

LARGE PRINT



Dementia Activity Pack

Gentle, large-print activities to do together

Sorting cards • matching pairs • opposites • odd one out • conversation cards • coloring • activity tracker

Print the pages you want, as many times as you like

Free from ElderlyDaily.com

Before You Start

A FEW MINUTES OF READING FOR THE PERSON HELPING



These activities are for doing together, at the person's own pace. There are no right or wrong answers and nothing to pass. The point is a pleasant few minutes of doing something with your hands and talking.

HOW TO USE IT

- 1 Pick one activity, not the whole pack. Lay it out on a clear table with good light.
- 2 Show how it works by doing the first one yourself, then hand it over.
- 3 Help as much as needed. Doing it together counts as doing it.
- 4 Stop while it is still enjoyable. Ten good minutes beat forty tiring ones.
- 5 Note on the tracker page what they enjoyed, so you can do more of it.

TIPS THAT HELP

- Choose a time of day when they are usually at their best, often the morning.
- Turn off the TV and keep background noise low.
- Praise effort, never correct harshly. Accept any answer that makes sense to them.
- If they get frustrated, switch to an easier page or simply chat.
- Print the cards on thick paper (card stock) so they are easier to pick up.

These pages are for enjoyment and connection. They are not a memory test and they do not treat dementia. If you notice a sudden change in memory, mood or behavior, talk to their doctor.

Sorting Cards

SORT THE CARDS INTO TWO PILES: FRUIT AND VEGETABLES



Fruit

Vegetables

Apple

Banana

Pear

Orange

Cherry

Lemon

Carrot

Potato

Onion

Peas

Cabbage

Beans

Cut along the dashed lines

Sorting Cards

SORT THE CARDS INTO TWO PILES: THINGS TO WEAR AND THINGS IN THE KITCHEN



Things to wear

Things in the kitchen

Hat

Coat

Scarf

Gloves

Socks

Shoes

Spoon

Kettle

Plate

Cup

Pan

Fork

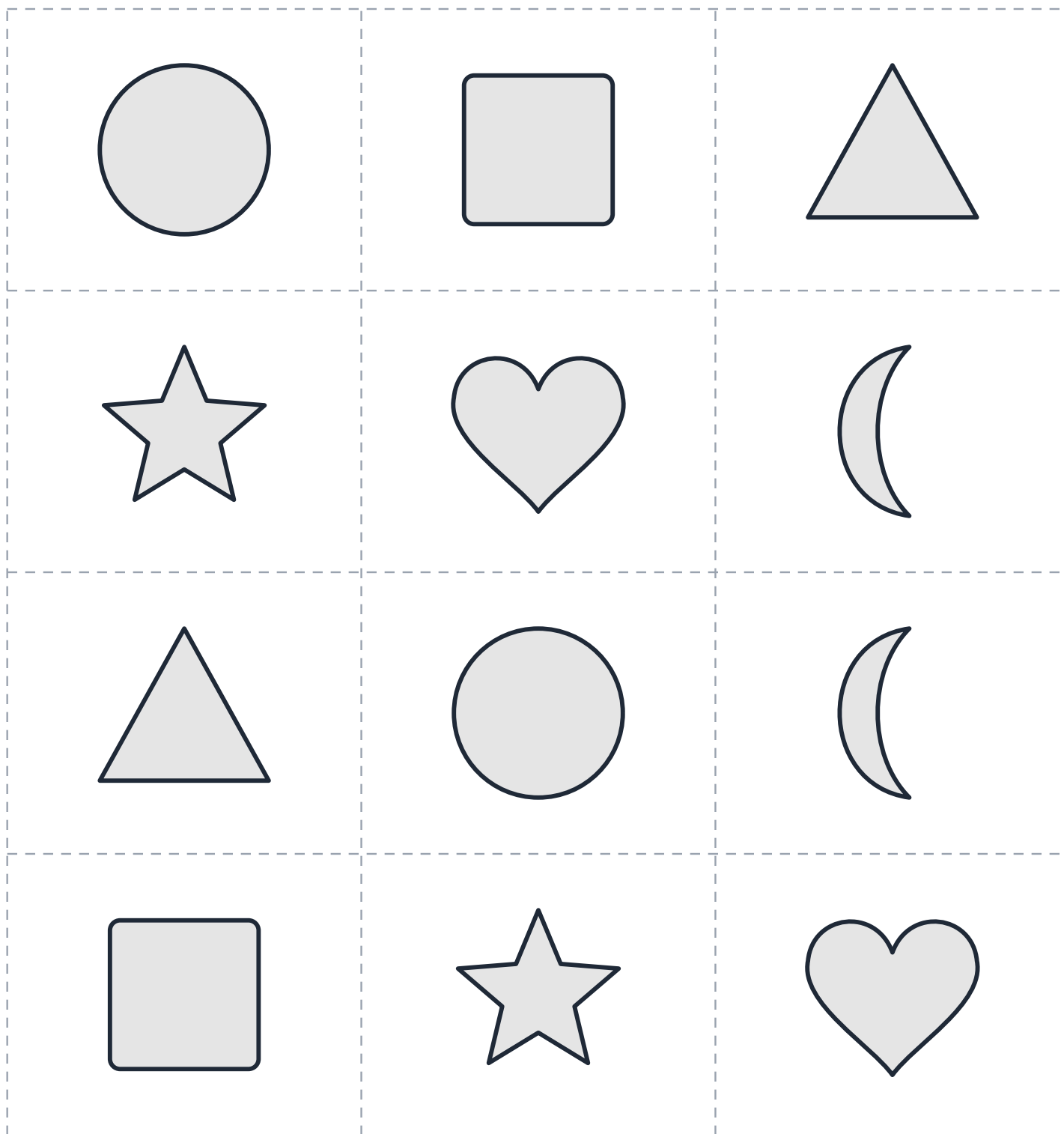
Cut along the dashed lines

Matching Pairs

CUT OUT THE CARDS, THEN FIND THE TWO THAT MATCH



Easier: lay all the cards face up and find the pairs. Harder: turn them face down and take turns flipping two at a time.



Cut along the dashed lines

Opposites

DRAW A LINE FROM EACH WORD TO ITS OPPOSITE



Hot



Small

Up



Sad

Day



Cold

Big



Dry

Open



Night

Happy



Closed

Fast



Down

Wet



Slow

Odd One Out



IN EACH ROW, CIRCLE THE WORD THAT DOES NOT BELONG

Apple

Banana

Chair

Pear

Dog

Spoon

Cat

Horse

Red

Blue

Green

Table

Monday

June

Tuesday

Friday

Carrot

Hammer

Saw

Drill

Coat

Hat

Kettle

Scarf

Rose

Daisy

Tulip

Train

Car

Teapot

Bus

Bicycle

Conversation Cards

CUT OUT, PICK ONE, AND LET THE STORY WANDER



What was the first job you ever had?

What did you like to eat when you were young?

Tell me about the street where you grew up.

What games did you play as a child?

Who was your best friend at school?

What is the best trip you ever took?

What did you do on a rainy day?

Tell me about a pet you have known.

What was your favorite thing to cook?

What is a skill you are proud of?

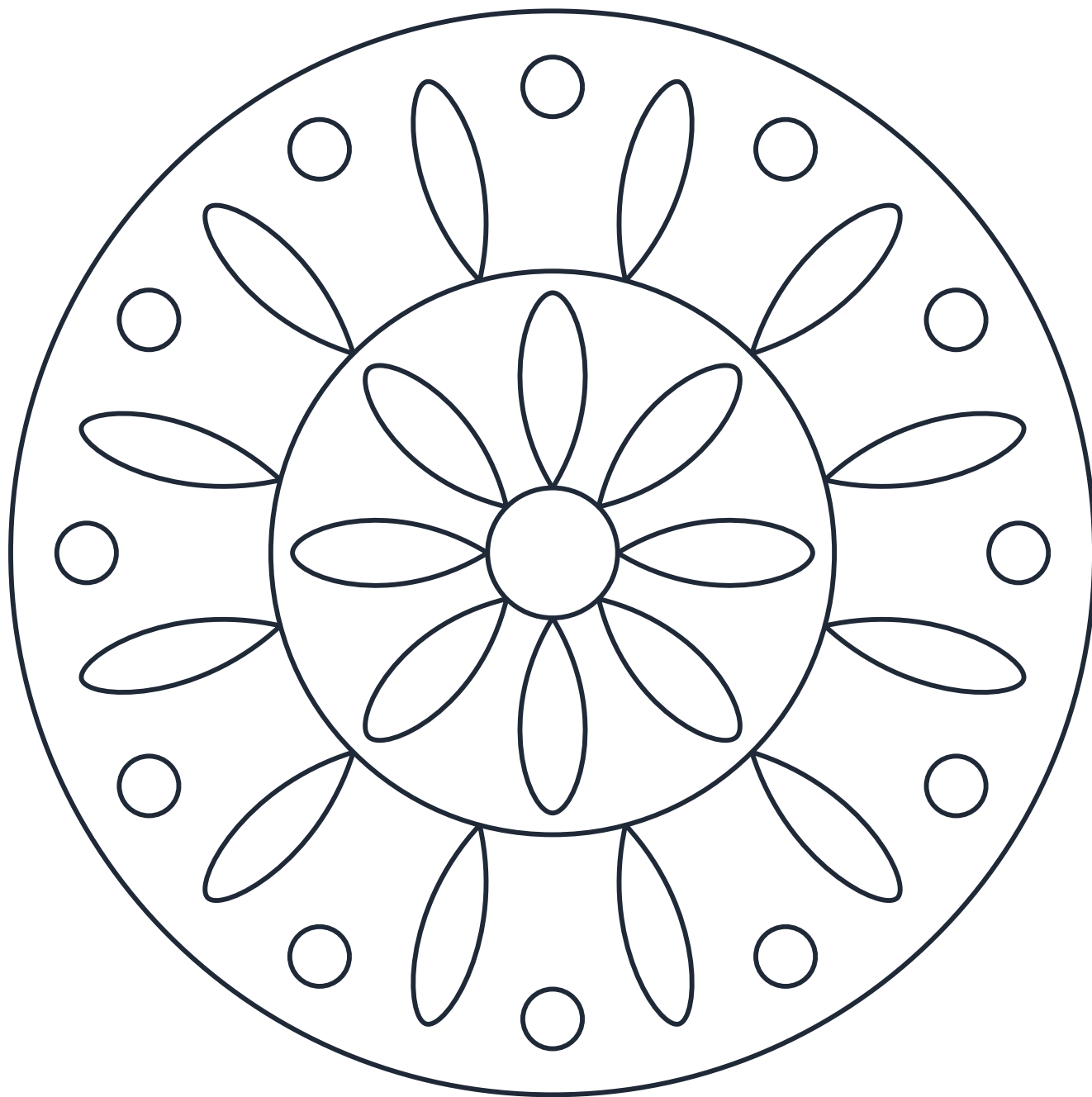
What smells remind you of home?

What advice would you give a young person today?

Cut along the dashed lines

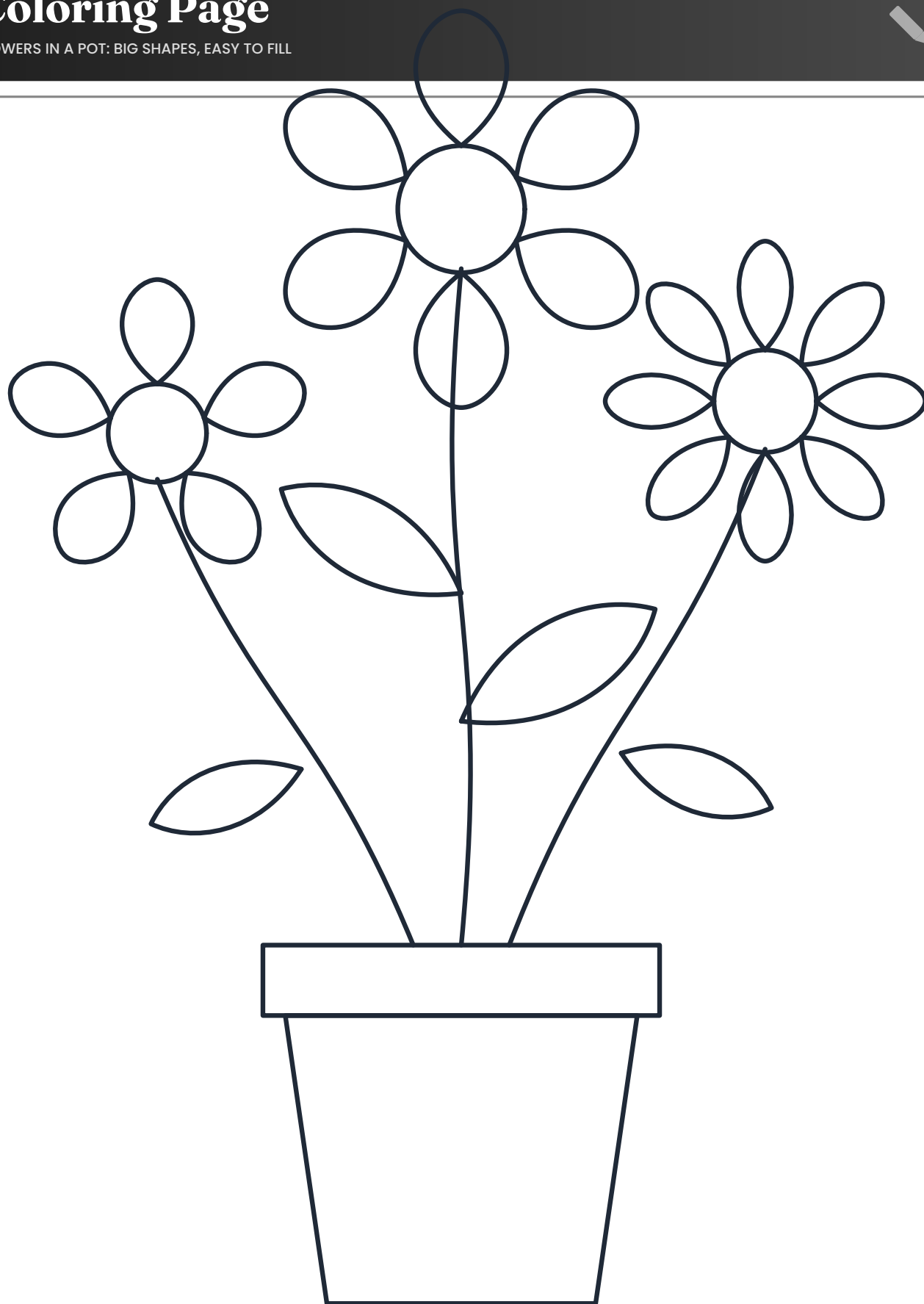
Coloring Page

ANY COLORS YOU LIKE; THERE IS NO WRONG WAY



Coloring Page

FLOWERS IN A POT: BIG SHAPES, EASY TO FILL



Activity Tracker

WHAT YOU DID, AND HOW IT WENT



A quick note after each activity shows you, over a few weeks, what they enjoy most and the best time of day. Share it with family and other carers.

DATE	ACTIVITY	MINUTES	ENJOYED IT?	NOTES
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	
			☐ Yes ☐ Some ☐ No	

Answers



FOR THE HELPER. ANY ANSWER THAT MAKES SENSE TO THEM IS A GOOD ANSWER.

SORTING: FRUIT / VEGETABLES

Fruit: Apple, Banana, Pear, Orange, Cherry, Lemon.

Vegetables: Carrot, Potato, Onion, Peas, Cabbage, Beans.

SORTING: THINGS TO WEAR / THINGS IN THE KITCHEN

Things to wear: Hat, Coat, Scarf, Gloves, Socks, Shoes.

Things in the kitchen: Spoon, Kettle, Plate, Cup, Pan, Fork.

OPPOSITES

Hot – Cold, Up – Down, Day – Night, Big – Small, Open – Closed, Happy – Sad, Fast – Slow, Wet – Dry.

ODD ONE OUT

Chair (the others are fruit)

Spoon (the others are animals)

Table (the others are colors)

June (the others are days)

Carrot (the others are tools)

Kettle (the others are clothes)

Train (the others are flowers)

Teapot (the others are ways to travel)

MATCHING PAIRS

Each shape appears twice: circle, square, triangle, star, heart and moon.