

Anleitung Gesprächskarten

Gesprächskarten sind eine liebevoll gestaltete Anregung, die speziell für Seniorinnen, Senioren und Menschen mit Demenz entwickelt wurde.

Sie wecken Erinnerungen, fördern Gespräche und schaffen gemeinsame Freude – in Gruppen, zu zweit oder in der Einzelbetreuung.

Inhalt

- 12 Spielseiten mit jeweils 6 Karten - 72 Karten
- 1 Seite Blanko-Vorlage für eigene Fragen
-

Einsatzmöglichkeiten

- In der Gruppe: Eine Person zieht eine Karte, liest die Frage vor und beantwortet sie. Anschließend dürfen weitere Teilnehmer ihre eigenen Antworten oder Erinnerungen teilen.
- Zu zweit: Abwechselnd Karten ziehen und gemeinsam ins Gespräch kommen – zum Beispiel zwischen Betreuerin und Senior oder zwischen zwei Seniorinnen.
- Einzelbetreuung: Betreuer oder Angehörige wählen gezielt Fragen aus, die zur Person passen, und nutzen sie als Gesprächsanlass.
- Mit Blanko-Karten: Eigene Fragen oder Aufgaben eintragen, um die Runde individuell zu gestalten – etwa zu Familienereignissen, aktuellen Themen oder Lieblingsaktivitäten.

**DU-
Version**

Geeignet für

- Seniorinnen und Senioren
- Menschen mit demenzieller Veränderung
- Betreuungs- und Aktivierungsangebote in Tagespflege, Seniorenheim oder zu Hause
- Einzelkontakte und Gruppensituationen
- Gespräche zwischen Angehörigen und Seniorinnen/Senioren



A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

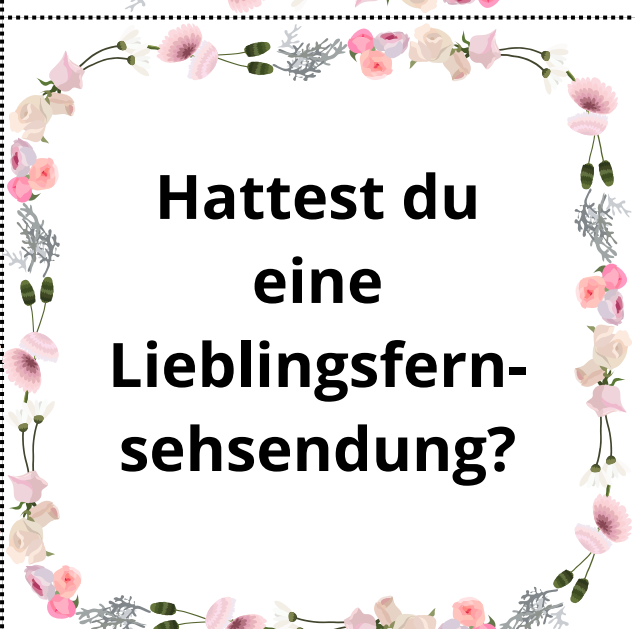
**Was war dein
Lieblingsfach
in der Schule?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Wie hieß dein
bester
Freund aus
der Kindheit?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

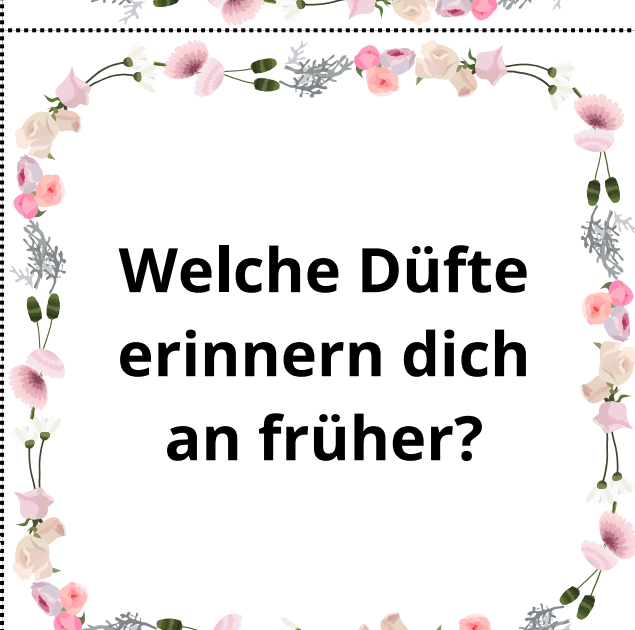
**Welche
Arbeit
mochtest du
besonders?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Hattest du
eine
Lieblingsfern-
sehsendung?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Was war
dein erster
Kinofilm?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Welche Düfte
erinnern dich
an früher?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Hattest du
als Kind ein
Haustier?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Bist du gerne
geschwommen?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Welchen
Beruf hättest
du gern
erlernt?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Welche
Blumen
gefallen dir?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Hast du gern
fotografiert?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

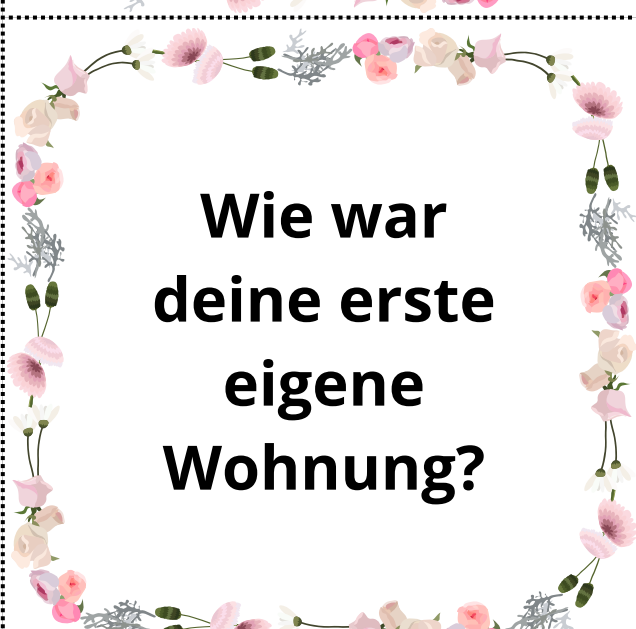
**Gab es eine
besondere
Tradition in
deiner
Familie?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

**Was war dein
erstes Auto?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

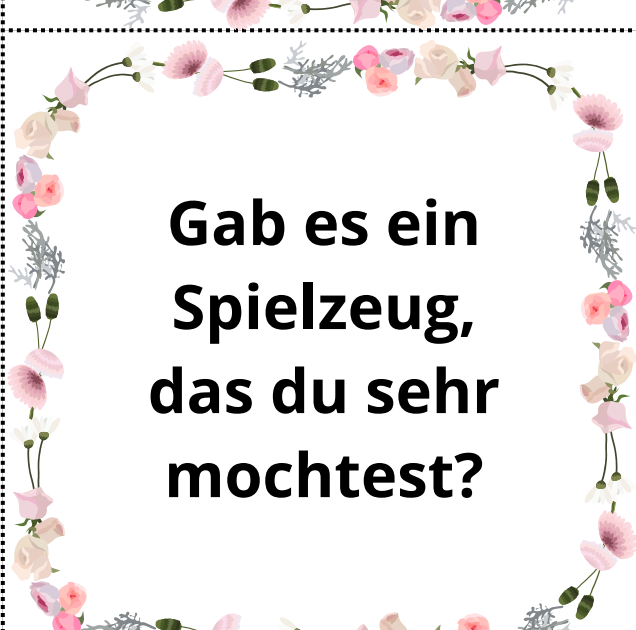
**Was war dein
Lieblingssessen
als Kind?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

**Wie war
deine erste
eigene
Wohnung?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

**Hast du
früher gern
Karten
gespielt?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

**Gab es ein
Spielzeug,
das du sehr
mochtest?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

**Bist du gern
auf Ausflüge
gegangen?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Welches Lied
magst du
besonders?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Hattest du
ein
besonderes
Hobby?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

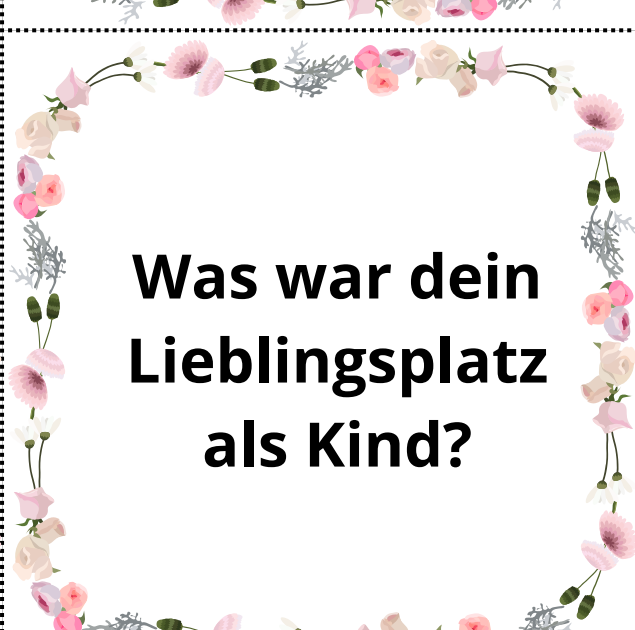
**Warst du
gern im
Garten?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Welche Stadt
mochtest du
besonders?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Welche
Farbe magst
du am
liebsten?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Was war dein
Lieblingsplatz
als Kind?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Hast du
früher gern
getanzt?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Welches Fest
mochtest du
am liebsten?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

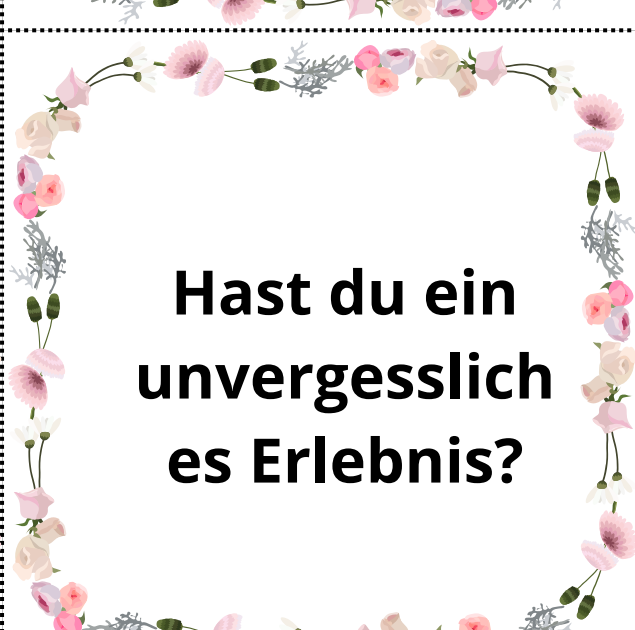
**Welches Tier
magst du am
liebsten?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Hast du gern
gelesen?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Hattest du
einen
Spitznamen?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape.

**Hast du ein
unvergesslich
es Erlebnis?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

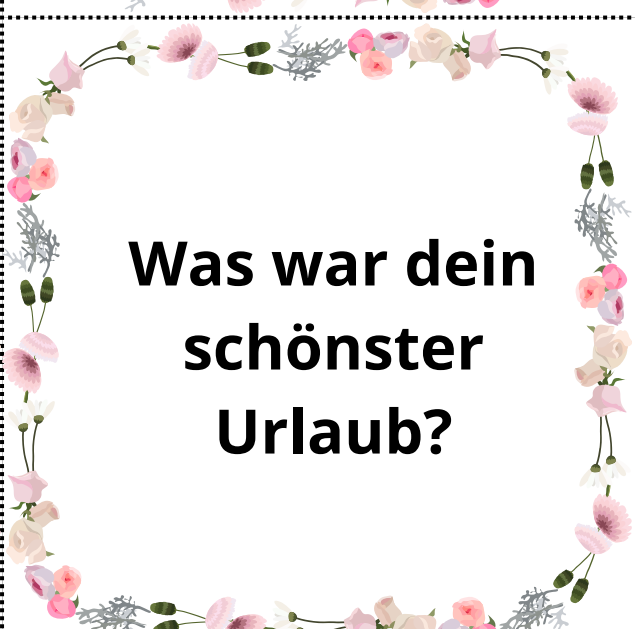
**Was war dein
erster Beruf?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

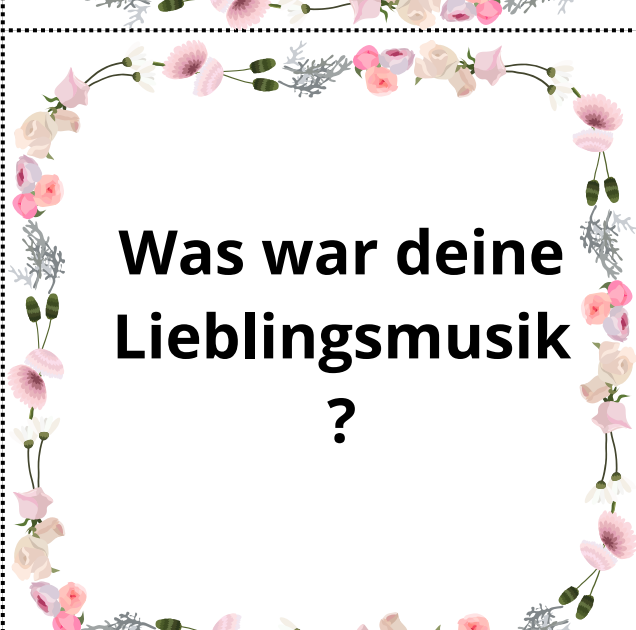
**Hattest du ein
Lieblingsbuch?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

**Hattest du
ein
besonderes
Talent?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

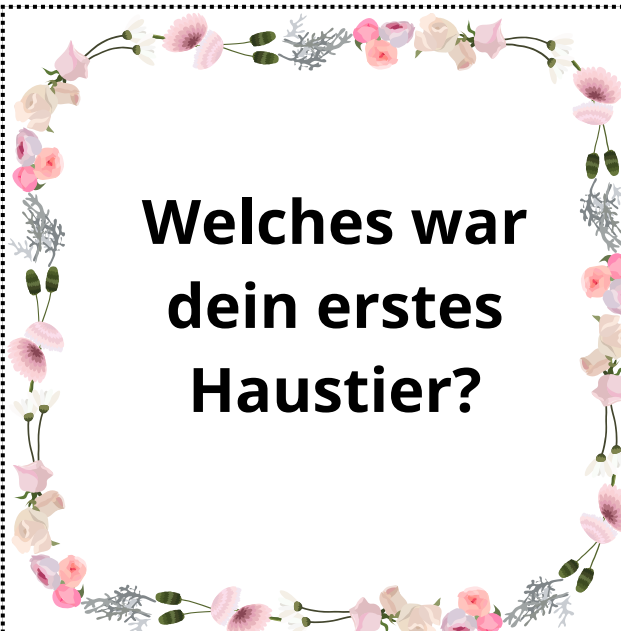
**Was war dein
schönster
Urlaub?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

**Was war deine
Lieblingsmusik
?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

**Hattest du ein
Lieblingsgetränk?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Welches war
dein erstes
Haustier?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Warst du
gern am
Meer?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Welche
Berufe gibt es
in deiner
Familie?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

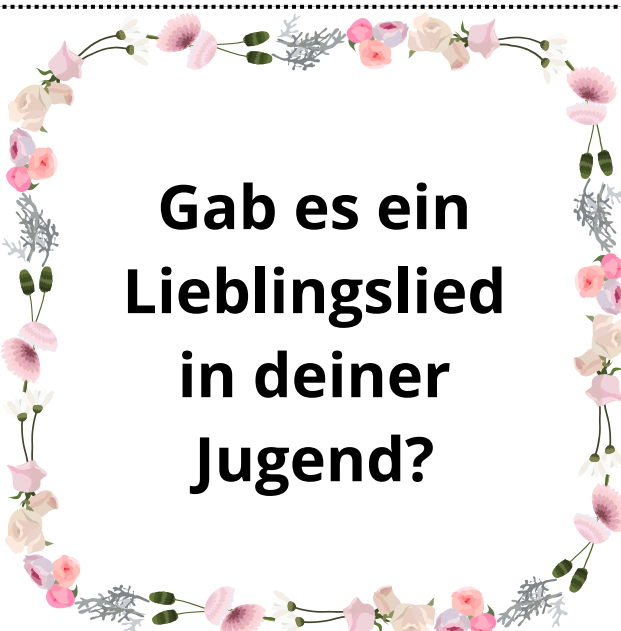
**Hast du gern
im Schnee
gespielt?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

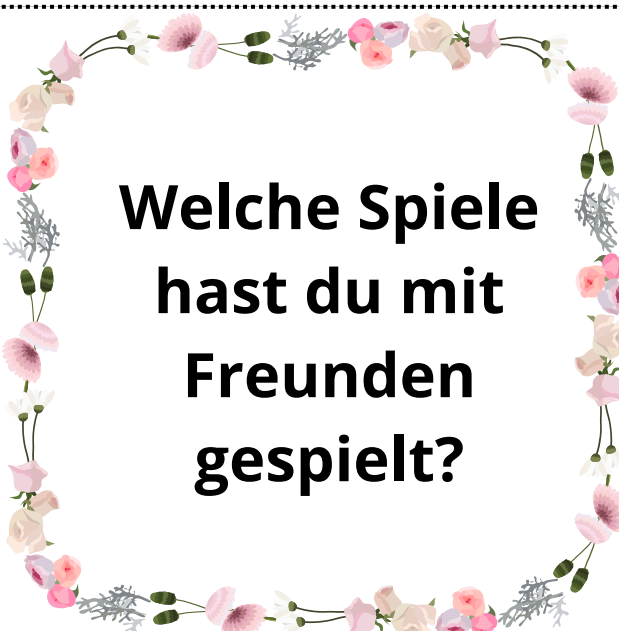
**Hast du gern
Theater
gespielt?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

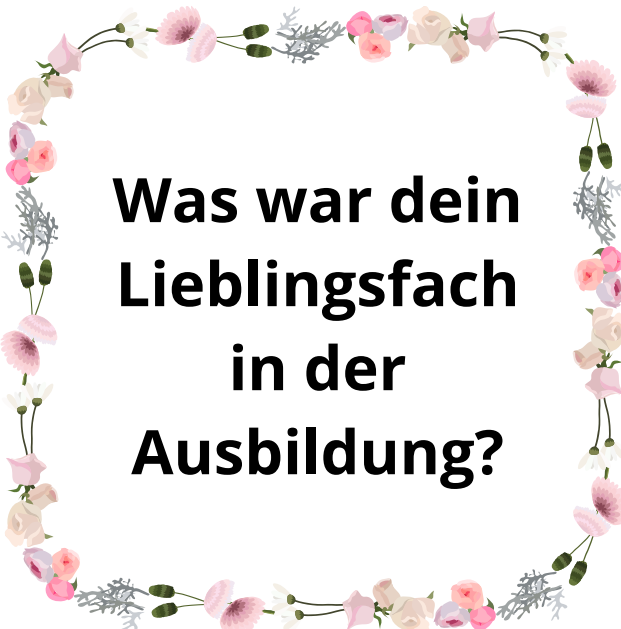
**Gab es ein
Tier, das dir
Angst
gemacht hat?**

A decorative border made of various flowers, including pink and white roses, and sprigs of lavender, arranged in a circular wreath shape.

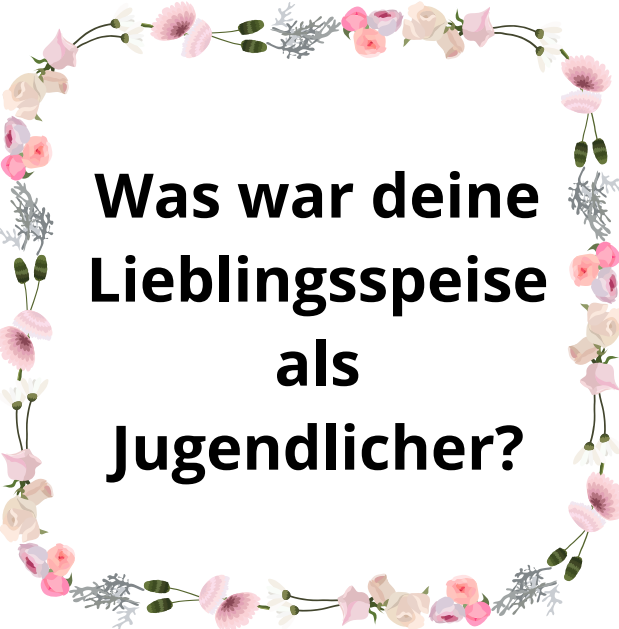
**Gab es ein
Lieblingslied
in deiner
Jugend?**

A decorative border made of various flowers, including pink and white roses, and sprigs of lavender, arranged in a circular wreath shape.

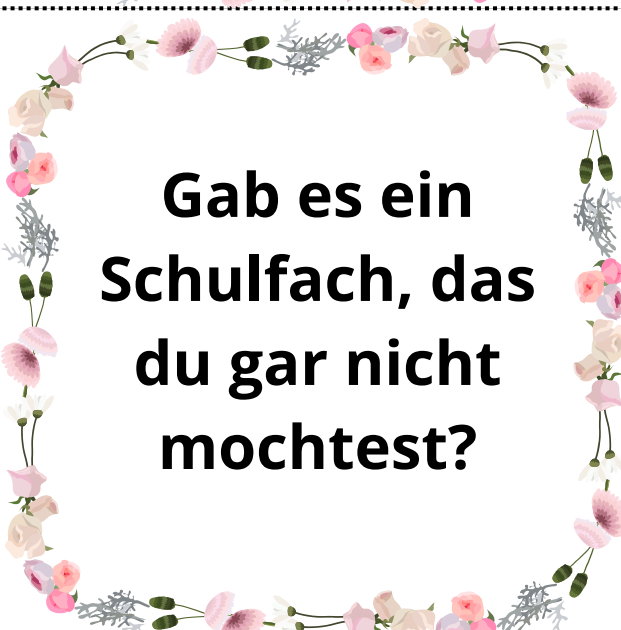
**Welche Spiele
hast du mit
Freunden
gespielt?**

A decorative border made of various flowers, including pink and white roses, and sprigs of lavender, arranged in a circular wreath shape.

**Was war dein
Lieblingsfach
in der
Ausbildung?**

A decorative border made of various flowers, including pink and white roses, and sprigs of lavender, arranged in a circular wreath shape.

**Was war deine
Lieblingsspeise
als
Jugendlicher?**

A decorative border made of various flowers, including pink and white roses, and sprigs of lavender, arranged in a circular wreath shape.

**Gab es ein
Schulfach, das
du gar nicht
mochtest?**

A decorative border made of various flowers, including pink and white roses, and sprigs of lavender, arranged in a circular wreath shape.

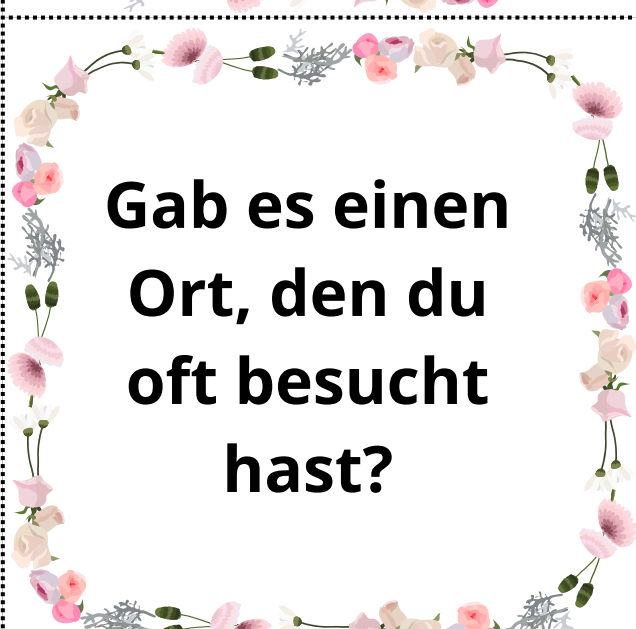
**Hast du gern
gemalt?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

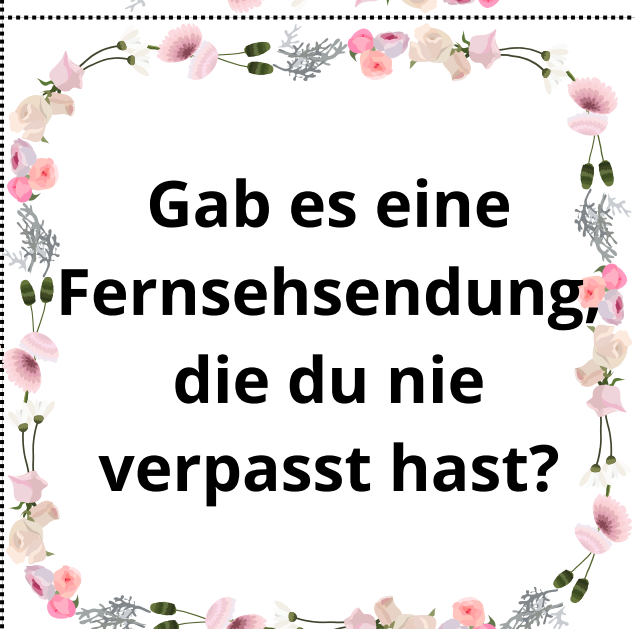
**Welchen
Sport hast
du gern
ausgeübt?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

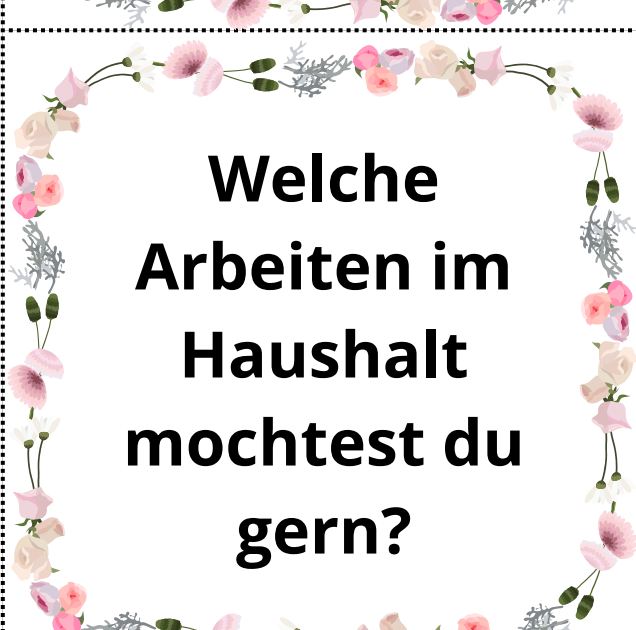
**Hattest du ein
besonderes
Sommer-
erlebnis?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Gab es einen
Ort, den du
oft besucht
hast?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Gab es eine
Fernsehsendung,
die du nie
verpasst hast?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Welche
Arbeiten im
Haushalt
mochtest du
gern?**

A decorative border made of various pink, purple, and white flowers and green leaves, arranged in a circular wreath shape around the text.

**Welches
Land
wolltest du
immer
sehen?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

**Hattest du
einen
Lieblingslehrer?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

**Welches war
dein erstes
Fahrrad?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

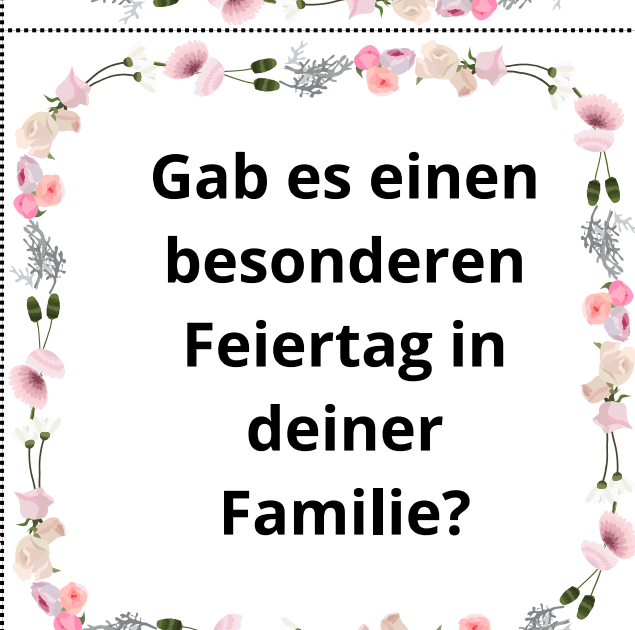
**Hast du gern
gezeltet?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

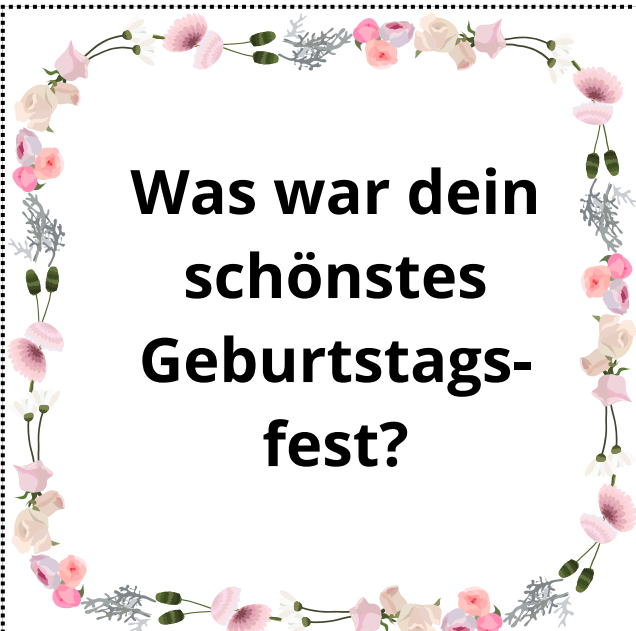
**Welche
Musikrichtung
hörst du gern?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

**Hast du gern
Geschichten
erzählt?**

A decorative border made of various flowers, including pink and orange roses, purple and white hydrangeas, and green leaves, arranged in a circular wreath shape.

**Gab es einen
besonderen
Feiertag in
deiner
Familie?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

**Was war dein
schönstes
Geburtstags-
fest?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

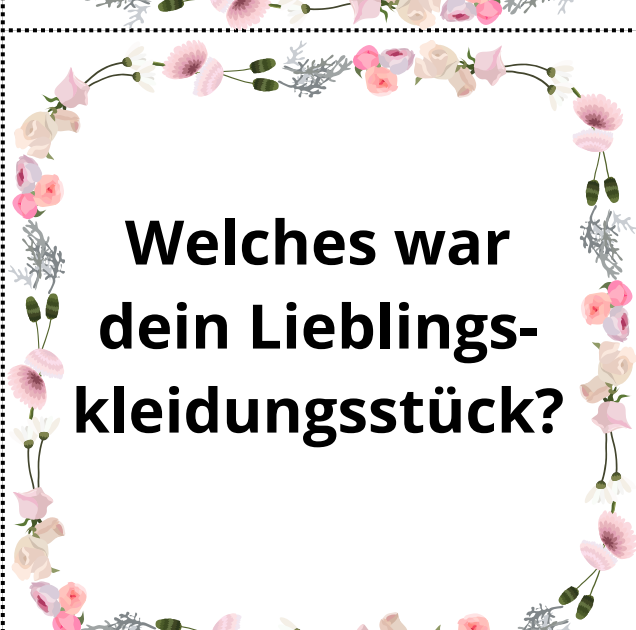
**Hast du gern
Kuchen
gebacken?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

**Welches Tier
hättest du
gern gehabt?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

**Hast du als
Kind oft
Ausflüge
gemacht?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

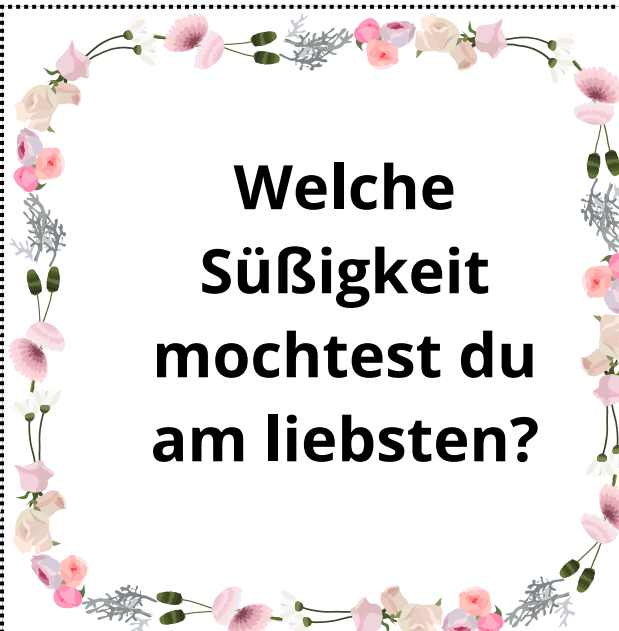
**Welches war
dein Lieblings-
kleidungsstück?**

A decorative border made of various flowers, including pink and white roses, and green leaves, arranged in a circular wreath shape around the text.

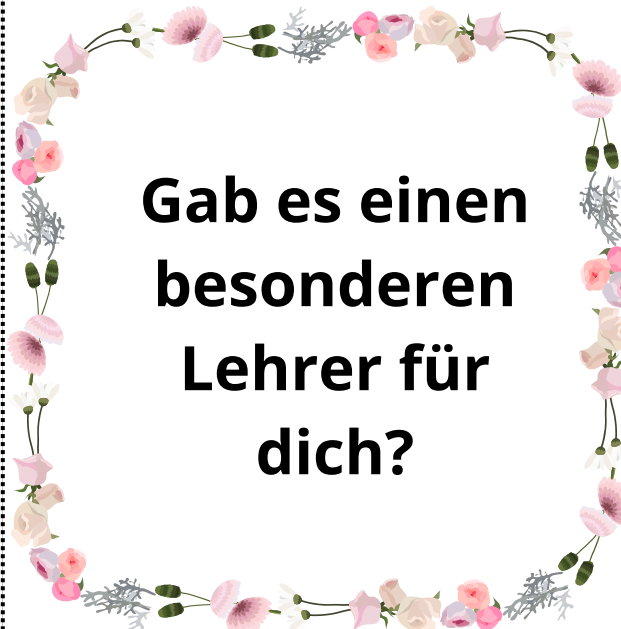
**Welche
Jahreszeit
mochtest du
als Kind am
meisten?**

A decorative border made of various flowers, including pink and orange roses, small white daisies, and sprigs of dried lavender, arranged in a circular wreath shape.

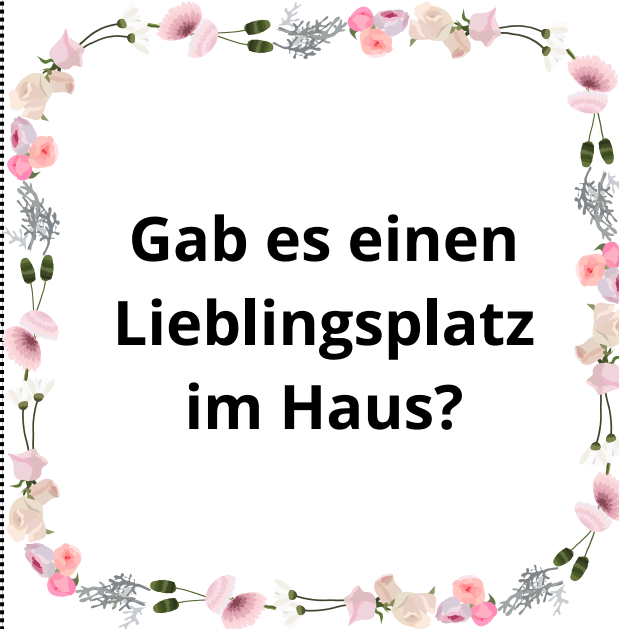
**Welche
Handarbeit
hast du gern
gemacht?**

A decorative border made of various flowers, including pink and orange roses, small white daisies, and sprigs of dried lavender, arranged in a circular wreath shape.

**Welche
Süßigkeit
mochtest du
am liebsten?**

A decorative border made of various flowers, including pink and orange roses, small white daisies, and sprigs of dried lavender, arranged in a circular wreath shape.

**Gab es einen
besonderen
Lehrer für
dich?**

A decorative border made of various flowers, including pink and orange roses, small white daisies, and sprigs of dried lavender, arranged in a circular wreath shape.

**Gab es einen
Lieblingsplatz
im Haus?**

A decorative border made of various flowers, including pink and orange roses, small white daisies, and sprigs of dried lavender, arranged in a circular wreath shape.

**Hast du gern
gebastelt?**

A decorative border made of various flowers, including pink and orange roses, small white daisies, and sprigs of dried lavender, arranged in a circular wreath shape.

**Hast du gern
getanzt?**

