

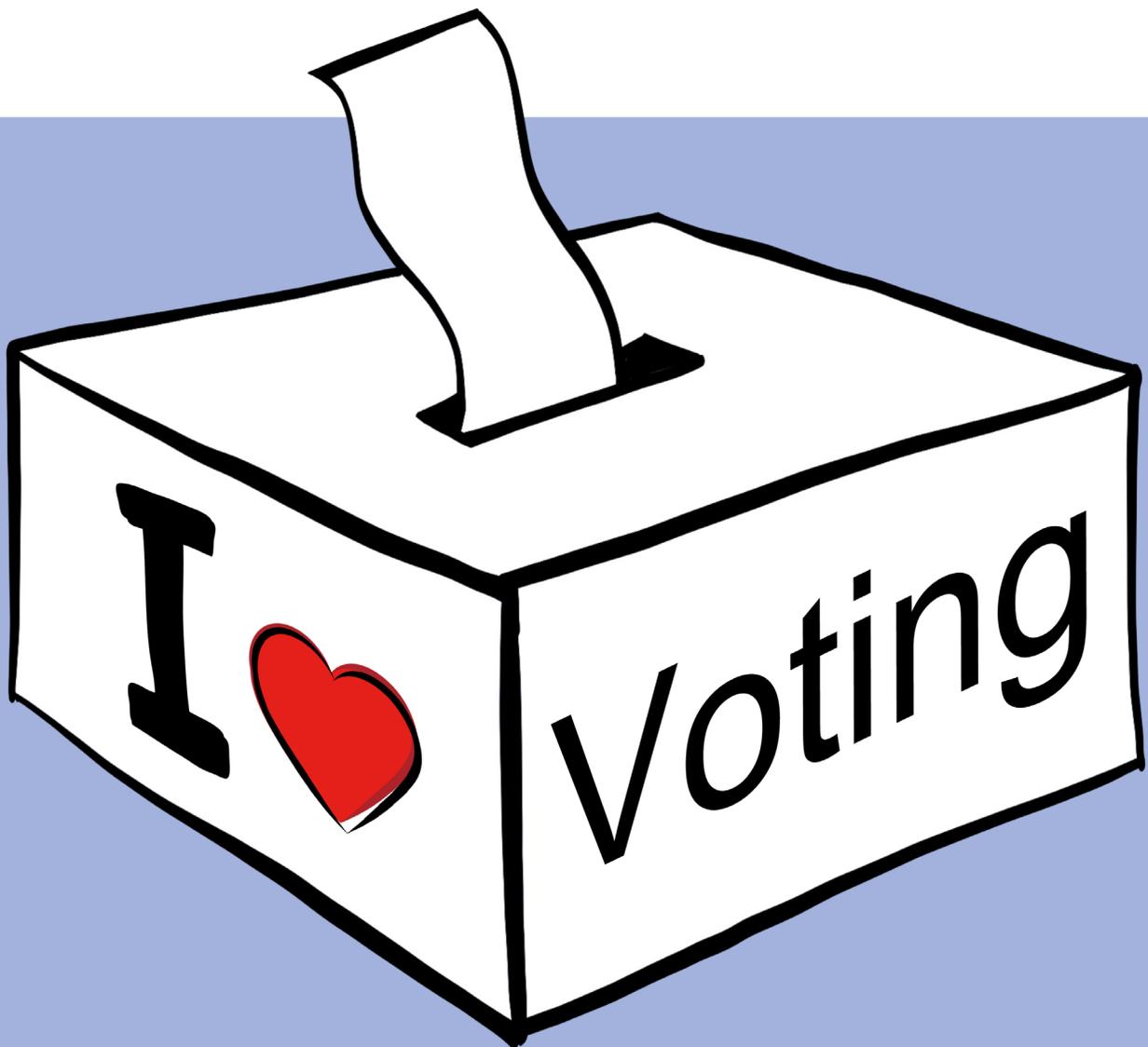
ESL for Seniors

ISSN 2563-3295 (Print)
ISSN 2563-3309 (Online)

Canadian Edition

ISBN 978-1-9991124-2-4 (Print)
ISBN 978-1-9991124-3-1 (Online)

Elections = Choices



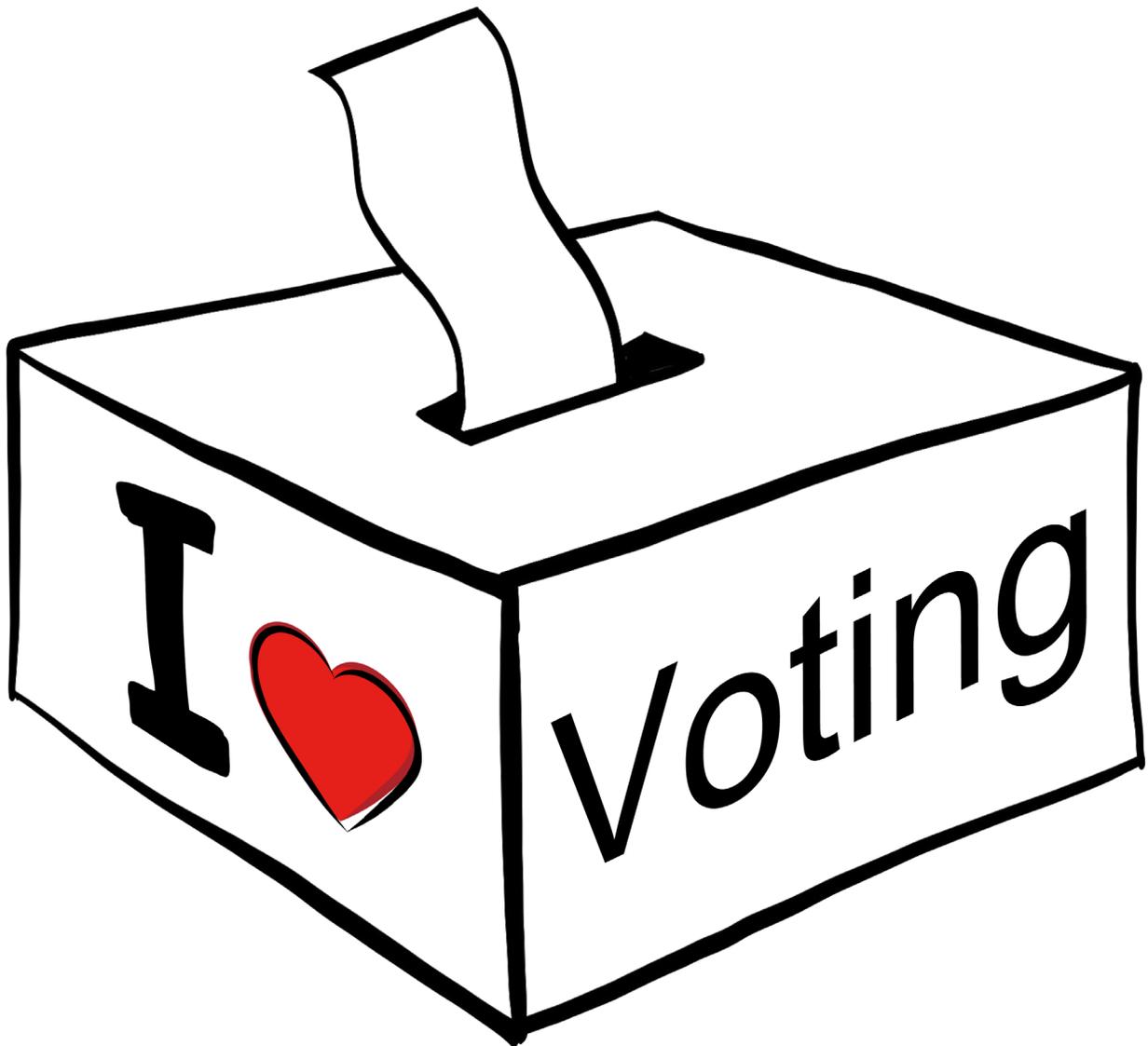
Your everyday Visual Aid for critical conversations

1

Iwona Buziak-Mohamed

ESL for Seniors

Elections = Choices



Iwona Buziak-Mohamed

About the Publisher

Copyright© HAPY™ Publications Inc. 2018

Website: hapy.ca

Book category:

- Nonfiction > Language > ESL
- Nonfiction > Seniors > Adult
- Nonfiction > Activity >

Keywords:

Senior, elderly, visual aid, election, choice, ESL, language barrier, newcomer, immigrant

Author: Iwona Buziak-Mohamed

Illustration and book design: Iwona Buziak-Mohamed

Profile photo: Michael Oyeeye, <https://www.instagram.com/droyeart/>

Title of monographic serial publication: ESL for Seniors

ISSN 2563-3295 (Print)

ISSN 2563-3309 (Online)

Canadian Edition

Individual title of this publication: Elections = Choices

ISBN 978-1-9991124-2-4 (Print)

ISBN 978-1-9991124-3-1 (Online)

Name of publisher: HAPY Publications Inc.
Canada

Chronological designation of issue: monthly
Number 1
Date: August 1, 2020

About Elections = Choices

This book encourages people to choose between options. Elections are not a complicated concept but are abstract. They may be hard to explain, especially to people with language barriers. A visual aid based on everyday objects is the simplest way to illustrate a complex idea.

Disclaimer

All materials included in this package are protected under Canadian and foreign copyright or other laws and are owned by HAPY Publications Inc. Reproduction is limited to your group or class activities. Any reproduction intended for redistribution or resale of this package is prohibited without the written permission of HAPY Publications Inc.

***“When you want to help people, you don’t need no language –
It’ll all be written on your face.”
– Tamuna Tsertsvadze***

How to use this book

You can explain the basic concept of elections or help someone choose between food options and learn new vocabulary.

Many people don’t understand elections. Therefore, they don’t vote. Our Elections = Choices is an exercise to help visually explain a basic idea of what elections mean and how to vote. Each section includes suggested activities.

Table of Contents

How to use this book	3
About ESL for Seniors Series	4
Conversation Starters	6
Poster	7
Small Cards (Colour)	9
Small Cards (Black & White)	11
Categories	13
Subcategories	19
Large Cards	37
Box	51
Introducing Daily Dozen	55

About ESL for Seniors Series

This visual aid helps to facilitate simple conversations to increase participants' understanding of critical concepts. The series consists of several workbooks to support Senior Immigrants, isolated because of language barriers.

Even as a skilled facilitator, you may become overwhelmed by the diverse group and the language levels of the seniors at a conversation practice session. Try using a visual aid that complements a conversation. It is the most effective way to keep everyone engaged.

Each workbook is structured in the same fashion, built on the template designed to help the facilitator and the participants to follow easily. Every senior group may vary in terms of interests - you may need to adjust your approach. This template will help you focus on the theme.

You can cut the pages out of the book into cards. 8.5 x 11 inches pages that will fit a standard 3-ring binder. Most of the stationary supply stores provide plastic storage that fits into a standard 3-ring binder. Before you cut the cards out of the page, make sure to copy every page and keep it safe as a spare unit.

We use three standard sizes in the series:

1. Collectable card size (approx. 2.5 x 2.2 inches)
2. Photo size (4 x 6 inches)
3. Full-page size

Every workbook has a unique theme and objectives; however, you can adapt them simultaneously and interchangeably.

Each of the ESL for Seniors workbooks contains nine objects and action words that you, as a facilitator, can use to start a conversation at any level. Keep in mind that for a true entry-level, you may use just keywords and a higher level simple sentence.

Our focus is on daily life vocabulary and actions, not on learning grammar. The idea is to help seniors learn words and phrases to help them overcome the fear of socializing and communicating with others.

Election Poster

The poster illustrates three categories. Three “candidates” represent each category. It helps to explain the basic concept of elections or any other subject related to making a choice. It is best if every participant has a copy of the poster. At the end of the conversation, you can ask everyone to cut out a ballot with their favourite candidate’s name and cast a vote. Use the Voting Box included in this book. You can reward the winner.

Small cards

The page with nine collectable size cards includes nine objects. You may want to try different activities for diverse levels and group sizes.

Suggested activities for a small group:

- Repeating the sound of the name of the object
- Memorizing the image
- Pairing the words with images (cut out and shuffle the names of the objects with pictures)
- Colouring the images (option to learn colours)
- Asking simple questions

Suggested activities for a large, mixed-level group:

If you have a group of 20 or more, some people will hold the card with the same object. You can use this situation to show the differences and similarities as people will start describing their objects. You can create a scene at a store, bank, on the street, etc., so people can network and not be seated at the table. I find that most seniors I worked with do not like a class setting.

Categories

There are twelve pages (8 × 11 inches) with three categories and nine subcategory pages. They are best in a large group setting to be visible from a distance.

Large cards

The 4 × 6-inch pages contain Conversation Starters. They are better for more advanced groups as they are more challenging.

Suggested activities for a more advanced group:

- Reading the sentences on the backside of the large cards
- Asking and answering questions related to these sentences
- Creating a group conversation (divide a group into 2–3 participants)
- Presenting a monologue by each participant

Example

The most fun activity about the elections was when we used Mr. Mss. Mrs. before the fruits and vegetables as we assigned their names to people. We had nine candidates to choose from, three for each category. Everybody had to explain why they liked one fruit over another. Once we had a winner for each category, we then voted for the president of the group.

In one group, Ms. Pumpkin was the most popular candidate; she won the elections! For that one exercise, she became the president. Everyone loved voting. The names were memorable and used even several months later.

Conversation Starters

#	Object:	Sentence:
1	Strawberry	I like strawberry jam.
2	Blueberry	I like blueberry pie.
3	Raspberry	I like raspberry ice cream.
4	Orange	I like orange juice.
5	Lemon	I like lemonade.
6	Lime	I like lime water with ice.
7	Corn	I like popcorn.
8	Carrot	I like carrot muffins.
9	Pumpkin	I like pumpkin soup.

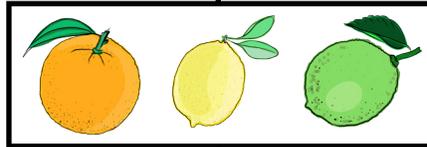
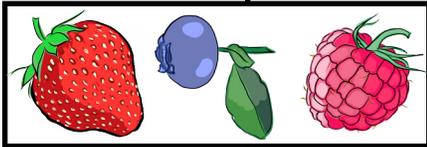
Elections = Choices

1.

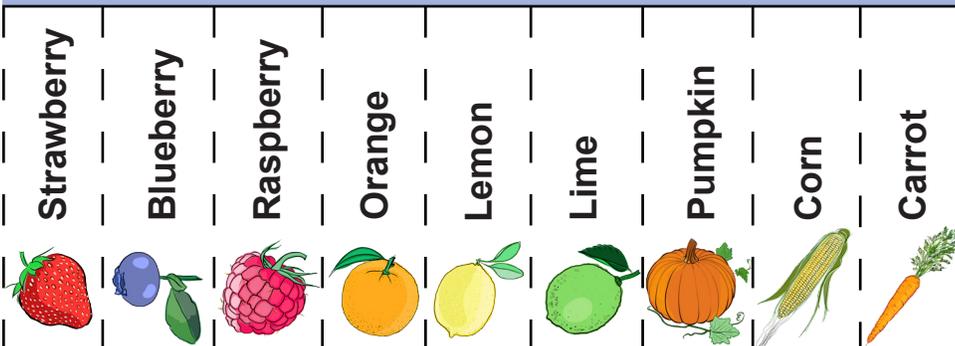
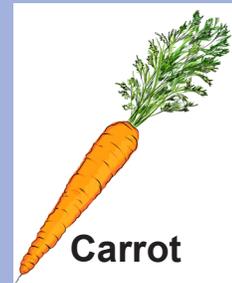
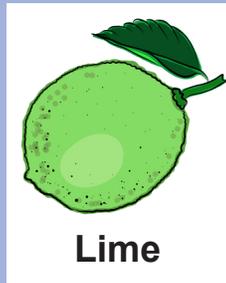
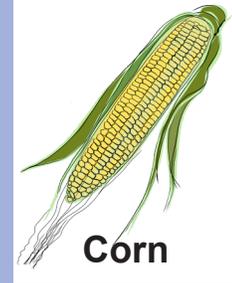
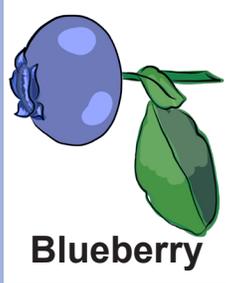
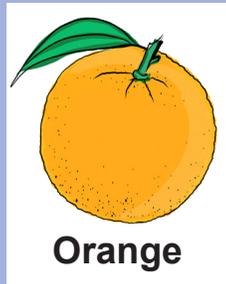
Berries

Citrus

Veggies



2.



Elections = Choices

3.



ESL for Seniors

Elections = Choices

Poster

Berry-Berries	Citrus	Veggies
Strawberry Blueberry Raspberry	Orange Lemon Lime	Pumpkin Corn Carrot

Create a theme and give your Election a name; describe three available categories and subcategories.

Ballots are at the bottom of this poster, explain what they are. You can pre-cut and leave them attached to the bottom of the poster.

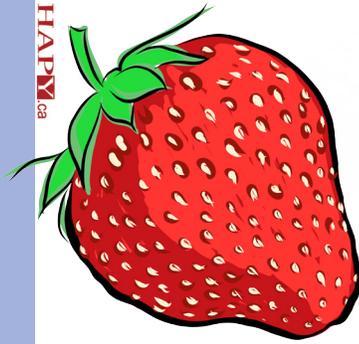
Make the Voting Box included in this book.

Suggested exercise depends on the language level:

- Describe each category
- Describe objects representing each category
- Cut out the ballot with your favourite candidate's name
- Cast a vote
- Collect ballots
- Count the votes (Counting the votes is an additional exercise on counting)
- Reward the winner if you are voting on people

Small Cards (Colour)

HAPPY.ca



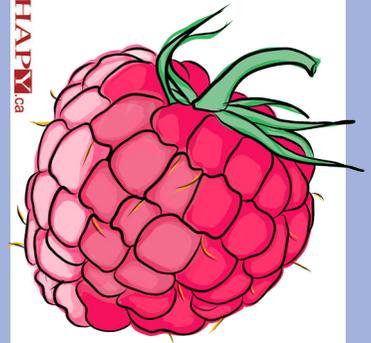
Strawberry

HAPPY.ca



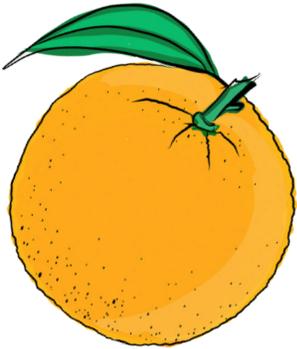
Blueberry

HAPPY.ca



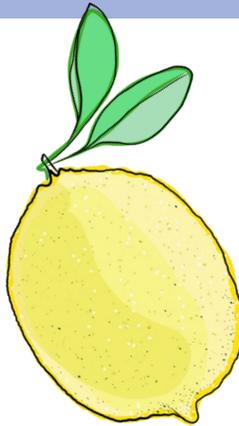
Raspberry

HAPPY.ca



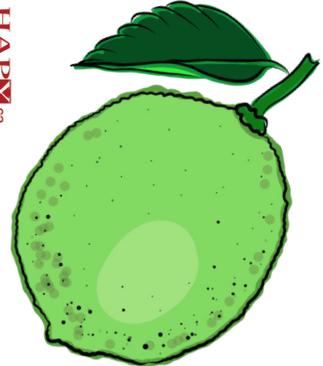
Orange

HAPPY.ca



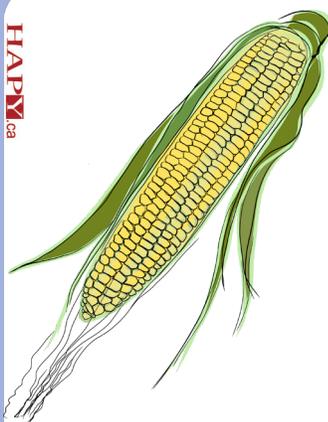
Lemon

HAPPY.ca



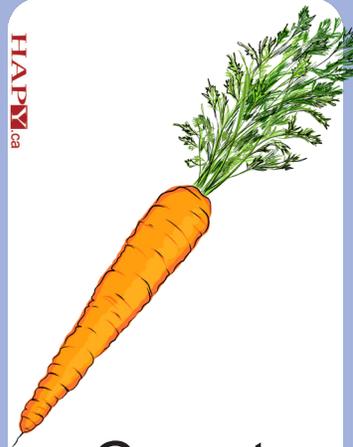
Lime

HAPPY.ca



Corn

HAPPY.ca



Carrot

HAPPY.ca



Pumpkin

Small Cards
(Colour)

Raspberry

Blueberry

Strawberry

Lime

Lemon

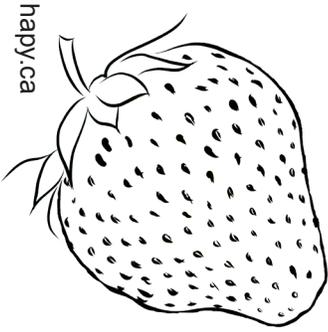
Orange

Pumpkin

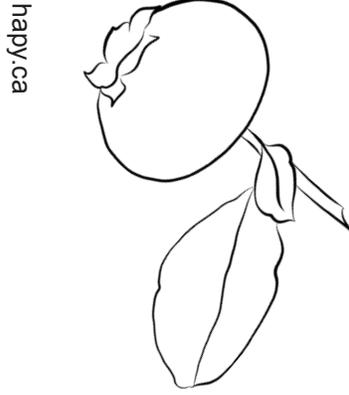
Carrot

Corn

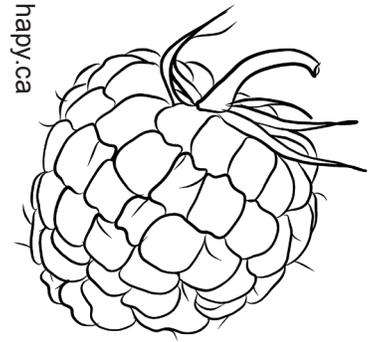
Small Cards (Black & White)



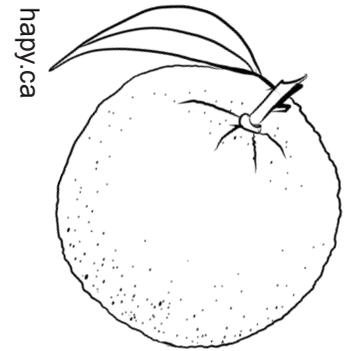
Strawberry



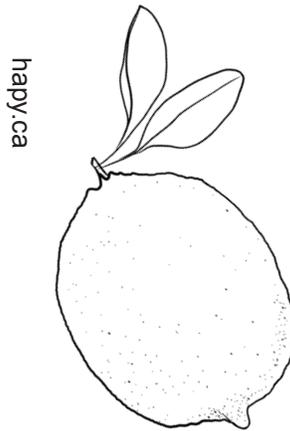
Blueberry



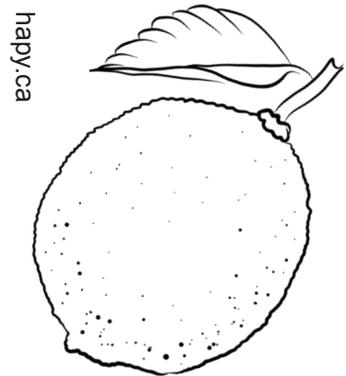
Raspberry



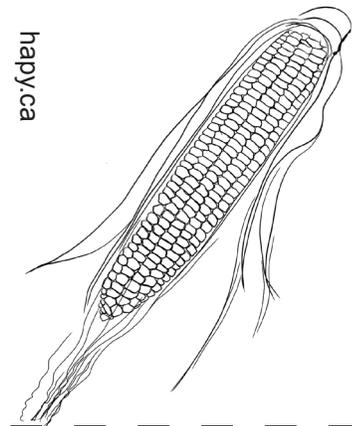
Orange



Lemon



Lime



Corn



Carrot



Pumpkin

Small Cards
(Black & White)

Raspberry

Blueberry

Strawberry

Lime

Lemon

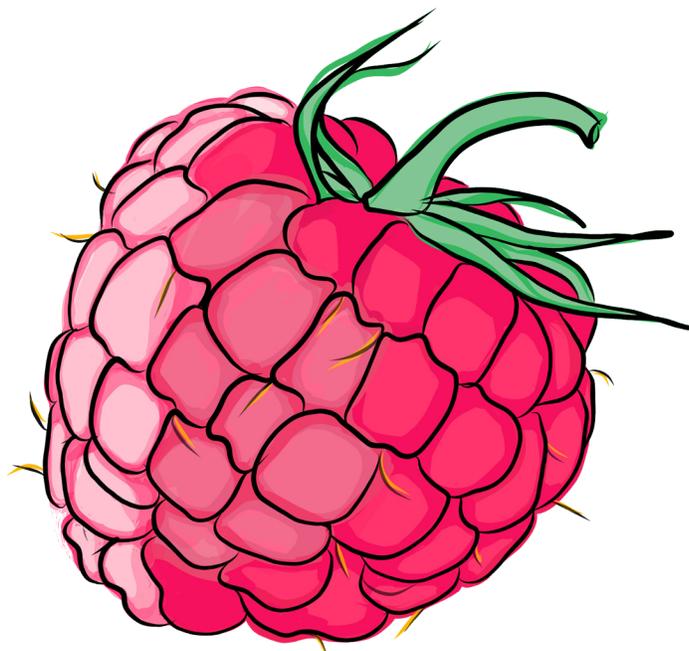
Orange

Pumpkin

Carrot

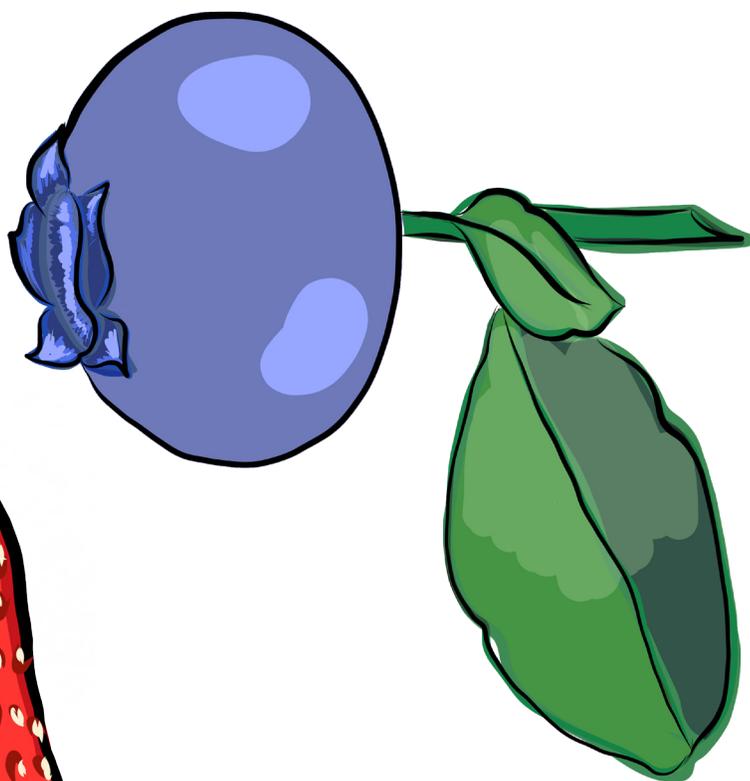
Corn

Berry - Berries

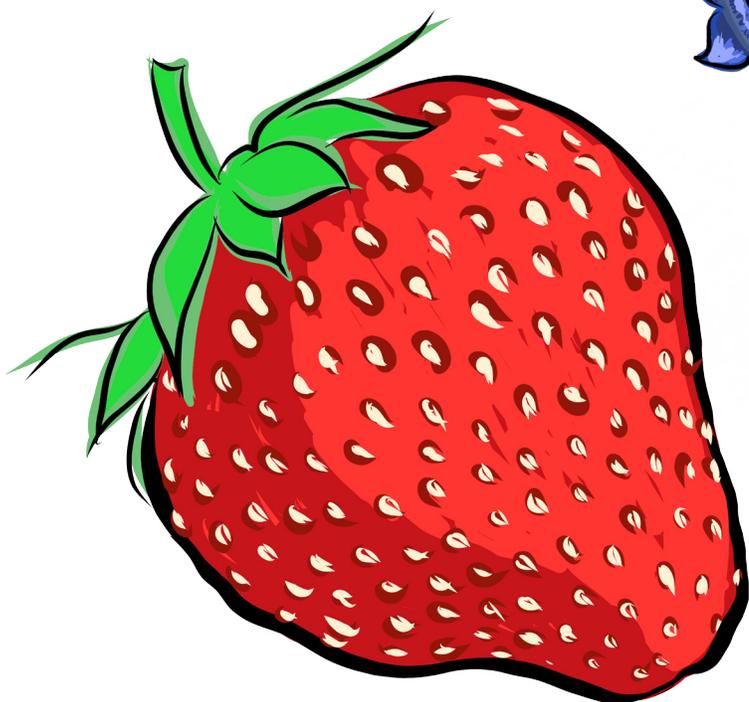


Raspberry

Blueberry



Strawberry



ESL for Seniors

Elections = Choices

Category: Berry-Berries

Subcategories:

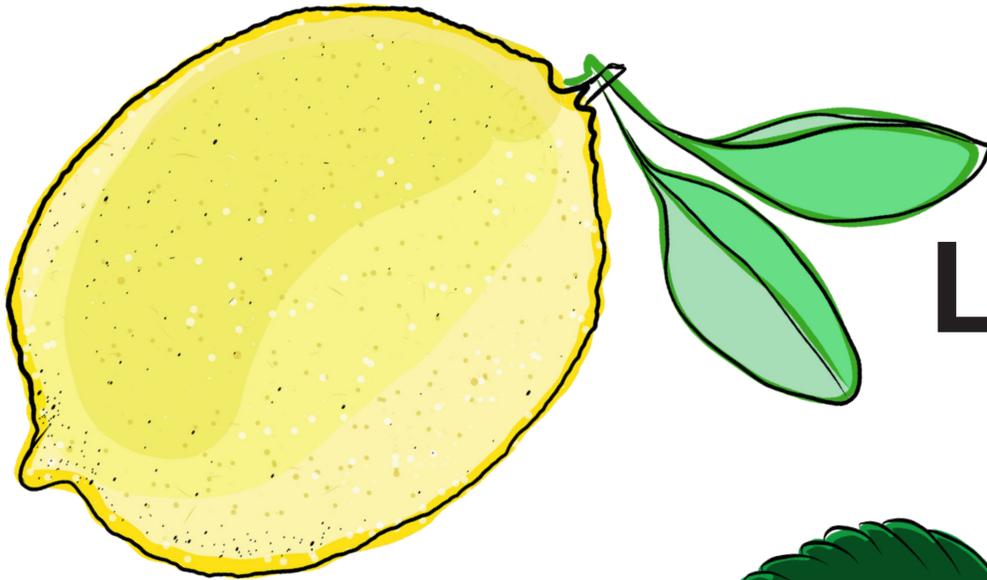
1. Raspberry
2. Blueberry
3. Strawberry

Suggested exercise:

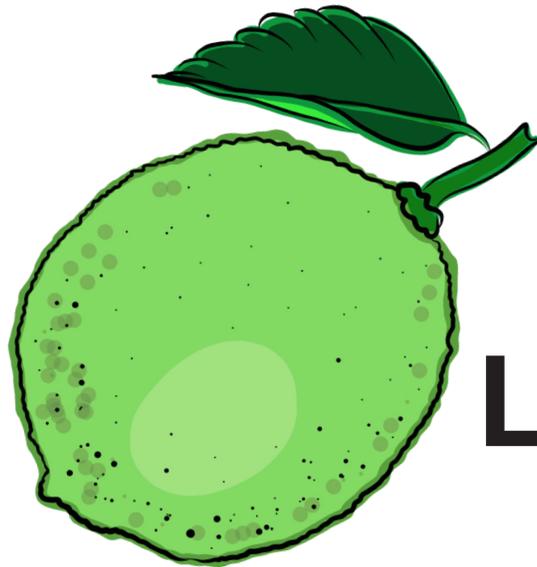
Describe each object representing this category.

Object	Raspberry	Blueberry	Strawberry
Colour			
Size			
Smell			
Taste			

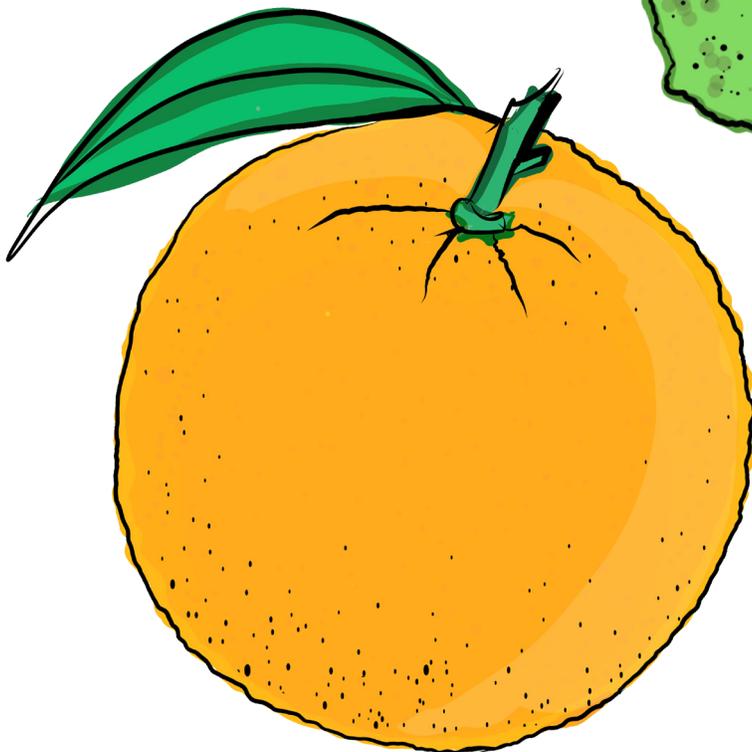
Citrus



Lemon



Lime



Orange

ESL for Seniors

Elections = Choices

Category: Citrus

Subcategories:

1. Lemon
2. Lime
3. Orange

Suggested exercise:

Describe each object representing this category.

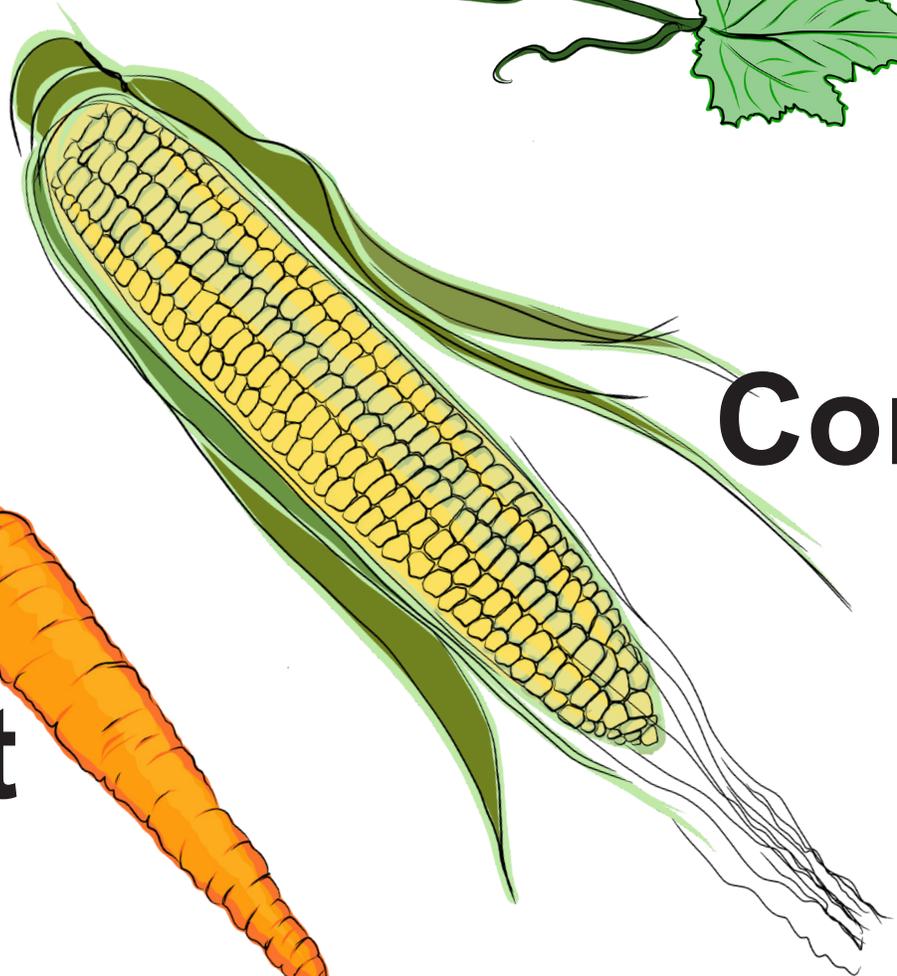
Object	Lemon	Lime	Orange
Colour			
Size			
Smell			
Taste			

Veggies

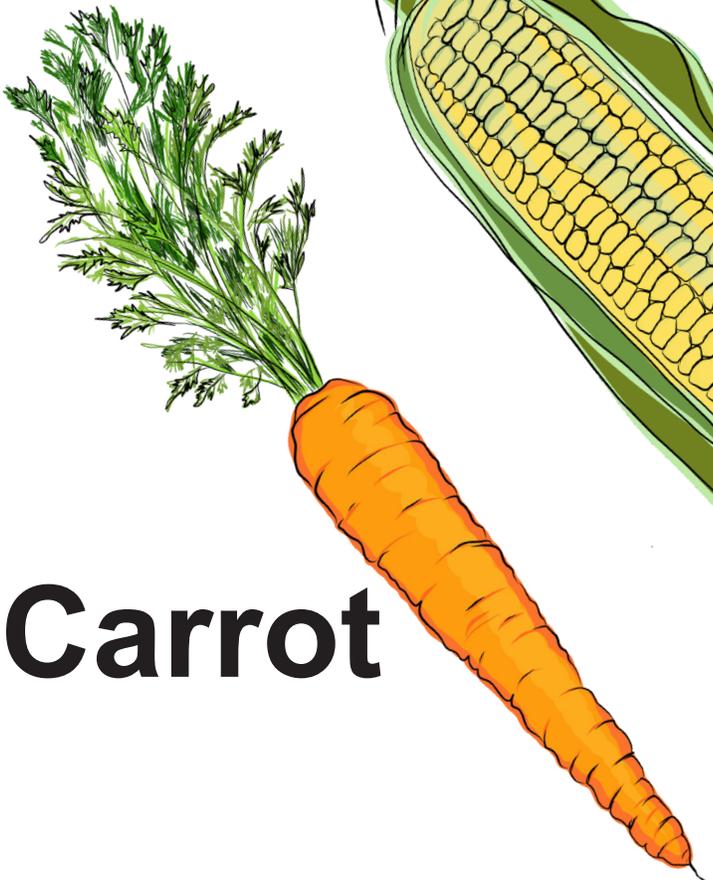
Pumpkin



Corn



Carrot



ESL for Seniors

Elections = Choices

Category: Veggies

Subcategories:

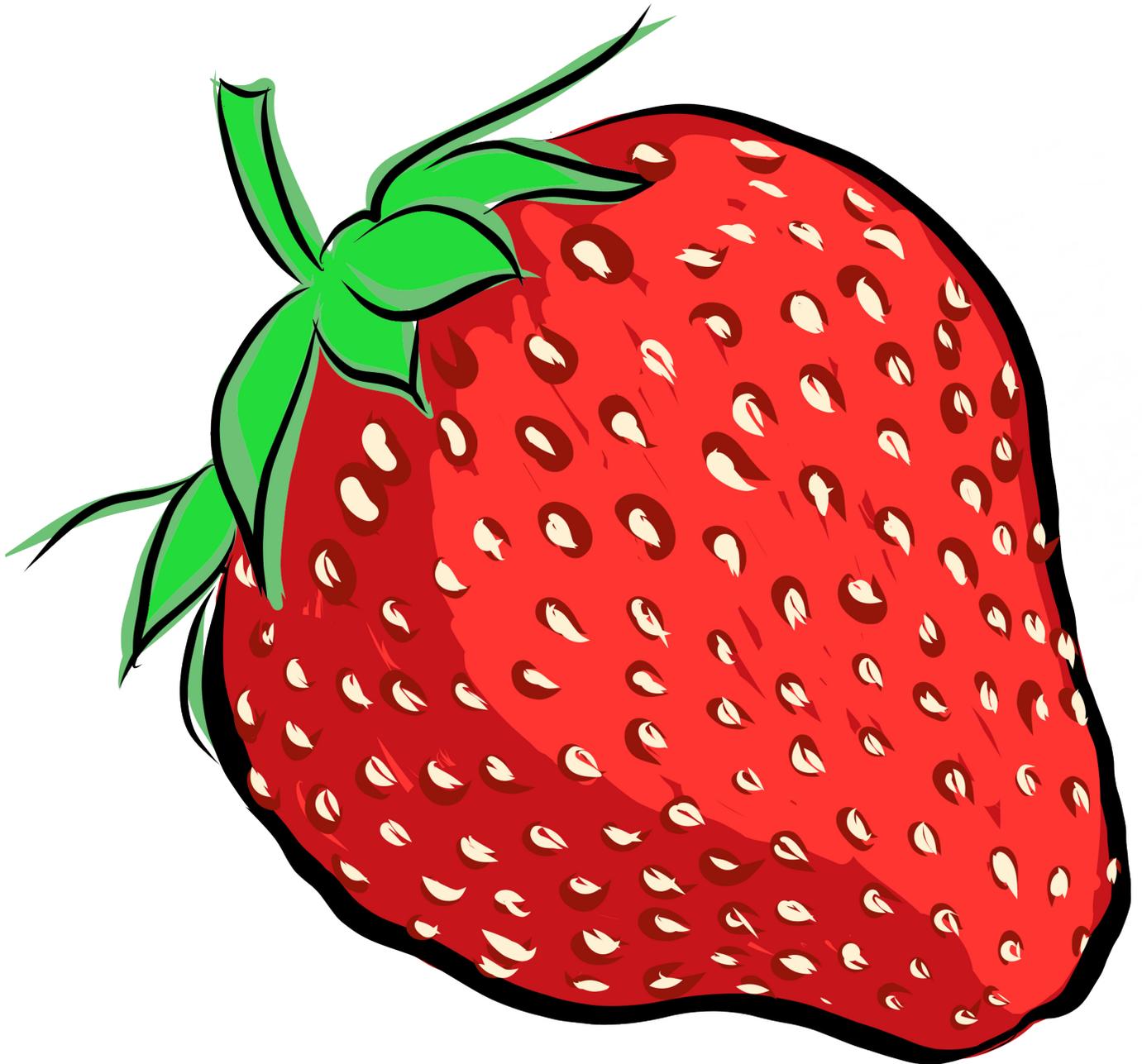
1. Pumpkin
2. Corn
3. Carrot

Suggested exercise:

Describe each object representing this category.

Object	Pumpkin	Corn	Carrot
Colour			
Size			
Smell			
Taste			

Strawberry

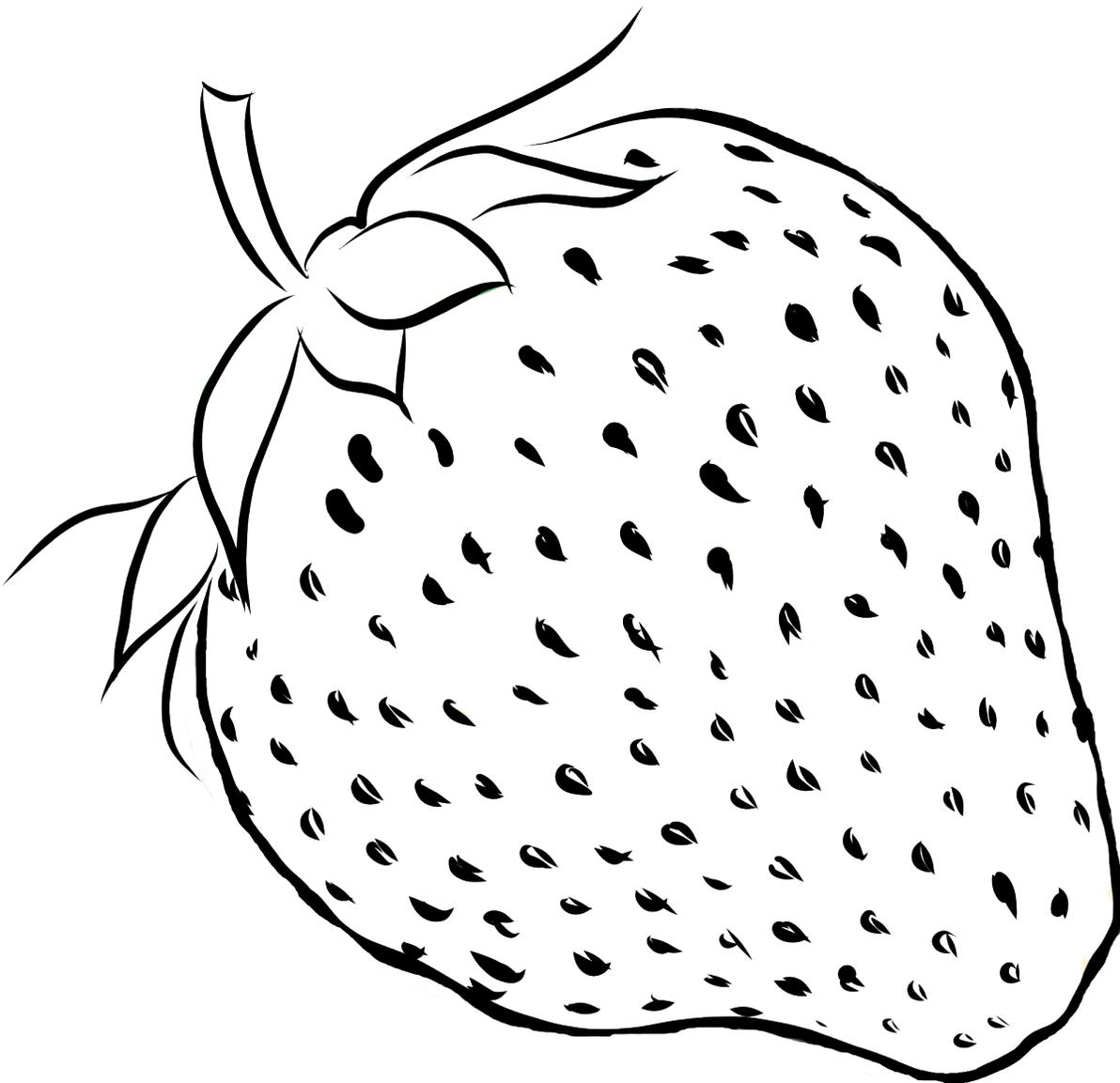


Category: Berry-Berries

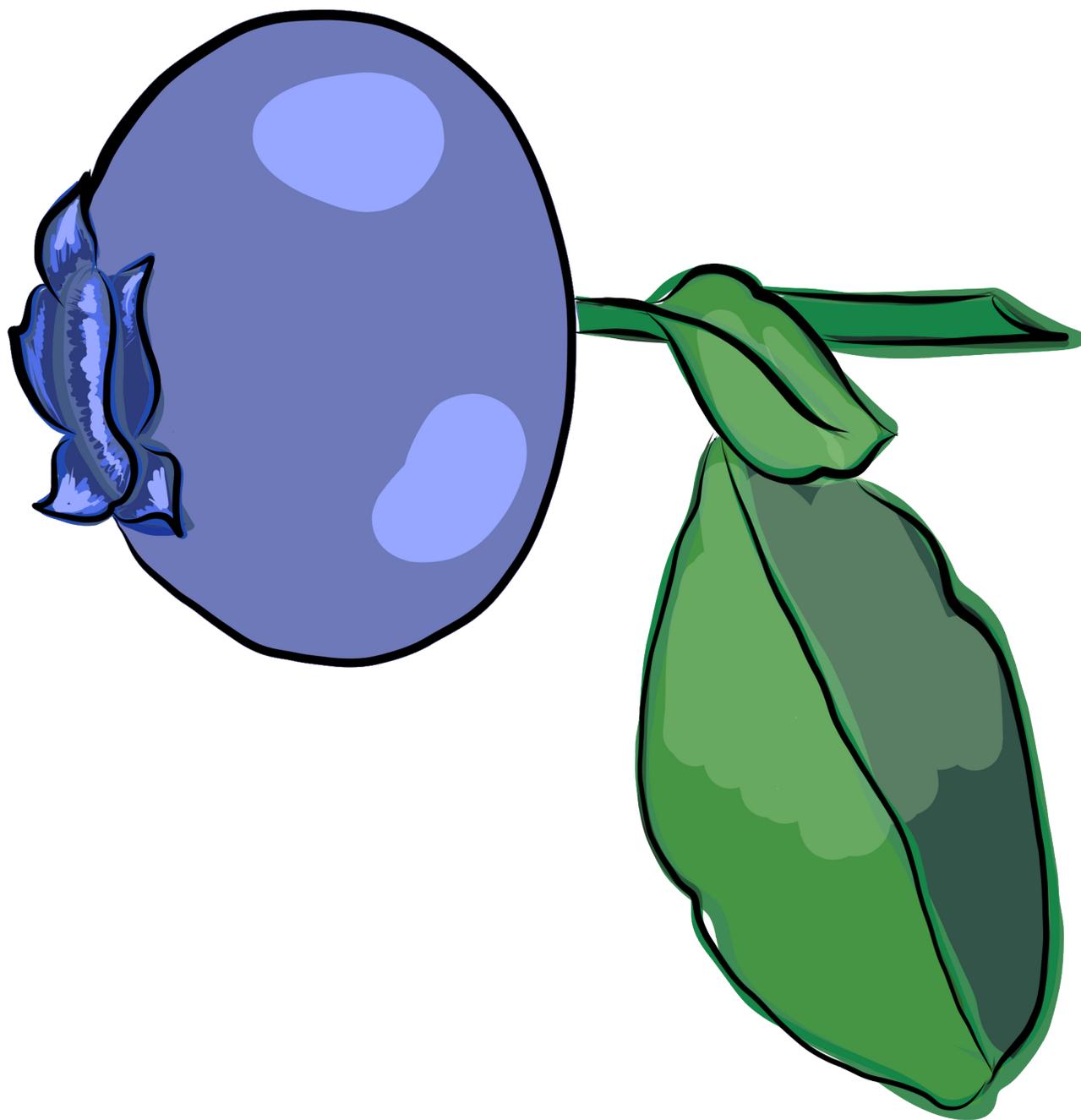
Subcategory: Strawberry

Suggested exercise: Paint this Strawberry and answer the questions.

- What colours do you use?
- Why do you like Strawberry?
- How do you make Strawberry jam?



Blueberry

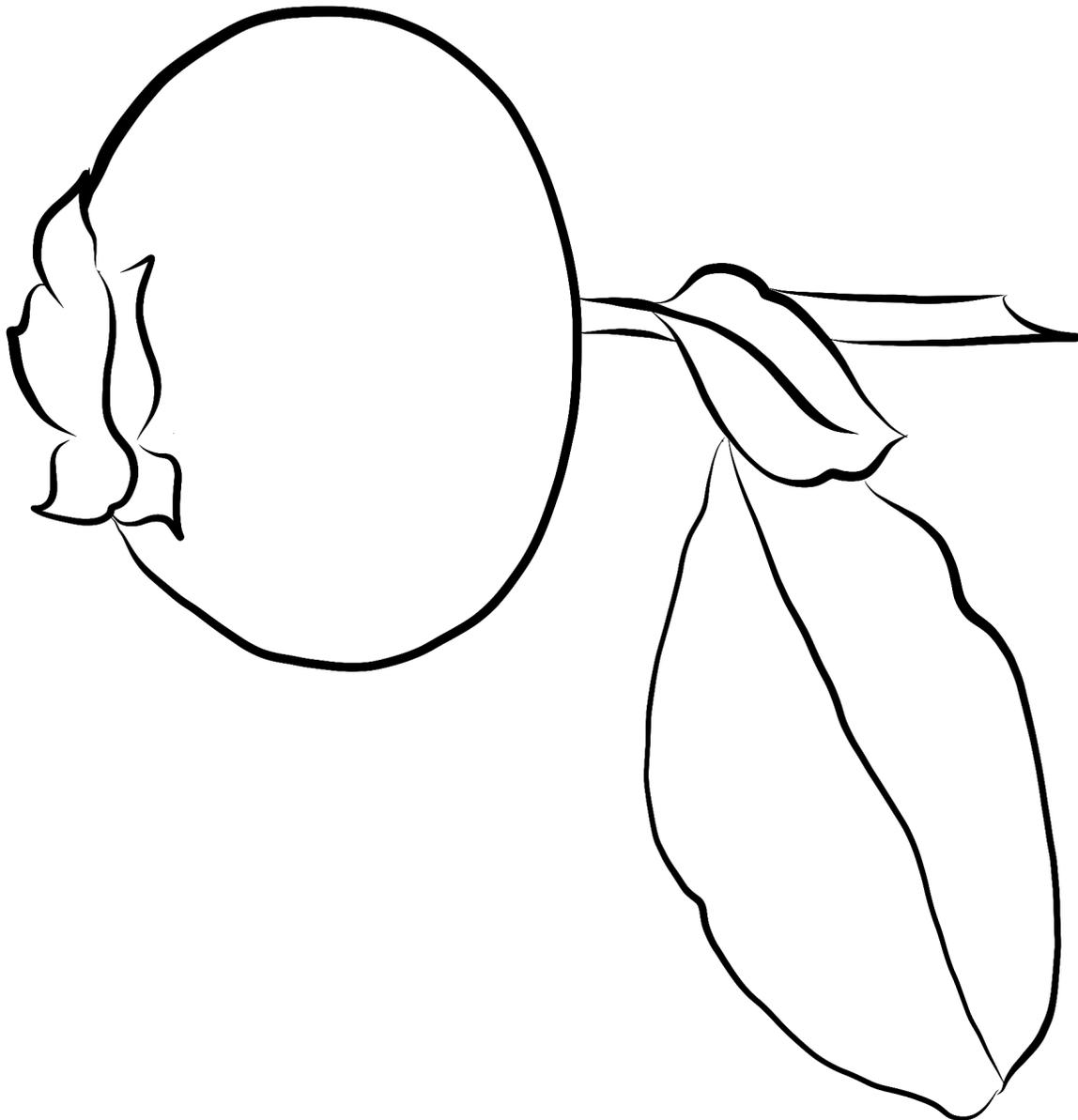


Category: Berry-Berries

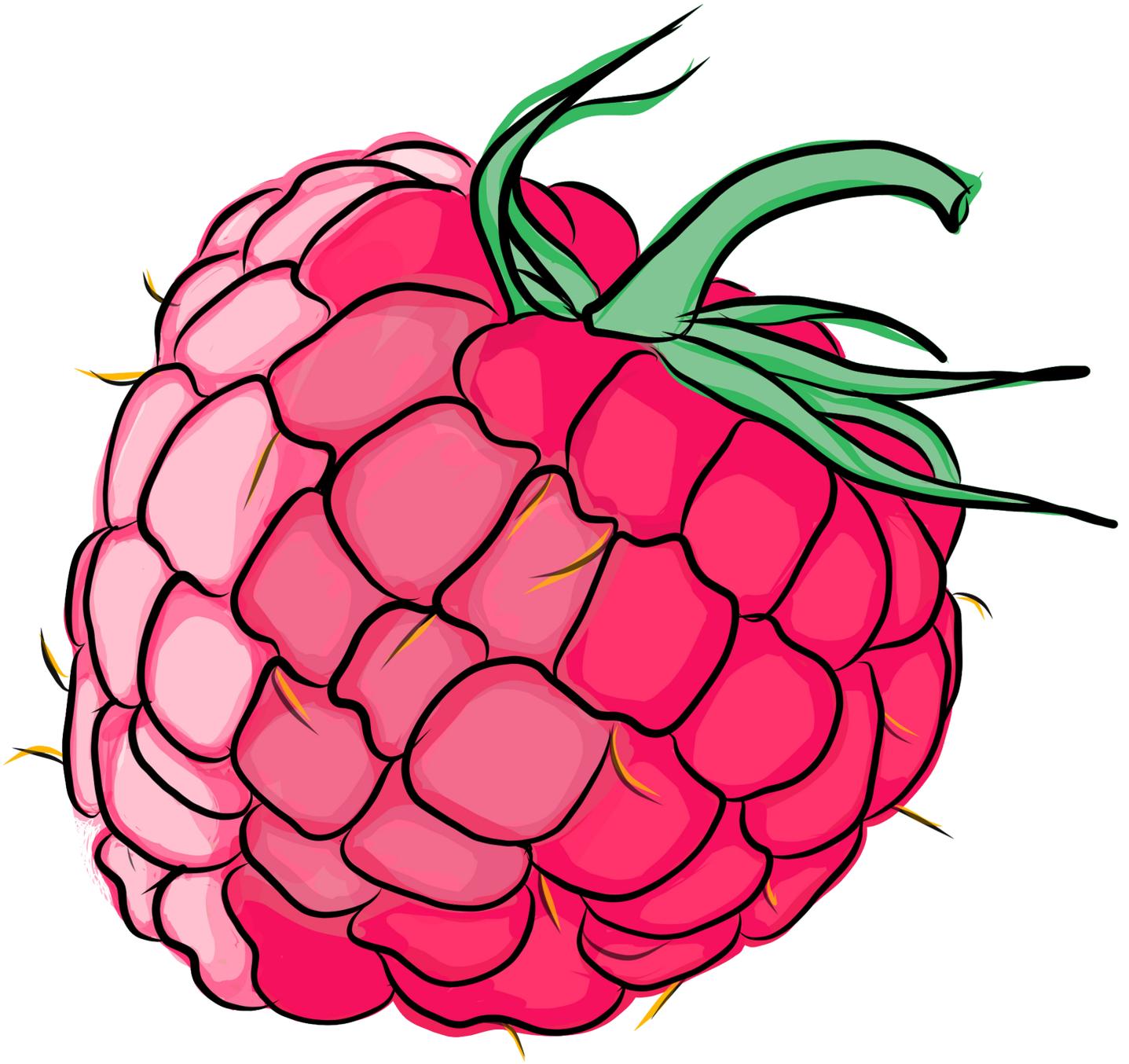
Subcategory: Blueberry

Suggested exercise: Paint this Blueberry and answer the questions.

- What colours do you use?
- Why do you like Blueberry?
- How do you make Blueberry pie?



Raspberry

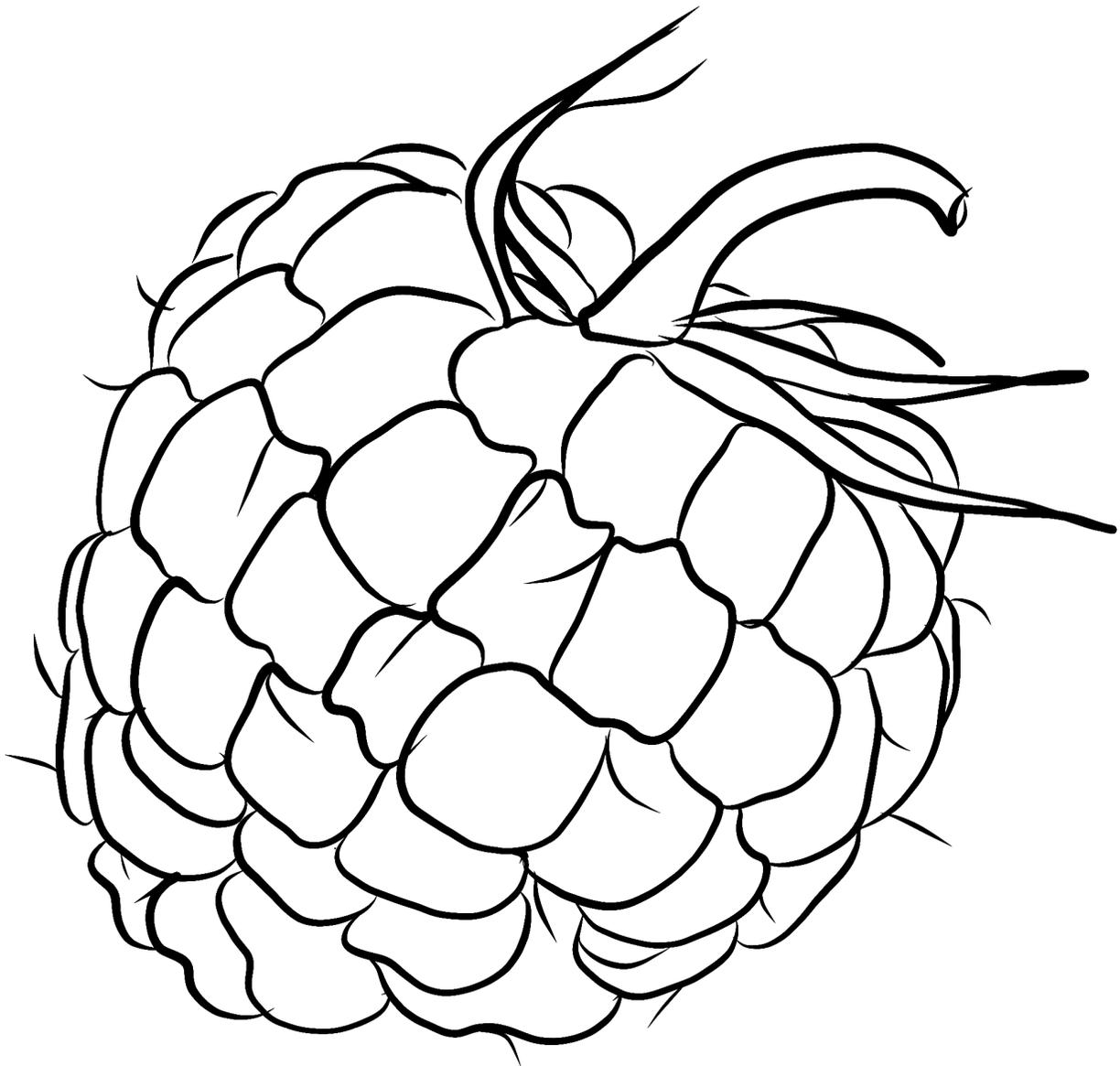


Category: Berry-Berries

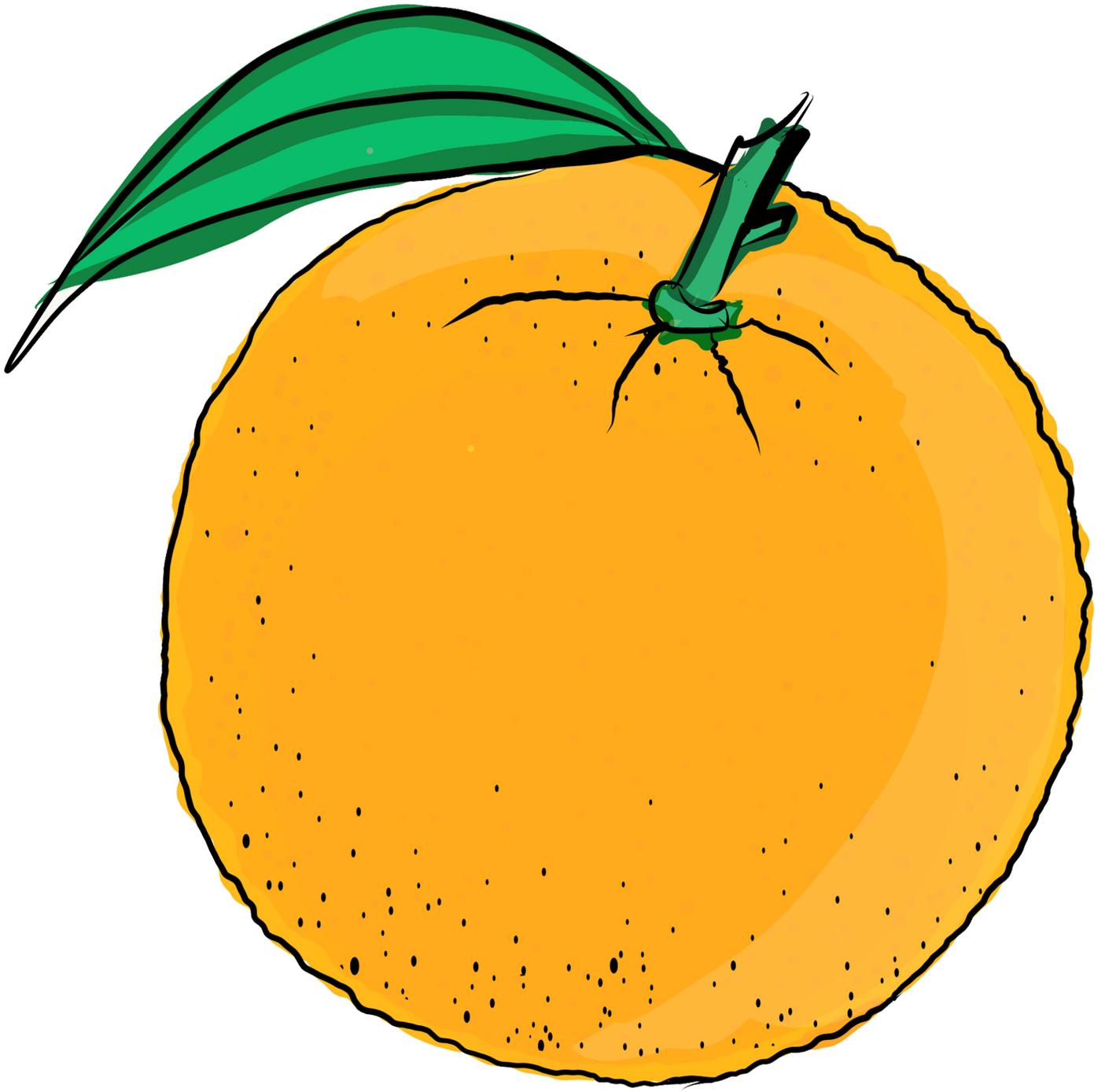
Subcategory: Raspberry

Suggested exercise: Paint this Raspberry and answer the questions.

- What colours do you use?
- Why do you like Raspberry?
- How do you make Raspberry ice cream?



Orange

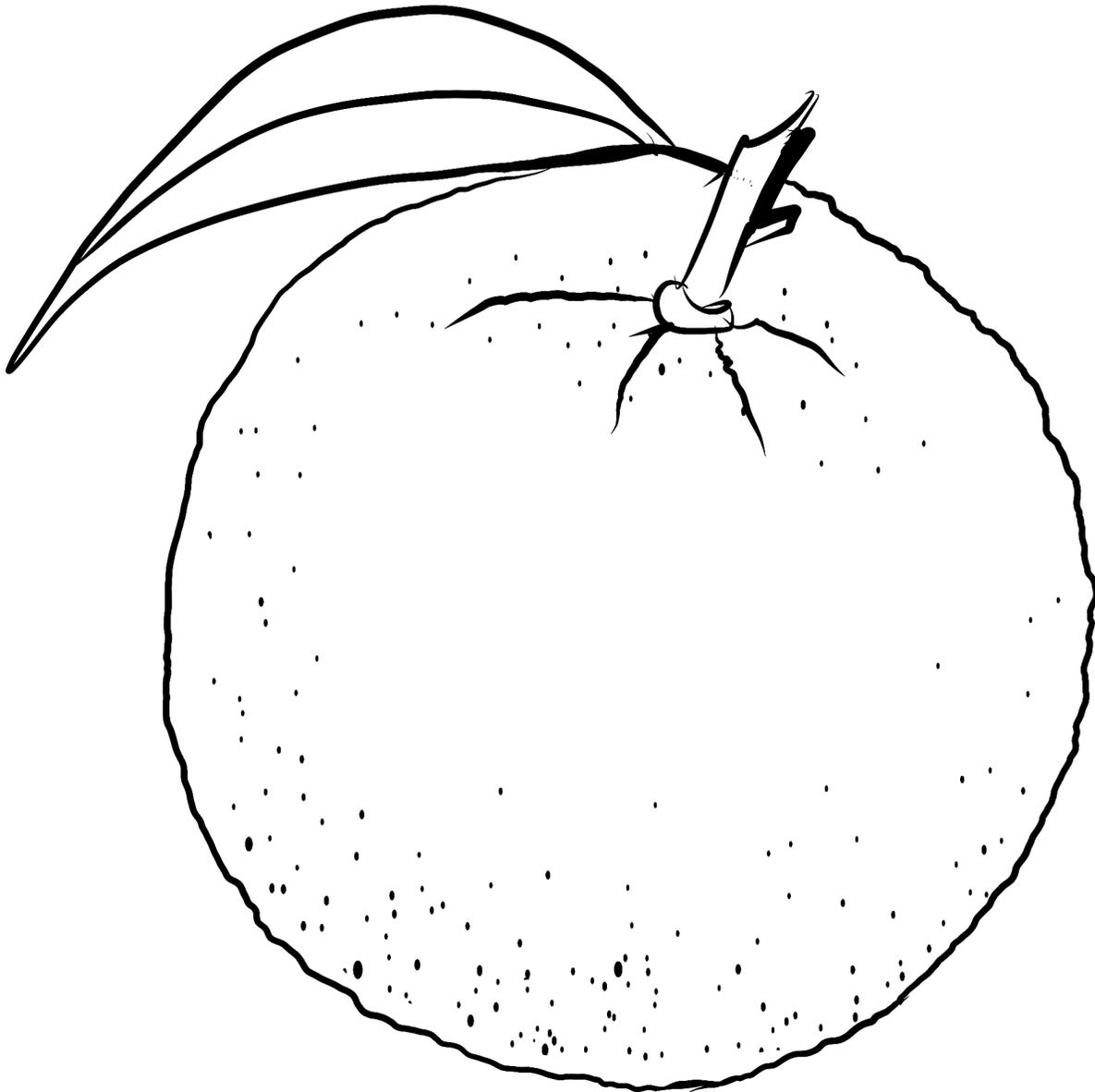


Category: Citrus-Citrus

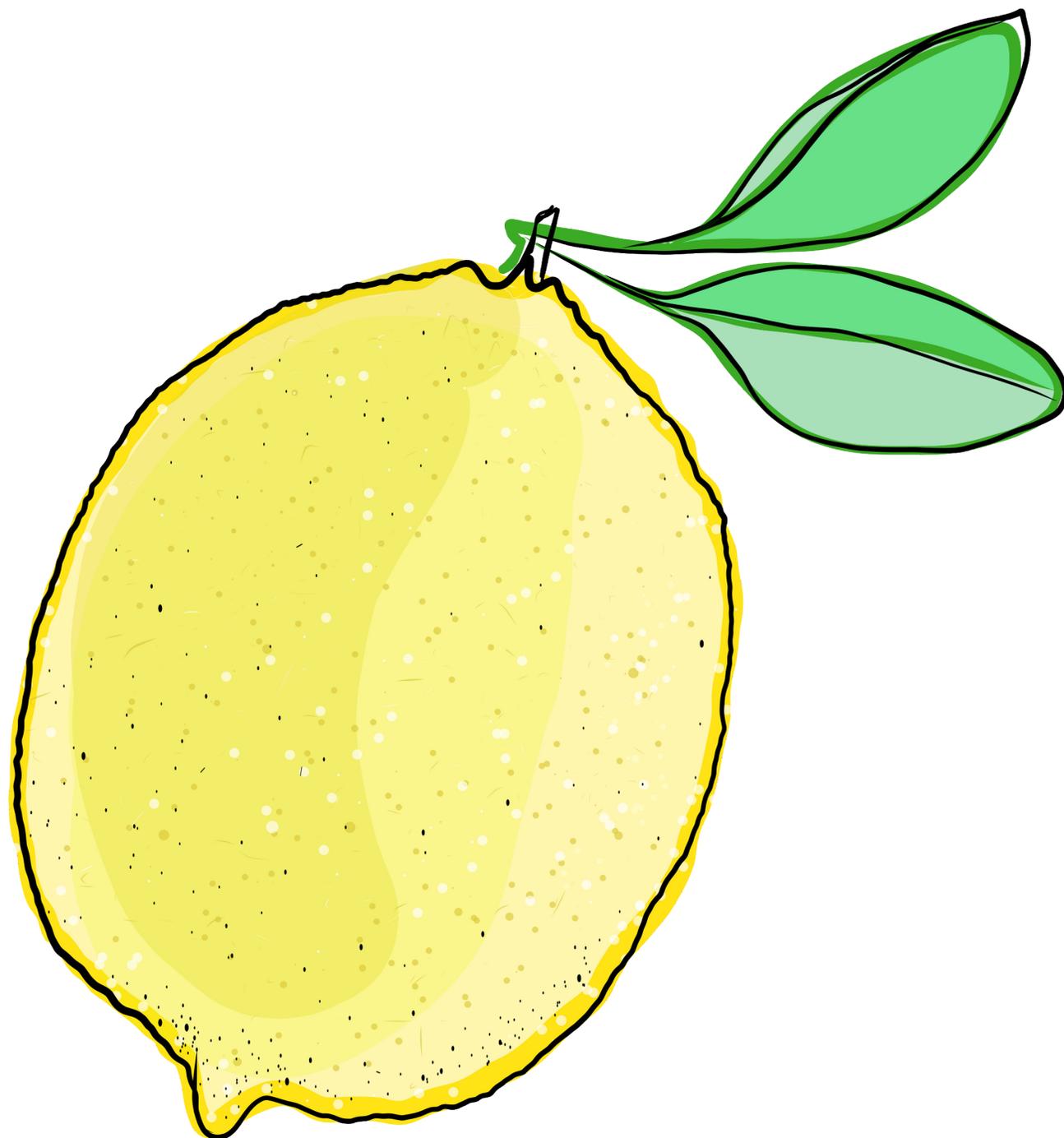
Subcategory: Orange

Suggested exercise: Paint this Orange and answer the questions.

- What colours do you use?
- Why do you like Orange?
- How do you make Orange juice?



Lemon



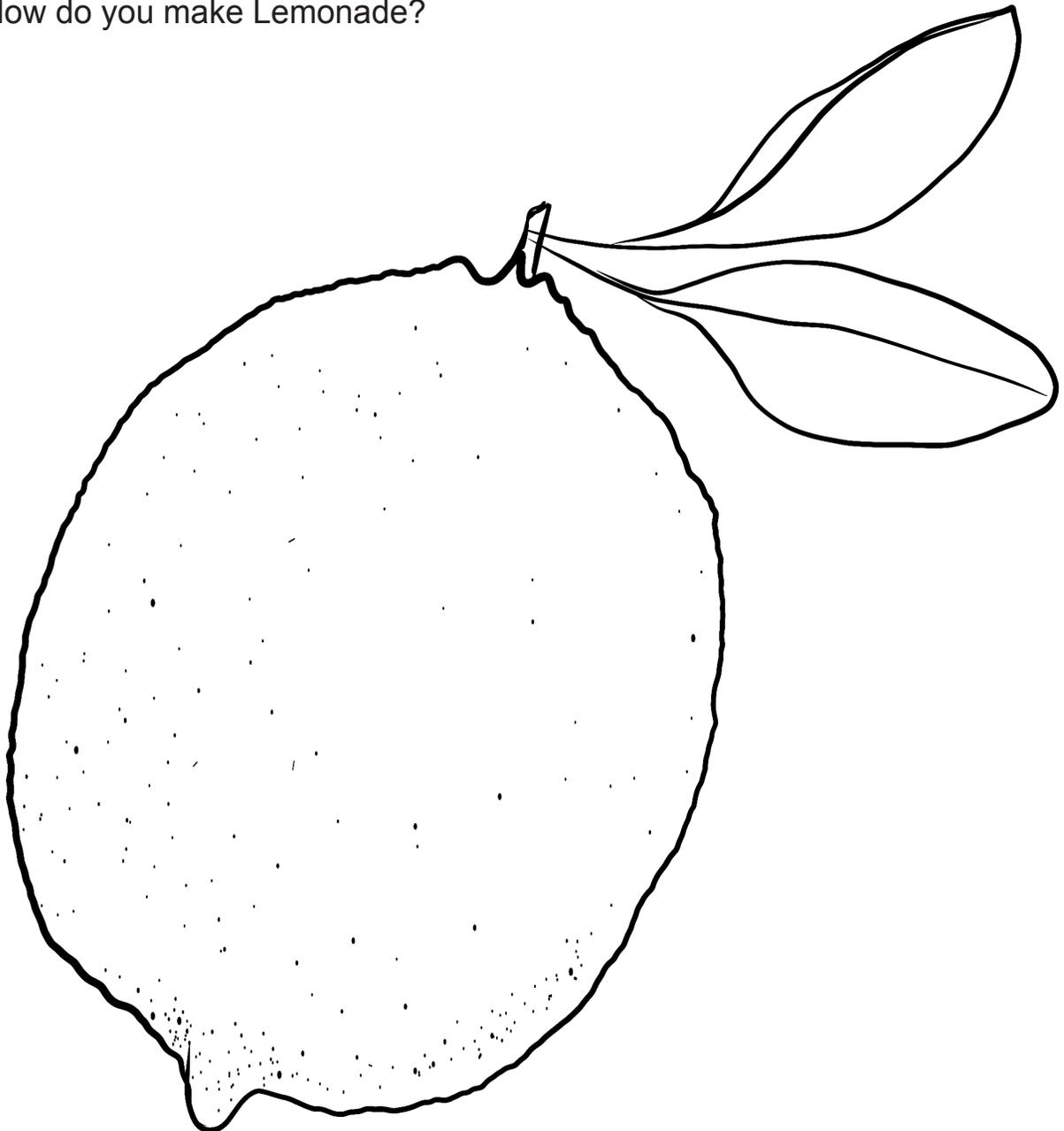
Elections = Choices

Category: Citrus-Citrus

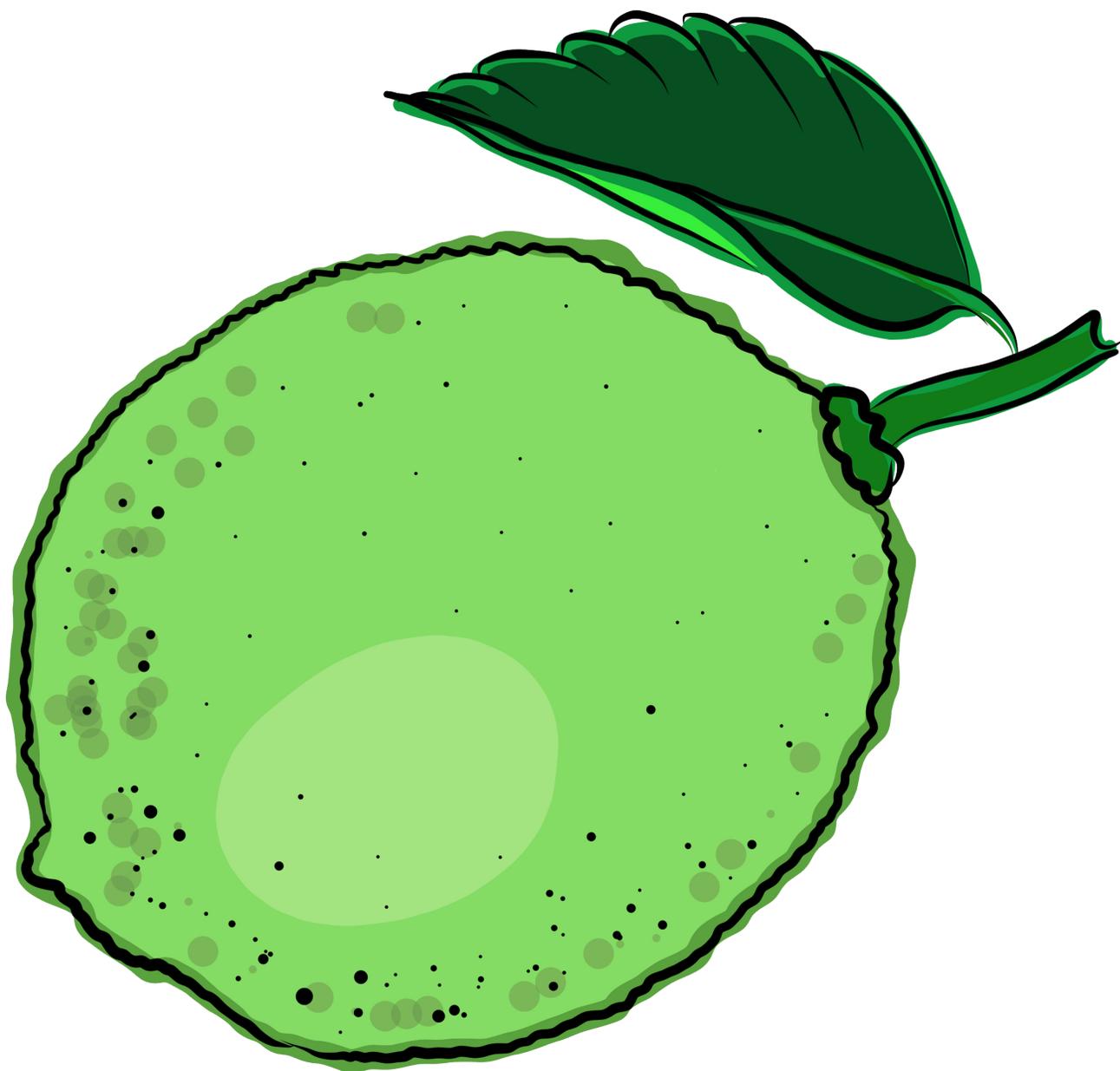
Subcategory: Lemon

Suggested exercise: Paint this Lemon and answer the questions.

- What colours do you use?
- Why do you like Lemon?
- How do you make Lemonade?



Lime



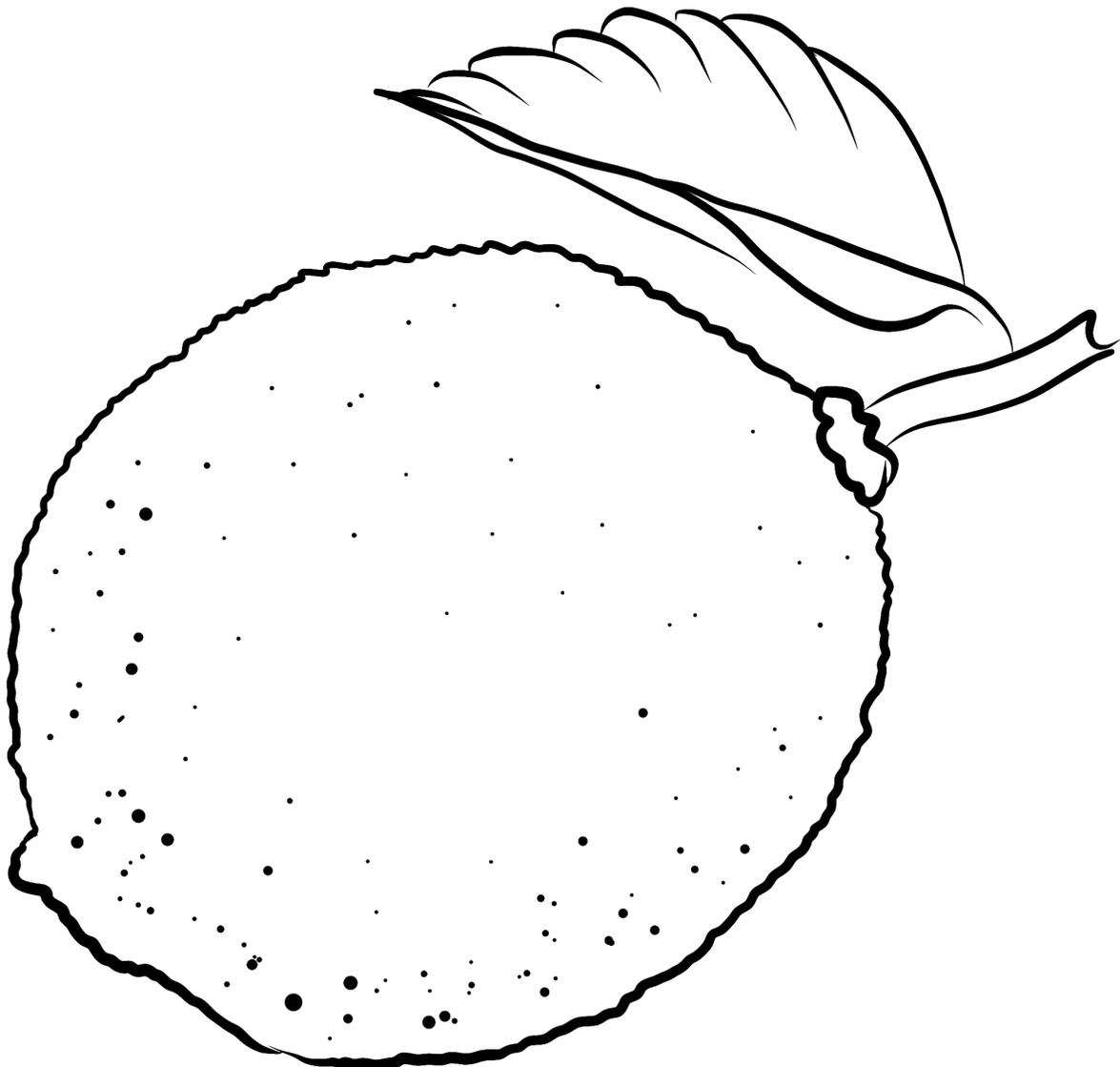
Elections = Choices

Category: Citrus-Citrus

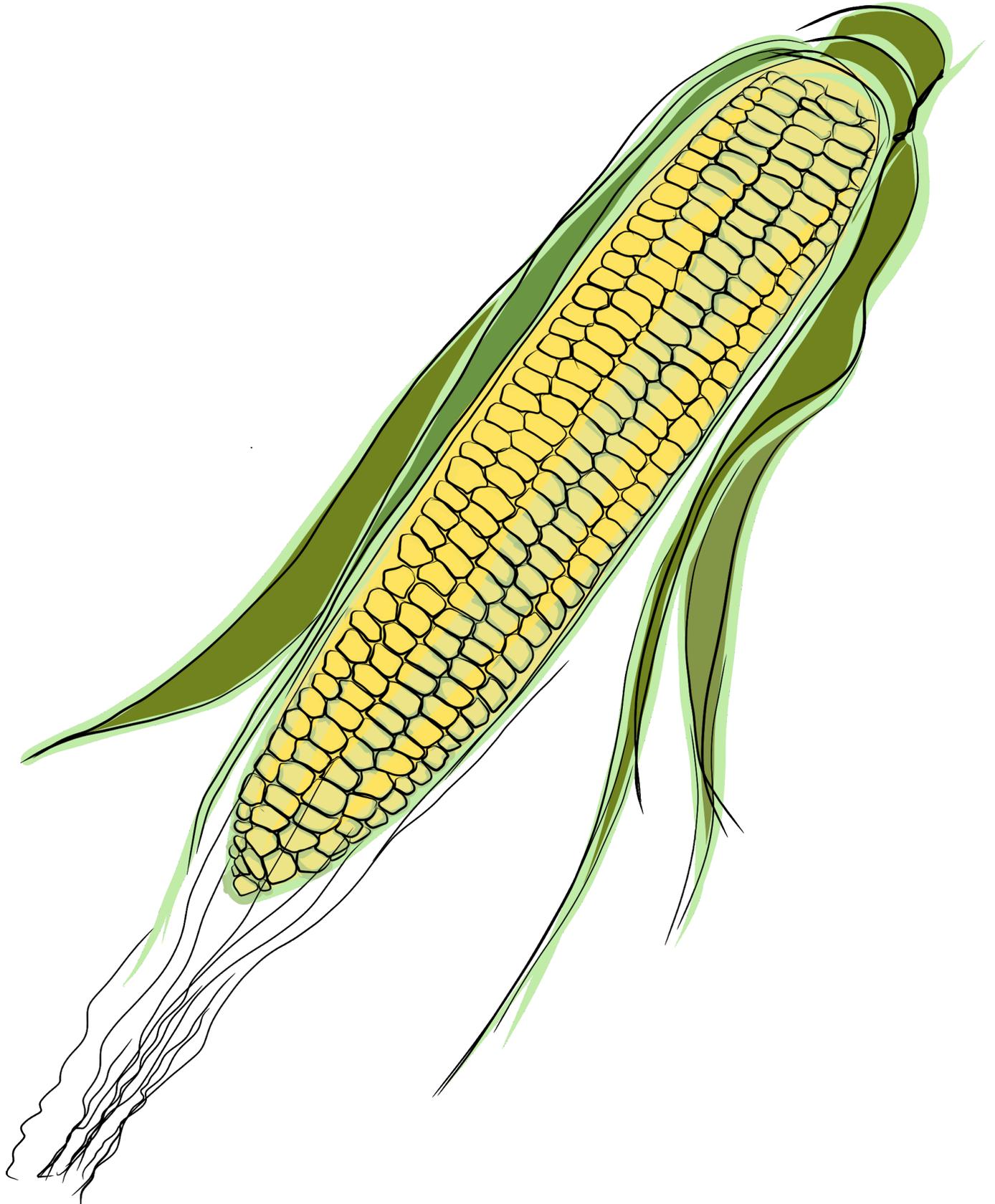
Subcategory: Lime

Suggested exercise: Paint this Lime and answer the questions.

- What colours do you use?
- Why do you like Lime?
- How do you make Lime water with ice?



Corn

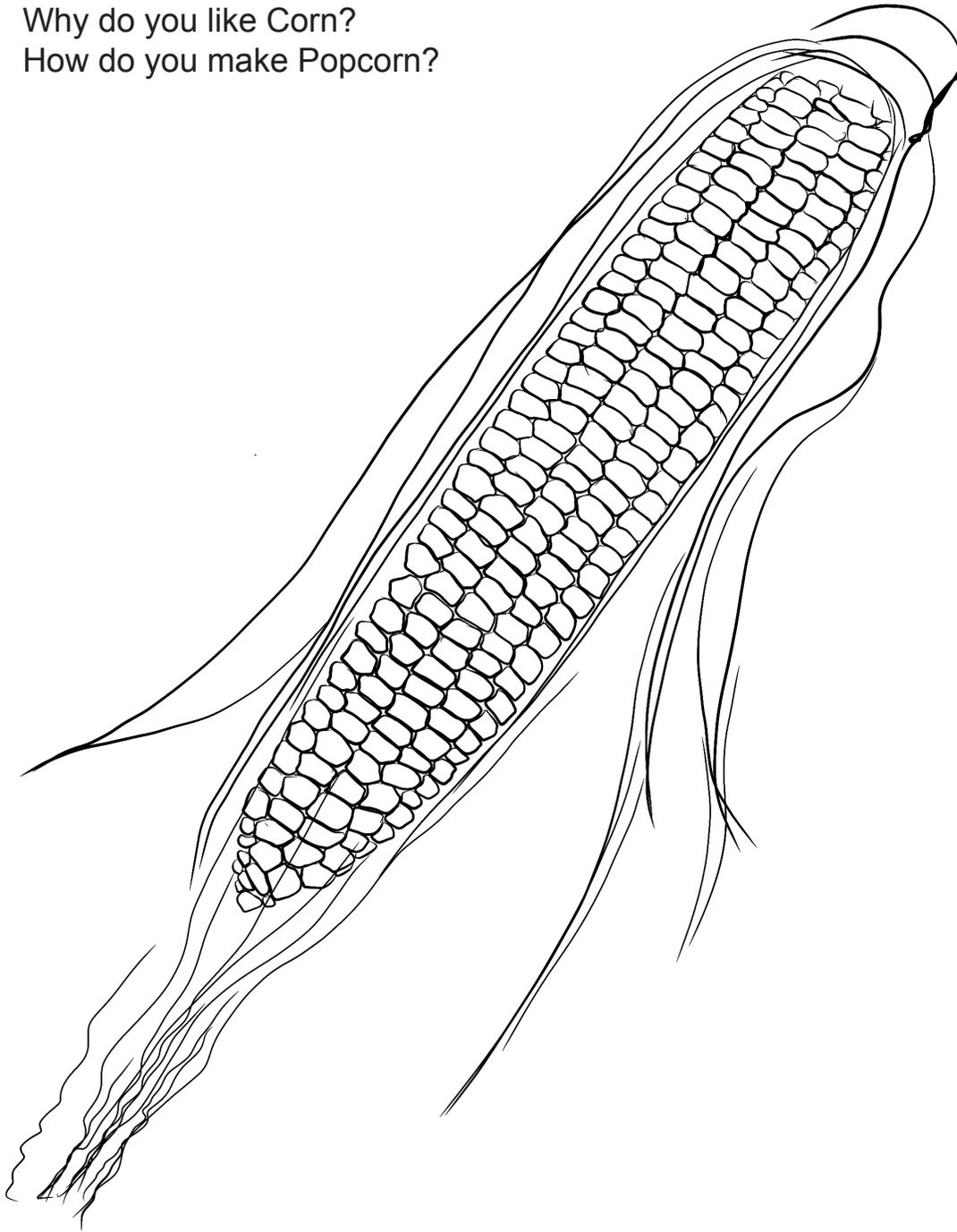


Category: Veggie-Veggies

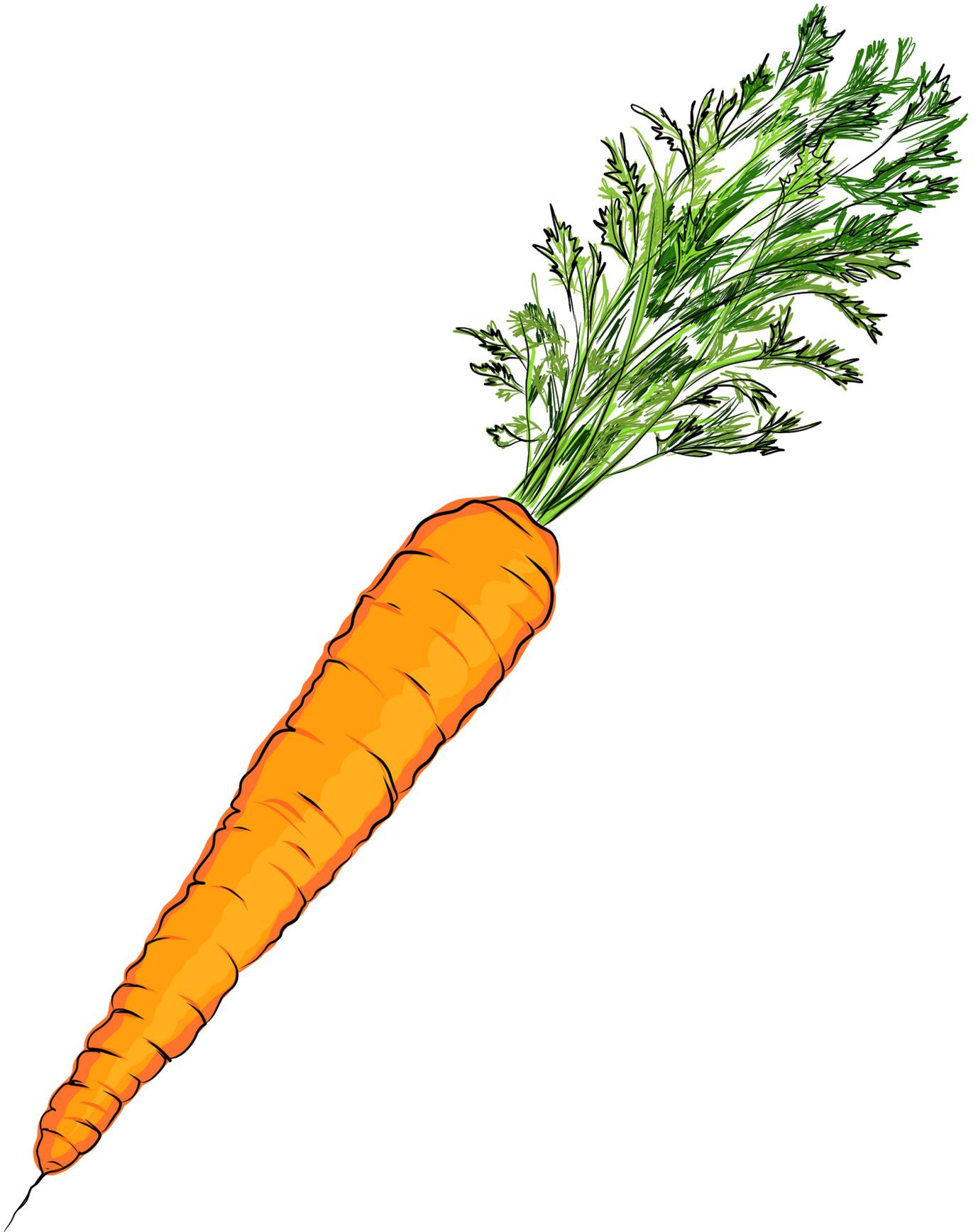
Subcategory: Corn

Suggested exercise: Paint this Corn and answer the questions.

- What colours do you use?
- Why do you like Corn?
- How do you make Popcorn?



Carrot



Category: Veggie-Veggies

Subcategory: Carrot

Suggested exercise: Paint this Carrot and answer the questions.

- What colours do you use?
- Why do you like Carrot?
- How do you make Carrot muffins?



Pumpkin



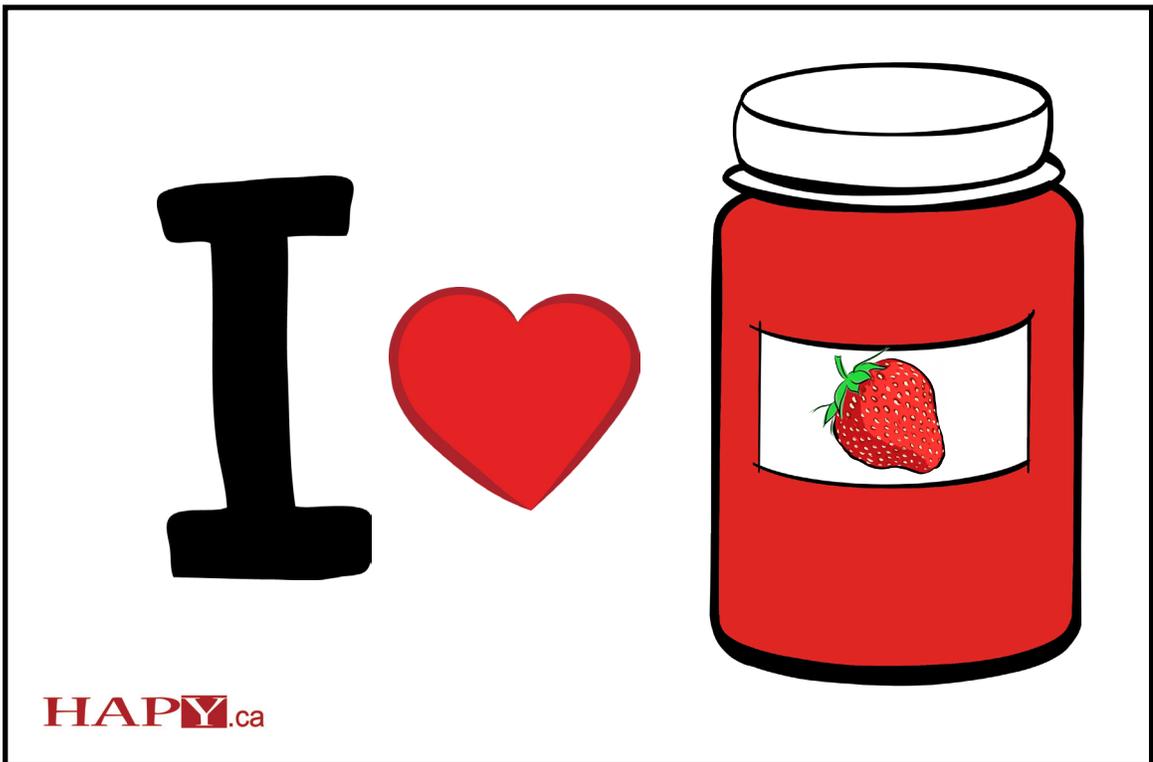
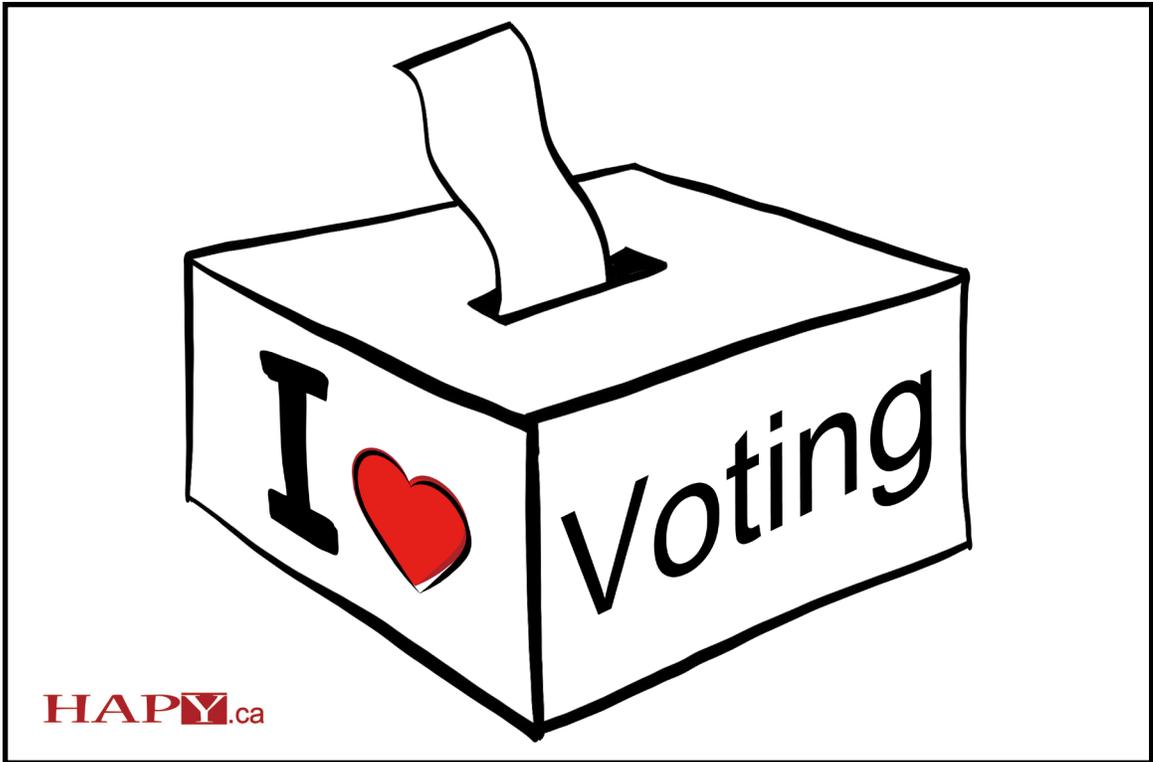
Category: Veggie-Veggies

Subcategory: Pumpkin

Suggested exercise: Paint this Pumpkin and answer the questions.

- What colours do you use?
- Why do you like Pumpkin?
- How do you make Pumpkin soup?





I like voting.

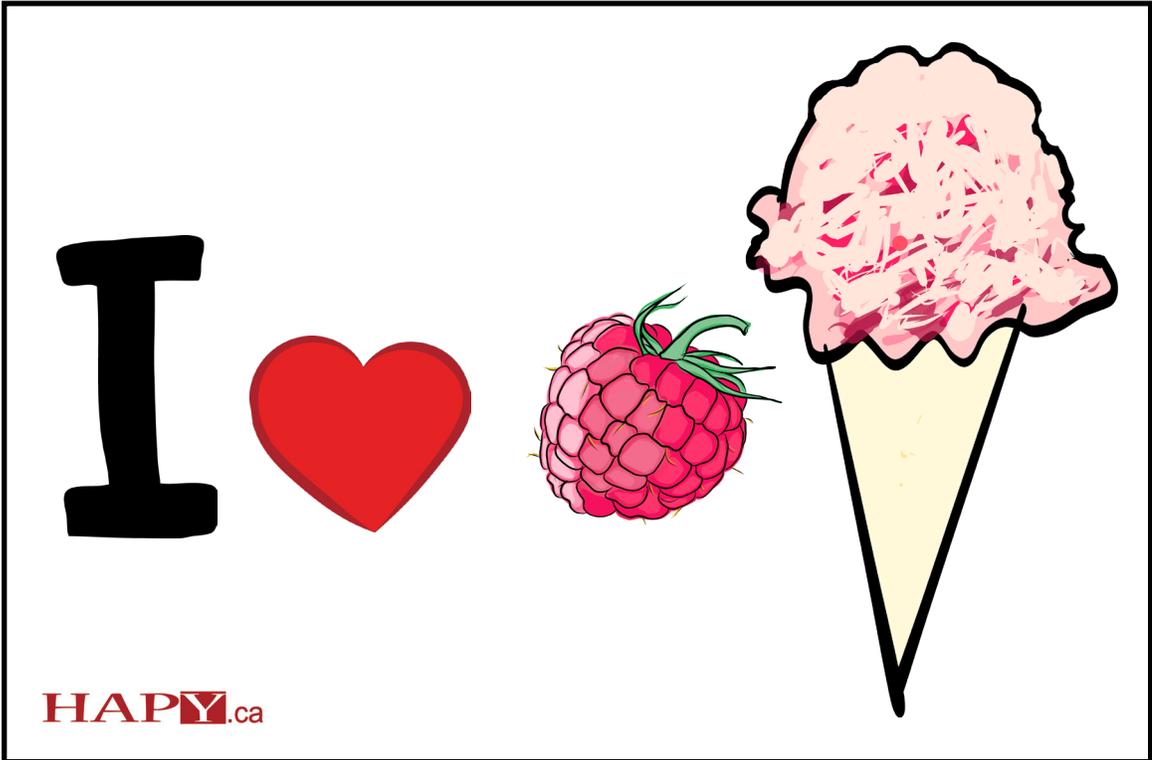
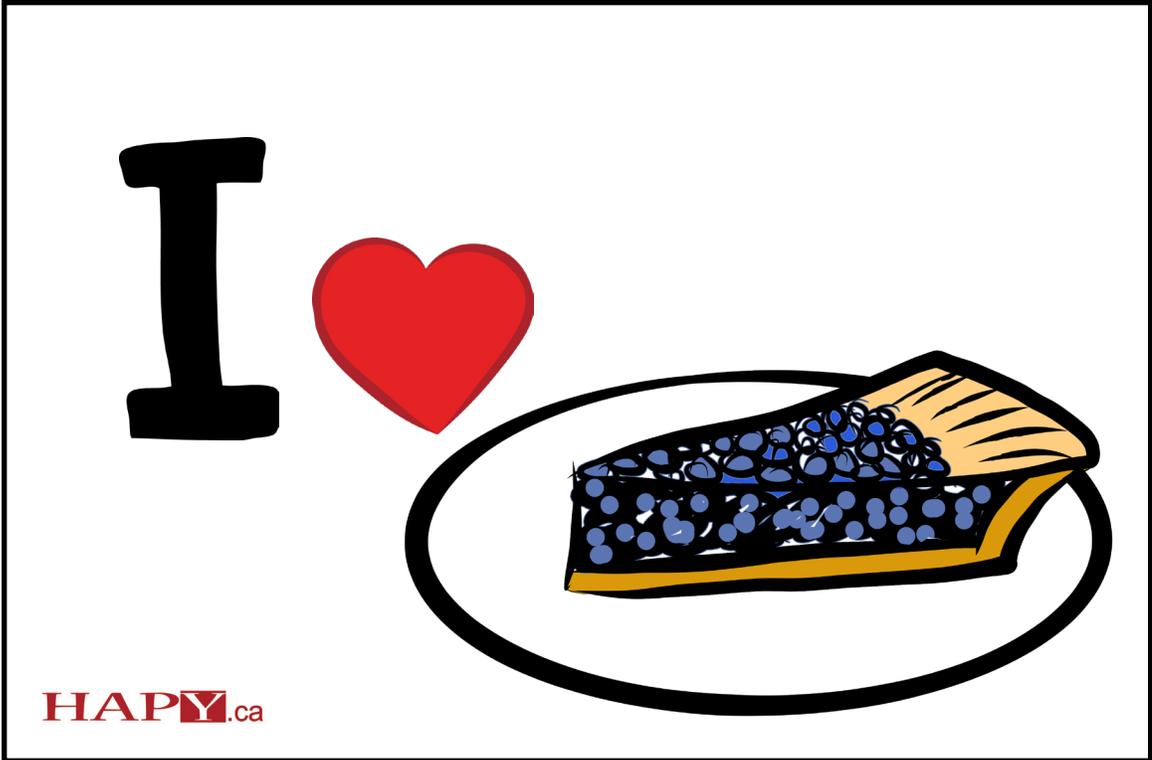
Why?

Because _____

I like strawberry jam.

Why?

Because _____



I like blueberry pie.

Why?

Because _____

I like raspberry ice cream.

Why?

Because _____



I like orange juice.

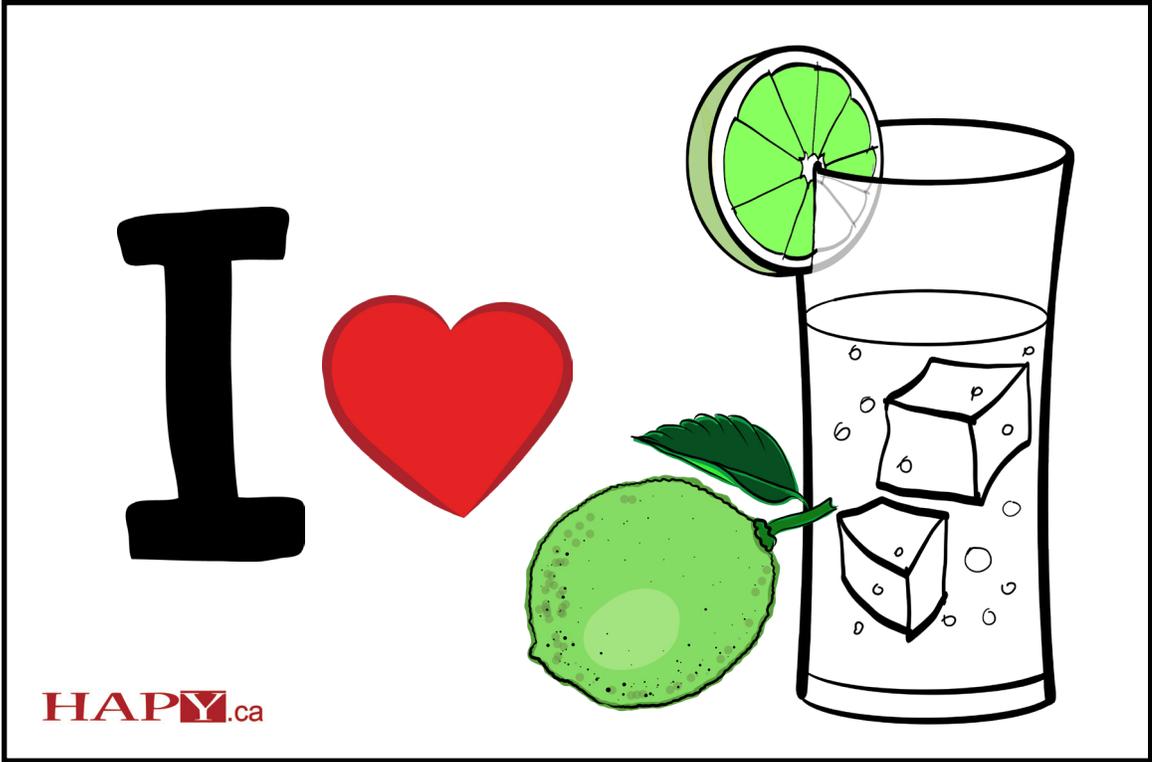
Why?

Because _____

I like lemonade.

Why?

Because _____



I like lime water with ice.

Why?

Because _____

I like popcorn.

Why?

Because _____



I like carrot muffins.

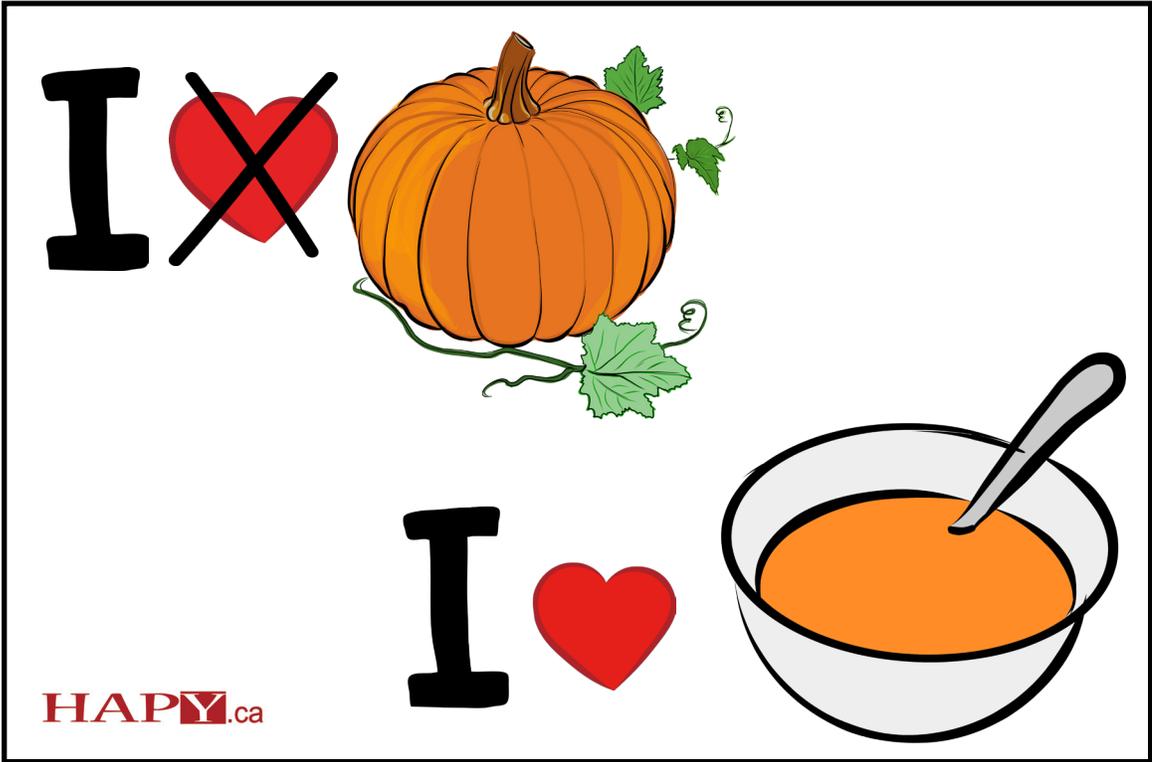
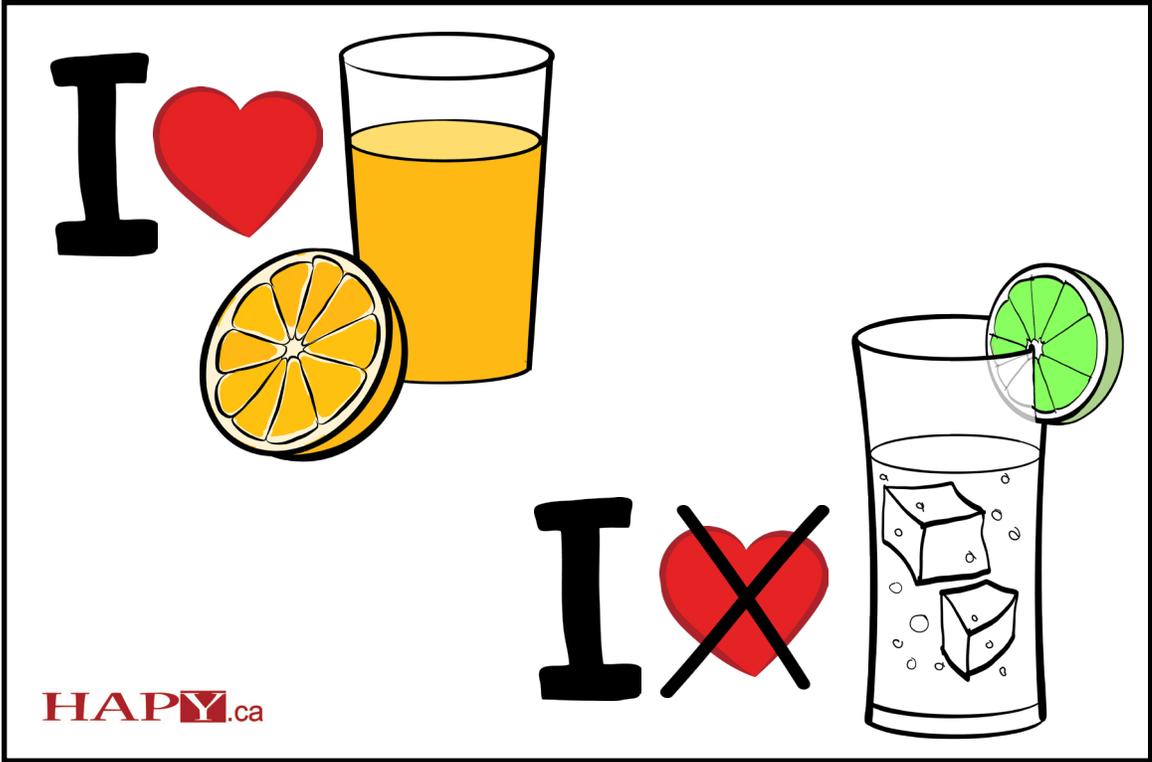
Why?

Because _____

I like pumpkin soup.

Why?

Because _____



I like orange juice,
I don't like lime water with ice.

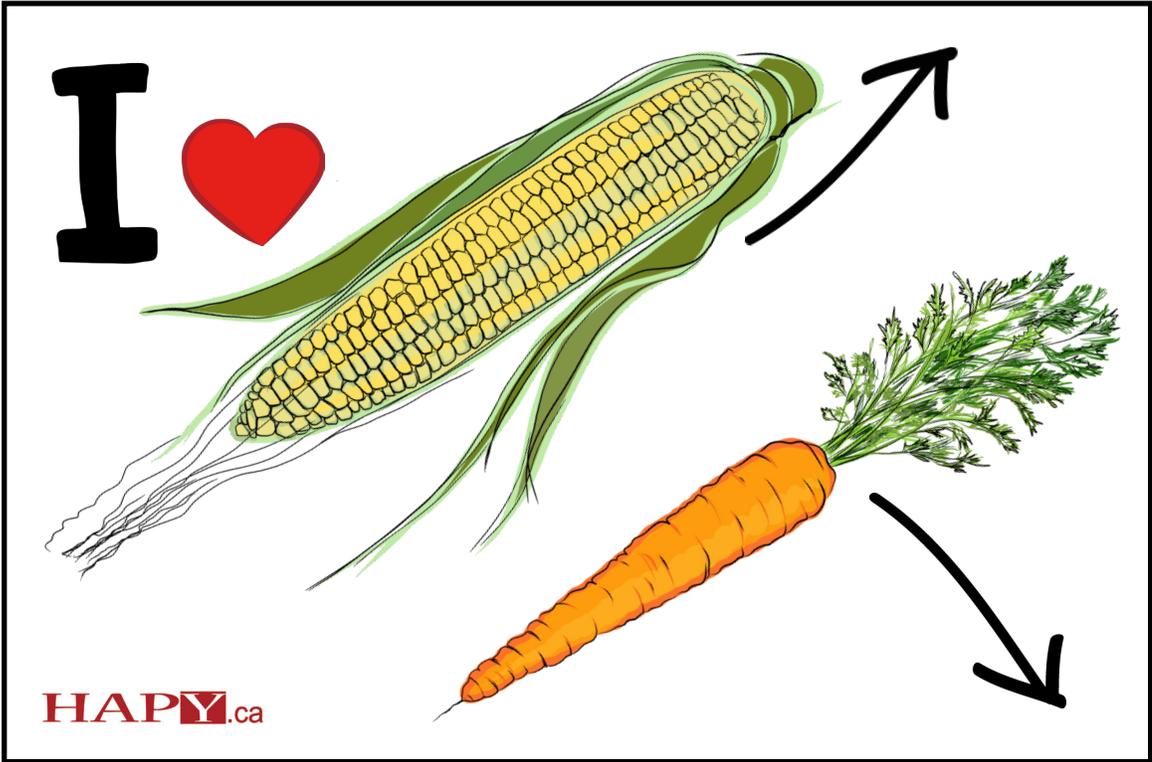
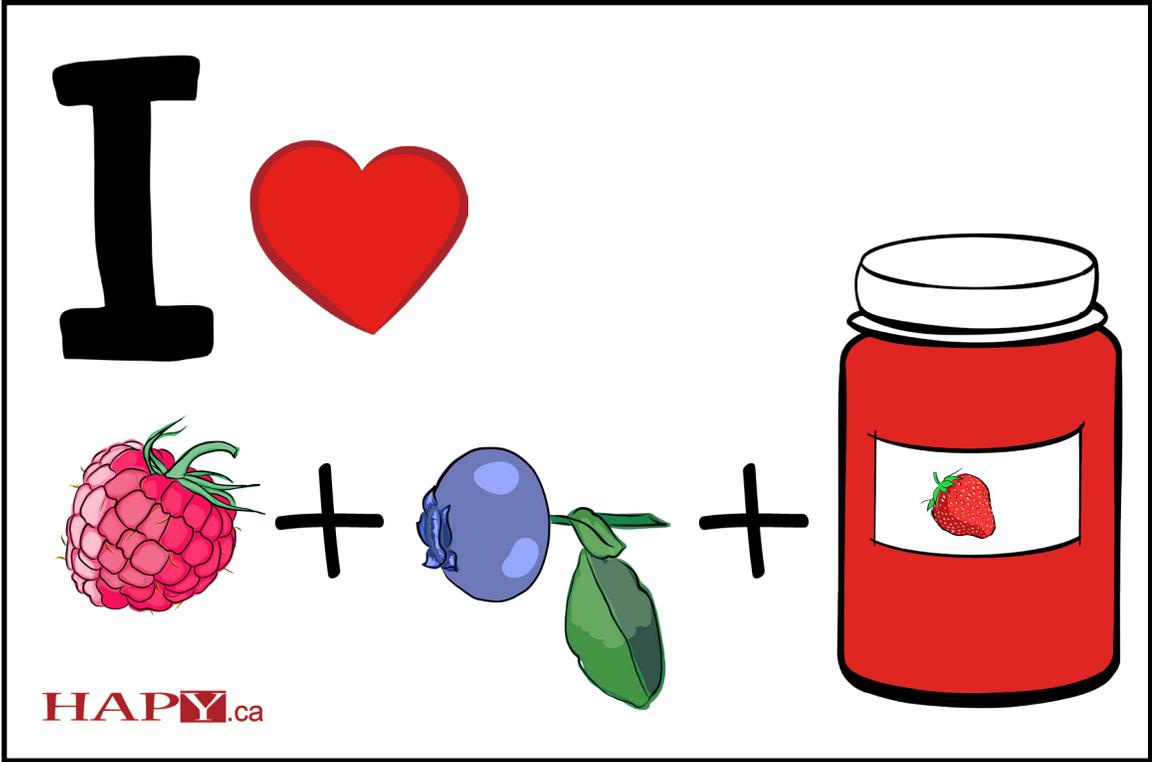
Why?

Because _____

I don't like pumpkin **but**
I like pumpkin soup.

Why?

Because _____



I like raspberry, blueberry **and**
strawberry jam.

Why?

Because _____

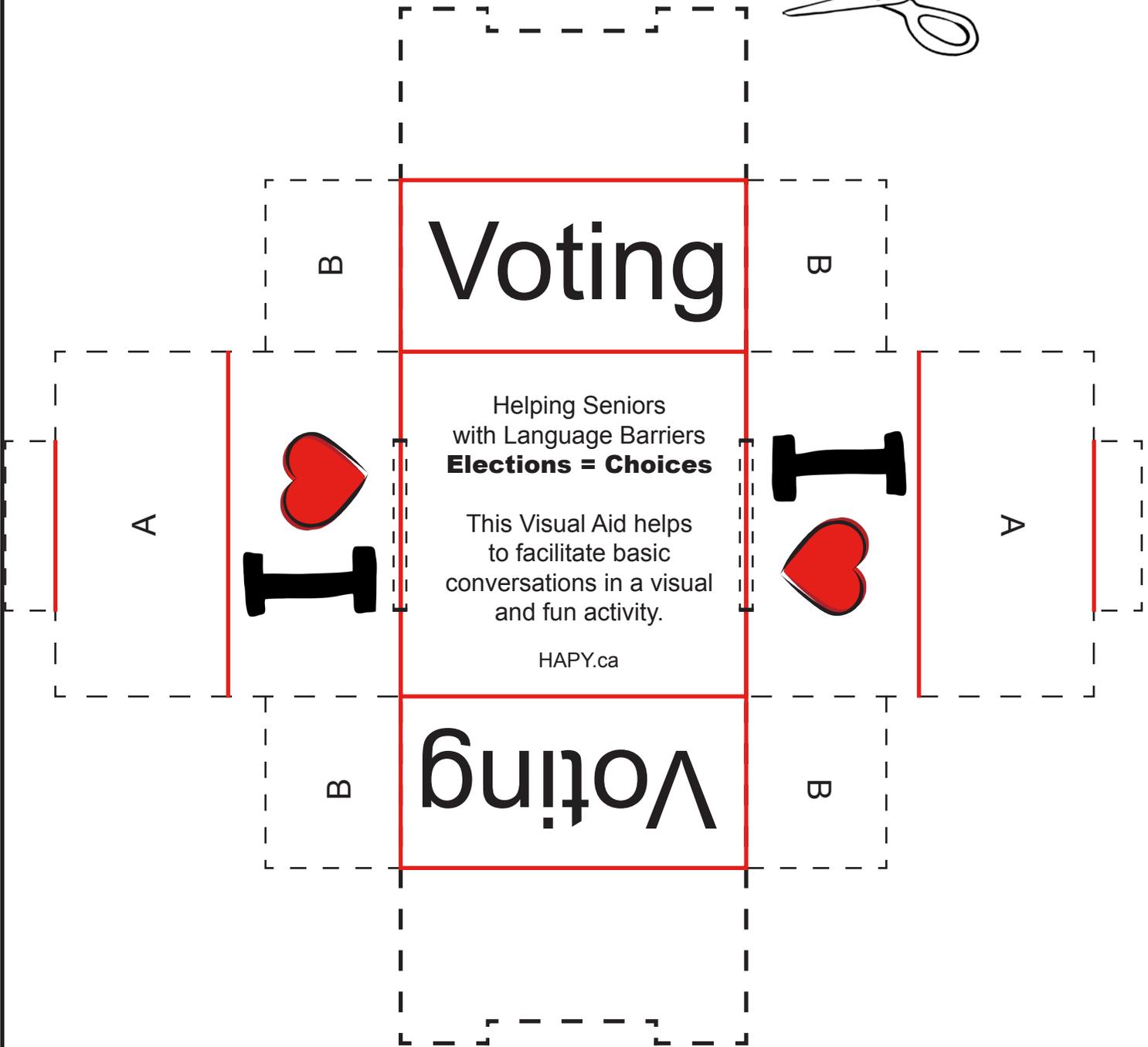
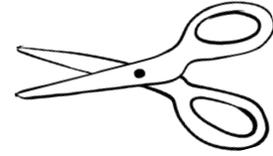
I like corn **more than** carrot.

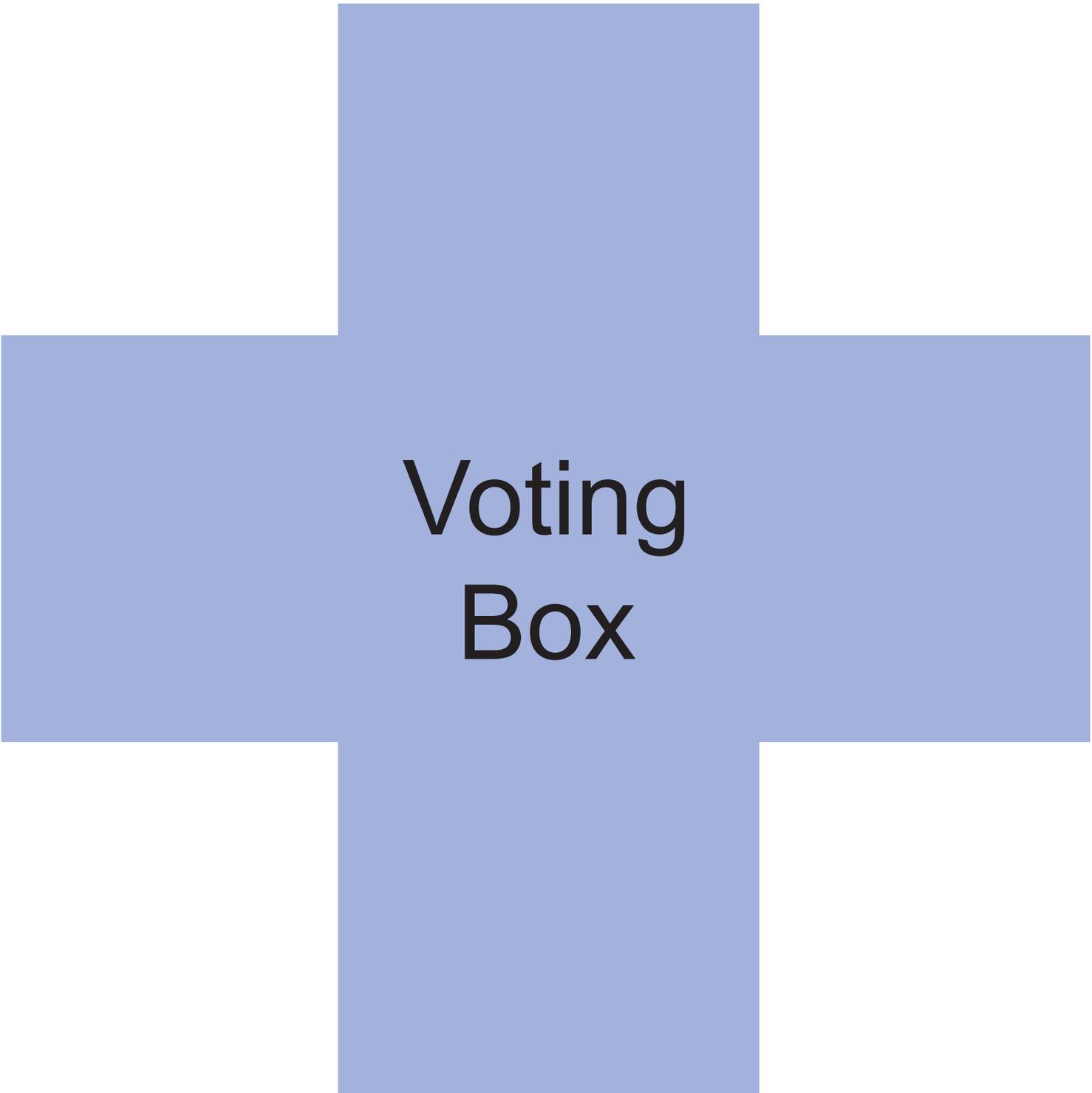
Why?

Because _____

The Voting Box

This box will help you engage people in a conversation and it is an excellent activity on dexterity; hand-eye coordination. Print this page for people who like arts and crafts. They will appreciate building their box.

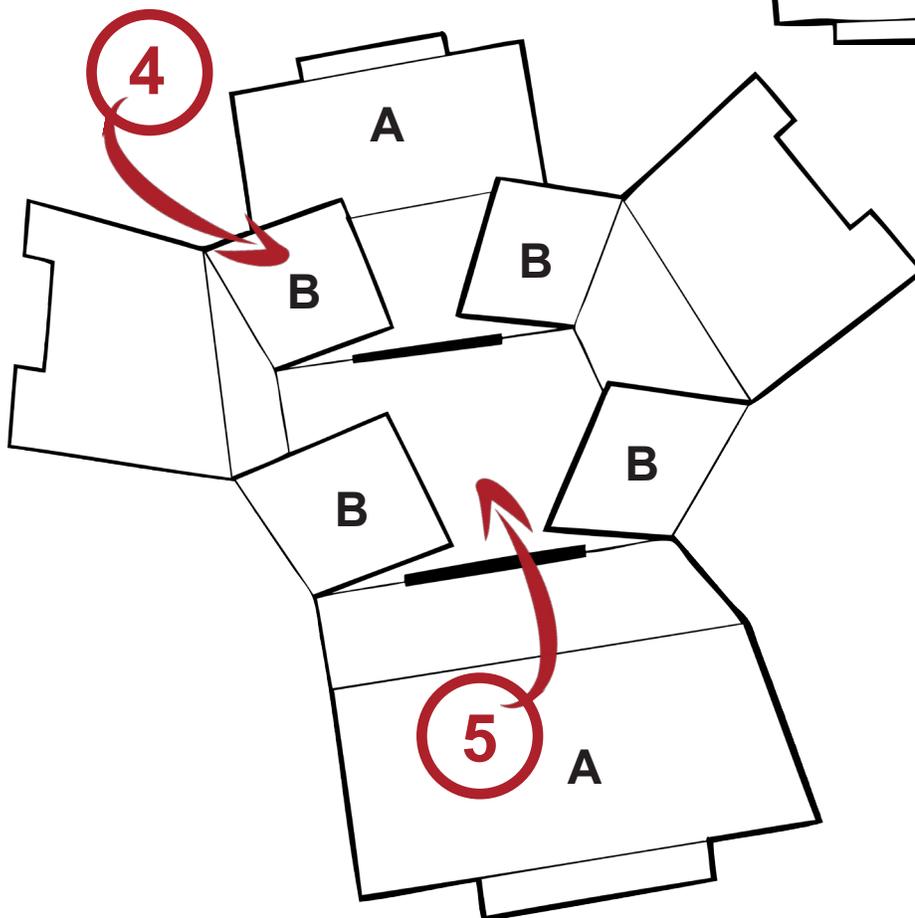
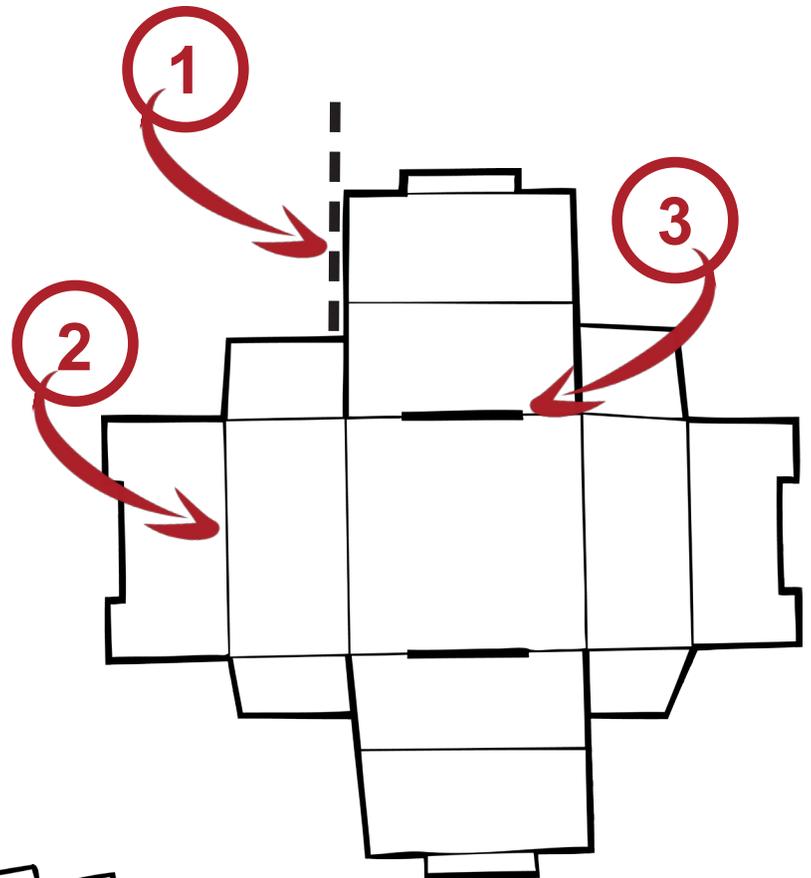


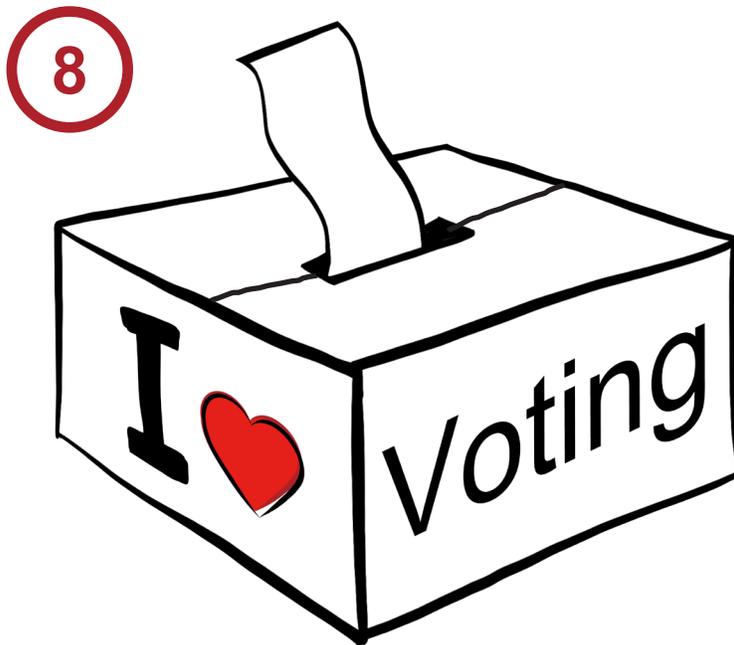
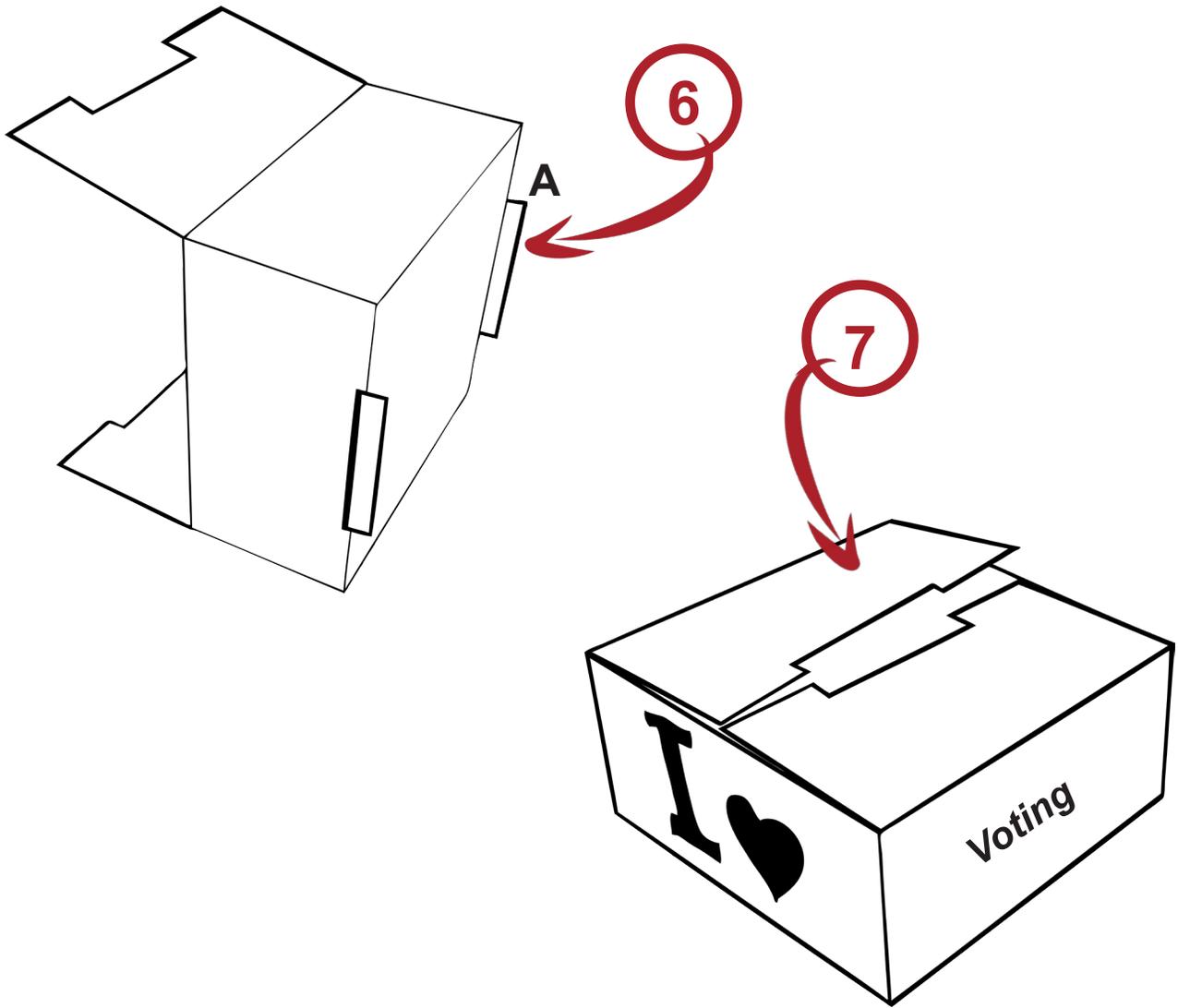


Voting Box

How to make The Voting Box:

1. Cut on the dash lines
2. Fold on the solid lines
3. Cut 2 slits on the fold
4. Fold Part B inside the Box
5. Place Part A over Part B
6. Pull part A through the slit
7. Close the lid
8. Collect votes





Introducing Daily Dozen

The Daily Dozen: Visual Exercise Guide—for Seniors 65+ was created to encourage people in their 60s and beyond to be physically and socially active by including a few exercises into their daily routine.

Daily Dozen includes;

- Daily Dozen: Visual Exercise Guide—for Seniors 65+ twelve posters. One exercise on each page with a description in both English and French.
- One—page poster. It includes illustrations of all 12 exercises and names.
- One—page weekly calendar to keep track of the exercise routine.

These can be cut out of this book, laminated and mounted on the wall.

Each ESL for Seniors book contains one of the Daily Dozen Poster that you can add to your collection. They are a part of Daily Dozen: Visual Exercise Guide—for Seniors 65+.

You can find this book at hapy.ca or the [Amazon](https://www.amazon.com) store.

Daily Dozen: Visual Exercise Guide—for Seniors 65+

①



1. Walking—

Walk for 5–10 minutes to warm up the body. Walk at a pace that is a challenge, but you should still be able to carry a conversation (but not sing!).

1



Walk

Marchez

1 ESL for Seniors

Elections = Choices

Elections = Choices is the first book in the ESL for Seniors series available to Program Coordinators, ESL facilitators and Caregivers working with seniors with language barriers. This book encourages people to choose between options.

Profile photo: Michael Oyeleye



Iwona Buziak-Mohamed is a Canadian Immigrant, an artist and author of ESL for Seniors. She has volunteered many hours at Seniors programs and recognizes the threat of isolation that many immigrants face due to language barriers.

Her latest published collection sheds light on the importance and benefits of using visual aids for the senior population. These visual aids are a fun and engaging learning tool and stick to the fundamental basics for seniors to lead an independent everyday life.

How to use this book:

You can explain the basic concept of elections or help someone choose between food options and learn new vocabulary.

Included in this book:

1. Conversation starters (9 words and sentences)
2. Collectable size flash cards with images and words (approx. 2.5 x 2.2 inches)
3. Photo size flash cards with questions on the back of the cards (4 x 6 inches)
4. Full-page size worksheets with exercises (8.5 x 11 inches)
5. Voting box template with instruction on how to cut and make the box
6. Bonus: one-page physical exercise poster

