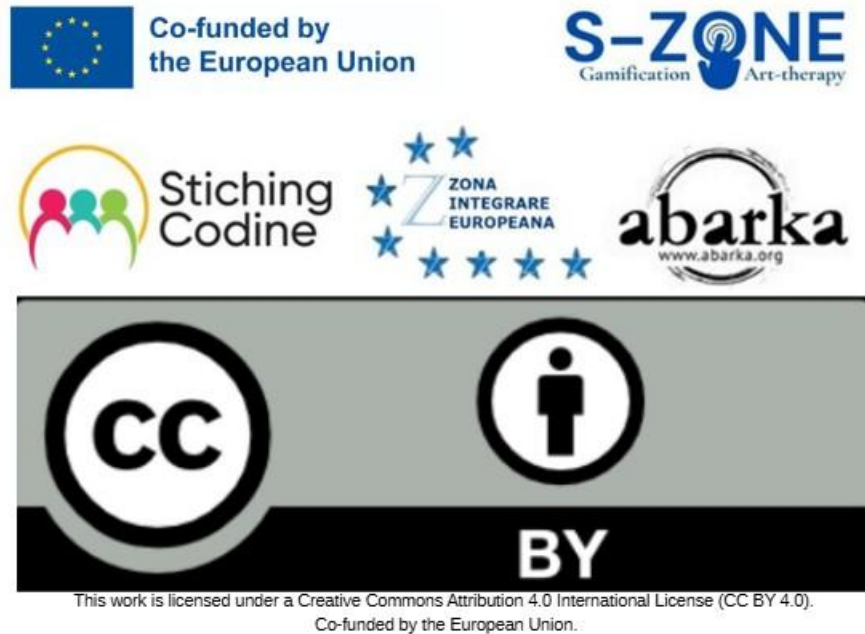


Seniors ZONE in gamification and art-therapy

Project No. 2023-1-NL01-KA210-ADU-000157474



Platform Overview – SENIORS ZONE

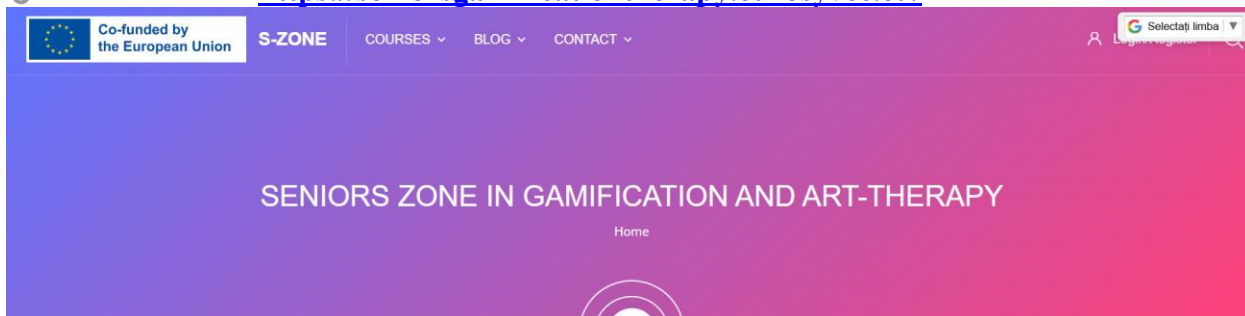
Website: <https://seniorsgamificationtherapy.eurosyvec.eu/>

1. What is the Seniors ZONE Platform?

Seniors ZONE is an innovative **e-learning and gamification platform** created within the Erasmus+ project “*Gamification & Art-Therapy for All*”.

It is designed to support **adult learners and seniors** in developing digital competencies, cognitive skills, creativity, emotional expression, and social connection through engaging, accessible, and tailored digital activities.

Platform URL: <https://seniorsgamificationtherapy.eurosyvec.eu/>



2. Core Purpose & Value

The platform addresses key needs of adult and senior education by combining:

Gamified Learning

- Interactive games and challenges that stimulate logical thinking, memory, problem-solving, and attention.

Art-Therapy Activities

- Creative workshops (digital and offline) such as collage, storytelling, memory portals, and expressive art that support emotional well-being and personal expression.

Educational Resources

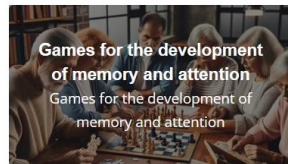
- Guides, tutorials, and practical tools that support lifelong learning and digital inclusion.

User Engagement & Motivation

- Elements like points, badges, levels, and leaderboards enhance motivation and create a sense of achievement.

Via Categories Courses

Via Categories Courses



3. Target Audience

The platform is designed for:

Senior Citizens (55+)

- Especially those who want to build confidence with digital tools in a safe and supportive environment.

Adult Educators and Trainers

- To integrate gamification and art therapy into adult education practices.

Adult Learners

- Individuals seeking flexible, self-paced digital learning.

Target Audience

The platform is designed for:



Senior Citizens (55+)

- Especially those who want to build confidence with digital tools in a safe and supportive environment.



Adult Educators and Trainers

- To integrate gamification and art therapy into adult education practices.



Adult Learners

- Individuals seeking flexible, self-paced digital learning.

Adult Learners

- Individuals seeking flexible, self-paced digital learning.

4. Key Features

Interactive Cognitive Games

- Logic puzzles
- Memory challenges
- Sequence tasks
- Visual discovery missions

These games promote:

- attention and concentration
- visual and verbal memory
- pattern recognition and problem-solving

Creative & Therapeutic Workshops

Includes:

Digital art creation

Collage and mosaic tasks

Storytelling using AI or Canva

Reflective writing and journaling

These activities are designed to:

- boost emotional expression
- encourage creativity
- support mental well-being
- strengthen identity and personal narratives

Learning Resources & Tutorials

- Step-by-step guides
- Tool tutorials (e.g., Padlet, StoryJumper, Canva)
- Support materials for facilitators and learners

These ensure:

- ✓ accessibility for users with different digital skills
- ✓ smooth onboarding for seniors new to e-learning

Gamification Elements

To increase motivation and fun:

- Points and levels
- Badges and certificates
- Interactive missions
- Scoring and leaderboards

Participants can track progress and feel reinforced by visible achievement signals.

5. Platform Structure

Seniors ZONE Platform – Course Categories and Structure

The Seniors ZONE platform is organized into structured categories that support cognitive, physical, creative, and emotional development for seniors and adult learners. Each category contains courses designed for skill development, therapeutic engagement, and gamified learning experiences.



Memory games

Memory games!

This result is open source made by AZIE organization, Romania.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Journey of the 7 Hills

Journey of the 7 Hills

This result is open source made by AZIE organization, Romania.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Treasure Hunt

Treasure Hunt

This result is open source made by AZIE organization, Romania.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Games for developing cognitive and logical thinking skills (GDCLTS)

- Rapid Sequence Recall (Attention Boost)
- Puzzle Parade (Brain Teasers)
- Memory Games
- Journey of the 7 Hills
- Treasure Hunt
- Treasure Hunt Digital Activity
- Spot-the-Change Challenge
- Story-Sequence Snapback
- Memory Match Challenge



Treasure Hunt Digital Activity

Games for developing cognitive and logical thinking skills

This result is open source made by AZIE organization, Romania.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy



Rapid Sequence Recall (Attention Boost)

Rapid Sequence Recall (Attention Boost)
This result is open source made by Sticking Codine organization, Netherland.

Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy

Project No. 2023-1-NL01-KA210-ADU-000157474



Puzzle Parade (Brain Teasers)

Puzzle Parade (Brain Teasers)

This result is open source made by Sticking Codine organization, Netherland.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy

Project No. 2023-1-NL01-KA210-ADU-000157474



Games for the development of memory and attention (GDMA)

- Rapid Sequence Recall (Attention Boost)
- Puzzle Parade (Brain Teasers)



Spot-the-Change Challenge

Spot-the-Change Challenge

This result is open source made by Sticking Codine organization, Nederland.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



Story-Sequence Snapback

Story-Sequence Snapback

This result is open source made by Sticking Codine organization, Nederland.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



Memory Match Challenge

Partners' note game

This result is open source made by Codine organization, Nederland.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



Games for developing communication and cooperation skills (GDCCS)

- Spot-the-Change Challenge
- Story-Sequence Snapback
- Memory Match Challenge



Treasure Hunt Walk

Treasure Hunt Walk

This result is open source made by Abarka organization, Spain.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Catch and Move

Catch and Move

This result is open source made by Abarka organization, Spain.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seated Dance

Seated Dance

This result is open source made by Abarka organization, Spain.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Games to stimulate movement and physical activity (GSMPA)

- Treasure Hunt Walk
- Catch and Move
- Seated Dance
- Movement Bingo
- Active Station Circuit



Movement Bingo

Movement Bingo

This result is open source made by Abarka organization, Spain.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



ACTIVE STATION CIRCUIT

ACTIVE STATION CIRCUIT

This result is open source.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



Self-Portrait Collage

Self-Portrait Collage

This result is open source made by Abarka organization, Spain.
Erasmus+ project: Seniors ZONE in gamification and art-therapy
No: 2023-1-NL01-KA210-ADU-000157474.
To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



Art-therapy: Collage workshops for developing cognitive skills and concentration

- Self-Portrait Collage
- ZEN Garden Crafting Collage
- "Stories in Images: Collage and Memory"
- Collage Workshop using the Henri Matisse Technique

Art-therapy: Literary creation workshops for developing communication and expression skills

- Storybook with AI
- Collaborative Storytelling & Social Writing
- Poetry & Journaling for Emotions
- Life Story Writing (Autobiography Circle)
- The Book Creator App – suitable for an art-therapy workshop for seniors 55+



ZEN Garden Crafting Collage

ZEN Garden Crafting Collage

This result is open source made by Abarka organization, Spain.

Erasmus+ project: Seniors ZONE in gamification and art-therapy

No: 2023-1-NL01-KA210-ADU-000157474.

To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



"Stories in Images: Collage and Memory"

"Stories in Images: Collage and Memory"

This result is open source made by Abarka organization, Spain.

Erasmus+ project: Seniors ZONE in gamification and art-therapy

No: 2023-1-NL01-KA210-ADU-000157474.

To have free access to this resource, click on the title.



Collage Workshop using the Henri Matisse Technique

Collage Workshop using the Henri Matisse Technique

This result is open source made by AZIE organization, Romania.

Erasmus+ project: Seniors ZONE in gamification and art-therapy

No: 2023-1-NL01-KA210-ADU-000157474.

To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



Art-therapy: Modeling workshops for developing motor skills and creativity

- Creative Collage & Mosaic
- Clay Sculpting for Hands and Heart
- Modeling Workshop for Seniors
- Therapy gardens



Storybook with AI

Art-therapy: Literary creation workshops for developing communication and expression skills

Storybook with AI

This result is open source made by Sticking Codine organization, Netherland.

Erasmus+ project: Seniors ZONE in gamification and art-therapy

No: 2023-1-NL01-KA210-ADU-000157474.

To have free access to this resource, click on the title.



Seniors ZONE in gamification and art-therapy
Project No. 2023-1-NL01-KA210-ADU-000157474



Collaborative Storytelling & Social Writing

Collaborative Storytelling & Social Writing

This result is open source made by Sticking Codine organization, Netherland.

Erasmus+ project: Seniors ZONE in gamification and art-therapy

No: 2023-1-NL01-KA210-ADU-000157474.

To have free access to this resource, click on the title.



Poetry & Journaling for Emotions

Poetry & Journaling for Emotions

This result is open source made by Sticking Codine organization, Netherland.

Erasmus+ project: Seniors ZONE in gamification and art-therapy

No: 2023-1-NL01-KA210-ADU-000157474.

To have free access to this resource, click on the title.



Art-therapy: Painting and drawing workshops for the development of emotional creativity and expression

- Painting Memories: Art for the Soul
- Painting and Drawing Workshop for Seniors

6. Inclusive & Accessible Design

The platform was developed with inclusivity in mind:

- ✓ Simple navigation
- ✓ Clear visual elements
- ✓ Mobile-friendly responsiveness
- ✓ Minimal technical barriers
- ✓ Optional guides for assistance

This makes it usable by learners with varying digital backgrounds and abilities.

7. Impact & Benefits

Learners report positive outcomes, such as:

Improved digital confidence

Enhanced cognitive functioning

Increased creativity and self-expression

Emotional regulation and relaxation

Opportunities for social connection and shared learning

This confirms the platform's effectiveness as a tool for **lifelong learning and inclusion**.

8. How to Use the Platform

The *Seniors ZONE in Gamification and Art-Therapy* platform has been designed as an intuitive, open-access digital space that supports trainers, adult educators and seniors in exploring gamified learning and creative therapy activities.

All learning materials are published as **open-source educational resources (OER)** and are available under a **Creative Commons CC BY 4.0 licence**, which allows users to reuse, adapt and share the content with proper attribution.

Storybook with AI

This result is open source made by Stichting Codine organization, Netherland.

Erasmus+ project: Seniors ZONE in gamification and art-therapy

No: 2023-1-NL01-KA210-ADU-000157474.

To have free access to this resource, click on the title.



Access and Navigation

The platform is accessible at: <https://seniorsgamificationtherapy.eurosyvec.eu/>

No login or user account is required to view courses, workshops or digital materials.

All course categories and activities are visible on the homepage and can be accessed directly by selecting a category.

Users may browse classes at their own pace, download documents, and use the proposed activities independently or during guided sessions.

Content Availability

Each course includes instructions, downloadable resources, worksheets or templates, and guidance for implementation with senior learners.

Activities are structured by categories: cognitive games, communication & cooperation, motor skills, emotional expression, digital art and modelling workshops.

Most activities include step-by-step guides, objectives, expected outcomes and recommendations for adaptation to specific needs (mobility restrictions, cognitive impairments, sensory limitations).

Language Options

- The platform interface can be viewed in multiple languages (English, Romanian, Spanish, Greek, Dutch, French, Italian).
- Users may select their preferred language from the display settings.

Open Source & Educational Use

The platform content is entirely **open-source** and was created to be used freely for educational purposes. Educators may use the materials in trainings, workshops or academic contexts without requesting permission. The only requirement is proper acknowledgment:

“This resource was created within the Erasmus+ Project 2023-1-NL01-KA210-ADU-000157474 and is licensed under Creative Commons Attribution 4.0 International (CC BY 4.0).”

9. Platform Vision

Seniors ZONE is more than a learning site — it is a **digital community hub** where education meets well-being, creativity becomes meaningful learning, and gamification empowers learners of all ages to grow, connect, and thrive.

10. Supporting Erasmus+ Objectives

The platform aligns with key Erasmus+ goals:

- ✓ Digital Inclusion
- ✓ Adult Education Innovation
- ✓ Lifelong Learning
- ✓ Social & Emotional Well-Being
- ✓ European Cooperation in Education

11. Language Availability on the Seniors ZONE Platform

The Seniors ZONE platform provides multilingual accessibility, allowing users to select their preferred interface language directly from the homepage. This feature supports inclusiveness, accessibility, and European cooperation.

The platform is currently available in the following languages:

- English
- Romanian
- Spanish
- Greek
- Dutch
- French
- Italian

This multilingual functionality ensures that adult learners, seniors, and educators can navigate the platform comfortably, regardless of their linguistic background, supporting digital inclusion and the goals of the Erasmus+ programme.

12. Blog Summary – Seniors ZONE in Gamification and Art-Therapy

(Project No. 2023-1-NL01-KA210-ADU-000157474)

The blog of the Seniors ZONE platform documents the development, theoretical foundation, and implementation of gamification and art-therapy methodologies for adults over 50. Each article contributes to a comprehensive understanding of how digital tools, creative practices, and participatory learning can enhance social inclusion, emotional well-being, and cognitive stimulation for seniors.

1. Project Overview and Partnership

The introductory article presents the project's goals:

- Strengthening the competences of adult educators in gamification and art-therapy;
- Increasing seniors' participation in lifelong learning to prevent social exclusion;
- Creating an international e-learning platform with therapeutic workshops and gamified exercises.

Partners and roles:

Stichting CODINE (NL): Coordinator; project management and adult education innovation.

AZIE Romania: Expertise in community outreach & adult learning for seniors.

ABARKA Spain: Experience with disadvantaged groups and inclusion practices.

Key Outputs:

- Training mobilities in Spain & Netherlands
- The e-learning platform "Seniors ZONE"
- A guide of good practices: *Gamification and Art-Therapy for All*

2. Art-Therapy Theories Applicable to Seniors

This article explains the theoretical foundations and why art-therapy works for aging adults.

Key concepts covered:

Theory / School	Benefit for Seniors
Cognitive-Developmental (Piaget)	Supports memory, abstract thinking & problem solving
Psychodynamic & Jungian	Emotional release, trauma processing, symbolism
Person-Centered (Rogers)	Self-expression, confidence, non-judgmental growth
Existential Art-Therapy	Meaning-making, identity, life review
Gestalt	Emotional awareness & "here-and-now" grounding
Narrative Therapy	Life story reconstruction & identity strengthening
Reminiscence Therapy	Memory recall, self-esteem, emotional healing
Neuroscience-Based Approaches	Neuroplasticity, stress regulation, dopamine activation

Practical outcomes:

Mandala art, VR painting, collage memory mapping, digital storytelling, clay modeling.

3. Integration of Art-Therapy into E-Learning

This article demonstrates how therapy practices are adapted to digital education.

Main strategies:

- Digital drawing & online creative laboratories
- VR / AR immersion for stress relief & motor stimulation
- Gamified art challenges
- AI customization (emotion-based recommendations)
- Self-paced & therapist-guided sessions

Expected results:

- Higher engagement in virtual environments
- Reduced anxiety during online learning
- Improved emotional vocabulary and expression
- Accessibility for isolated or mobility-impaired seniors

4. ICT Tools in Art-Therapy

This section highlights how digital technology expands therapeutic opportunities.

Tools and benefits:

-Drawing software: Procreate, SketchBook — accessibility without physical limitations

-VR/AR: Tilt Brush, Quiver — immersive mindfulness and creative exploration

-Collaborative apps: Jamboard, Miro — shared visual communication

-Social platforms: Pinterest, Instagram — building creative identity and peer support

Shows evidence from case studies and current research trends.

5. Gamified Learning – Skills Development

The final series of articles categorizes games seniors can use to enhance specific competencies.

Communication & Cooperation

- Pandemic (board game), Overcooked, Keep Talking and Nobody Explodes

→ teamwork, verbal clarity, conflict management

Movement & Physical Activity

- Pokémon GO, Wii Fit, Just Dance, Ring Fit Adventure

→ mobility, balance, motivation, social contact

Cognitive & Logical Thinking

- Chess, Sudoku, Portal, The Witness

→ reasoning, memory, sustained attention, strategy

Conclusion:

Gamification increases engagement, reduces isolation, and makes learning **meaningful, playful, and accessible**.

6. Description of the Guide

Title: *Gamification and Art-Therapy for Seniors – Practical Guide for Adult Educators*

Output type: Educational guide / Methodological handbook (IO1)

Format: PDF, open-access – CC BY 4.0

Languages: English (working version), with planned adaptations in Dutch, Romanian and Spanish

Purpose of the Guide

-The guide was developed to support adult educators, trainers and organisations working with seniors 55+, providing **practical methods, models and tools** to integrate **gamification and art-therapy** in educational, therapeutic and community settings.

-It responds to the project goals of fostering digital inclusion, emotional well-being, social participation and healthier ageing through accessible innovative learning methods.

Structure & Content Overview

The guide includes:

Section	Contents
1. Theoretical Framework	Key psychological theories behind art-therapy and gamification; cognitive, emotional and social benefits for seniors; connection with Erasmus+ priorities.
2. Needs Analysis of Seniors	Results of partner studies (NL, RO, ES): barriers, motivations, learning styles, digital gaps, preferred activities, mobility challenges.
3. Gamification for Seniors	Adaptive gamification models, motivational triggers, progress tracking, safe game mechanics, examples of learning scenarios and best practices.
4. Art-Therapy Methods	Creative expression techniques, emotional regulation tools, accessibility criteria, inclusive adaptations for mobility or cognitive impairments.
5. Practical Workshops	30+ ready-to-use workshop plans: cognitive games, VR activities, storytelling, collage, digital art, board games, movement-based games.
6. Digital Tools & ICT Integration	Step-by-step recommendations for using mobile apps, tablets, AR/VR, accessible e-learning materials, platform integration and safety guidelines.
7. Assessment & Impact	Suggested evaluation tools, feedback forms, observation grids and impact measurement templates for organisations.
8. Annexes	Checklists, templates, worksheets, activity forms, CC BY 4.0 licensing page and links to the e-learning platform.

Innovation & European Added Value

-First publication in the consortium combining **gamification + art-therapy** for seniors with digital transition focus;

-Uses **inclusive design and accessibility criteria** (font, contrast, interface simplification, mobility adaptations);

-Promotes transnational cooperation by sharing methods tested in **NL, RO, ES**;

-Designed to be **replicable** in NGOs, libraries, municipalities, cultural centres, digital hubs and adult education centres.

Testing & Validation

The guide was validated through:

-Pilot workshops in Spain and the Netherlands

-Local testing events with senior groups (RO, ES)

-Peer-review by trainers from partner organisations

-Adjustments based on participant surveys and facilitator interviews

Dissemination & Access

-Available for free download on the platform:

<https://seniorsgamificationtherapy.eurosyvec.eu/>

-Published with **Creative Commons CC BY 4.0 licence** to ensure open access and EU visibility;

-Shared through newsletters, social media, national Erasmus+ networks and adult education multipliers.

Expected Impact

- Increased capacity of organisations to design inclusive adult learning;
- Improved educator skills in gamification and creative therapy;
- Strengthened emotional resilience, digital participation and social inclusion of seniors;
- Better alignment of adult learning practices with EU digital and inclusion priorities.

The guide *Gamification and Art-Therapy for Seniors* (IO1) is an open-access methodological handbook designed to support adult educators in integrating gamification and art-therapy into educational programs for seniors 55+. It combines theoretical foundations, needs analysis from 3 EU countries, 30+ practical workshops, digital tools, accessibility criteria and assessment templates. The guide is available online under CC BY 4.0 and contributes to digital inclusion, emotional well-being and social participation of seniors across Europe.

Overall Blog Conclusion

Across all articles, the blog reinforces that:

- Seniors benefit when **education, therapy, and technology intersect**
- Gamification supports **motivation & habit formation**
- Art-therapy supports **emotional health, identity, and memory processing**
- Digital tools ensure **accessibility, autonomy, and lifelong learning**

The project demonstrates how Erasmus+ initiatives can **transform senior education**, providing an innovative model for inclusive digital participation and active aging.

Seniors ZONE in gamification and art-therapy

Project No. 2023-1-NL01-KA210-ADU-000157474



Co-funded by
the European Union



Stitching
Codine



This work is licensed under a Creative Commons Attribution 4.0 International License (CC BY 4.0).

Co-funded by the European Union.