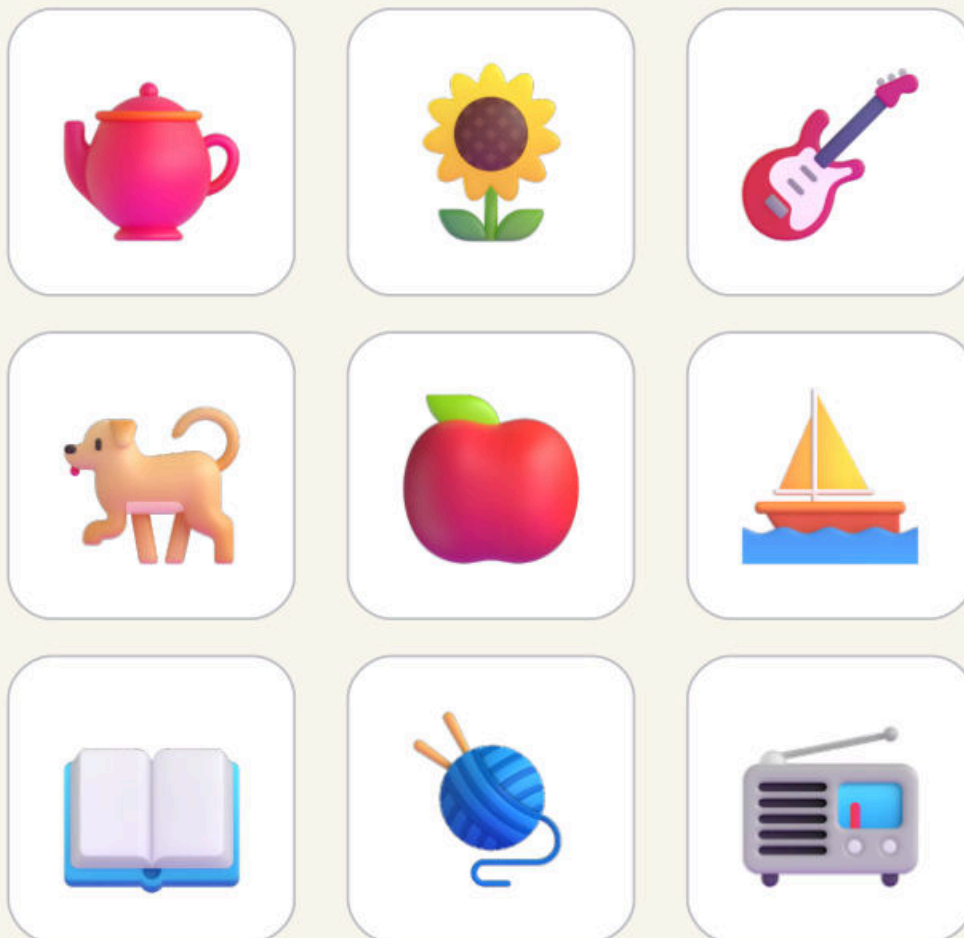


# Gentle Minds

## 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

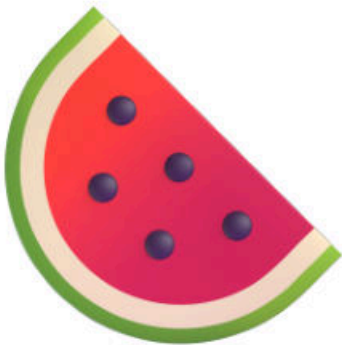
Name each picture. Take your time and talk about it.



**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.



- |                                     |                                    |                                  |
|-------------------------------------|------------------------------------|----------------------------------|
| <input type="checkbox"/> CANDLE     | <input type="checkbox"/> REINDEER  | <input type="checkbox"/> SNOWMAN |
| <input type="checkbox"/> EGGNOG     | <input type="checkbox"/> RIBBON    | <input type="checkbox"/> WREATH  |
| <input type="checkbox"/> NUTCRACKER | <input type="checkbox"/> SLEIGH    |                                  |
| <input type="checkbox"/> PRESENTS   | <input type="checkbox"/> 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**

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## Colour and relax

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

