

Gentle Minds

Activity Kit

Dignified, large-print activities for adults living with memory loss - in three levels, with a caregiver guide.



Large print • 3 levels • caregiver guide • answers included

Family edition

Choosing a level

Level 1 - Gentle

Big pictures and no reading needed. Matching, sorting, naming, counting and colouring. Start here if reading or writing has become tiring, or if the person gets frustrated easily.

Level 2 - Easy

Short words and big letters. Small word searches, finish-the-saying, famous pairs, picture scrambles, easy mazes and picture sudoku. A good place to start for most people.

Level 3 - Steady

For people who still enjoy a real puzzle: bigger word searches, 6x6 and easy sudoku, quizzes, series and word games.

Not sure?

Start with Level 2. If the first page feels easy and quick, try Level 3. If there is a long pause or a sigh, move to Level 1. Levels can change from day to day - that is normal. Mix them freely.

Look and talk

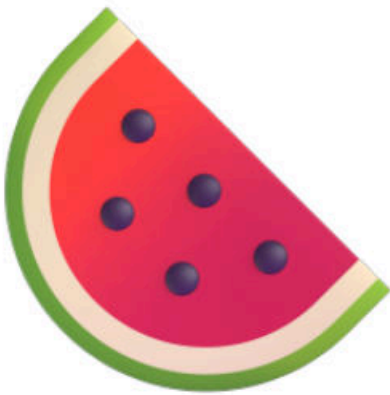
Name each picture. Take your time and talk about it.



Pineapple



Apple



Watermelon



Cherries

Talk about it

Which of these do you like best? Did you ever pick fruit, or bake a pie?

What goes together?

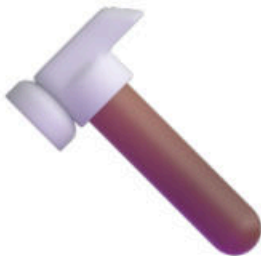
Draw a line from each picture to the one it goes with.



Egg



Nut and bolt



Hammer



Bone



Socks



Frying pan



Dog



Shoe



Word search: Furry Friends



Find the words. They go across or down.


☐ BLANKET

☐ HAMSTER

☐ TAIL

☐ GERBIL

☐ KENNEL

☐ TREATS

Finish the saying

Say each saying out loud and fill in the missing word.

An apple a day keeps the _____ away.

The early bird catches the _____

Don't count your chickens before they

A penny saved is a penny _____

Every cloud has a silver _____

Too many cooks spoil the _____

Word search: Merry Christmas



Find the words. They go across, down or on a slant.



- | | | |
|-------------------------------------|------------------------------------|----------------------------------|
| ☐ CANDLE | ☐ REINDEER | ☐ SNOWMAN |
| ☐ EGGNOG | ☐ RIBBON | ☐ WREATH |
| ☐ NUTCRACKER | ☐ SLEIGH | |
| ☐ PRESENTS | ☐ SNOWFLAKE | |

Conversation cards: Music and dancing



MUSIC AND DANCING

What song makes you want to dance?



MUSIC AND DANCING

Did you ever go to a dance hall?



MUSIC AND DANCING

Who was your favourite singer?



MUSIC AND DANCING

Did you sing in a choir or at church?



MUSIC AND DANCING

What music was played at home?



MUSIC AND DANCING

Hum a tune you love - can I guess it?

Today is...

Fill this in together each morning.

Today is _____

The date is _____

The season is



Spring



Summer



Autumn



Winter

The weather is



Sunny



Cloudy



Rainy



Snowy

Today we will

Colour and relax

Use any colours you like. There is no right or wrong.

