"
16. "Throwing in the towel" 🏳️
17. "Hit the nail on the head"
18. "Having a frog in your throat"
19. "Raining cats and dogs"
20. "Running around like a headless chicken"

April Fool's Day Charades Themed Prompts

Famous & Funny Characters

- 21. Charlie Chaplin's funny walk
- 22. Elvis Dance

Simple Actions

- 23. Brushing your teeth
- 24. Drinking a cup of tea
- 25. Combing your hair
- 26. Opening an umbrella
- 27. Yawning and stretching
- 28. Watering a plant

Easy Animal Actions

- 29. Flapping like a bird
- 30. Hopping like a bunny
- 31. Walking like a penguin

April Fool's Day Charades Themed Prompts

Daily Life Movements

- 32. Opening a jar
- 33. Sweeping the floor
- 34. Rocking a baby to sleep
- 35. Reading a newspaper

Fun and Playful Ideas

- 36. Licking an ice cream cone
- 37. Catching a big fish
- 38. Blowing up a balloon
- 39. Eating spaghetti noisily

Classic April Fool's Day Ideas

- 40. Slipping on a banana peel
- 41. Sitting on a whoopee cushion
- 42. Looking for glasses that are on your head