

# July

# Activity Pack 1





Dear Friends,

We have just passed mid-summer day and we hope that you are enjoying the sunshine when it appears and are able to safely enjoy being outside with a nice cool drink and a sunhat!

This month's activity pack theme is "The Great Outdoors" - think camping, picnics, nature trails and singing under the stars.

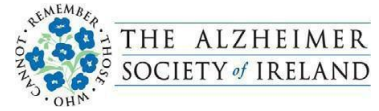
We have songs, stories and games to pass the time under the summer sun and the mild, bright evenings.

We would love to hear from you if you would like to suggest something, or if you'd like to share your artwork with us and have it featured on our social media. We also welcome poems and stories to be included in the pack if we have any artists or writers out there! Please contact Cathryn at [cathryn.oleary@alzheimer.ie](mailto:cathryn.oleary@alzheimer.ie) if you'd like to contribute.



***"There's no wi-fi in the mountains,  
but you'll find no better connection."  
– Anonymous***

## Useful Resources:



- Our Free Helpline is available at: **1800 341 341**
- We are hosting several Virtual Cafes. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit:  
<https://alzheimer.ie/service/alzheimer-cafe/>
- We also have the Mindful Melodies Social Club every wednesday from 1.30 -2.30pm contact [annemarie.veale@alzheimer.ie](mailto:annemarie.veale@alzheimer.ie)
- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
- M4D Radio is a 24/7 online radio station with songs specifically picked to evoke memories and aid reminiscence. To find out more and to listen, please visit: <https://m4dradio.com/>
- Each Thursday we run the ASI National Virtual Choir. If you would like to join in, sing along or sit back and make some musical memories please email: [asinationalvirtualchoir@alzheimer.ie](mailto:asinationalvirtualchoir@alzheimer.ie)
- Emergency Response Numbers: 999 or 112
- HSE 24/7 Your Mental Health Information Helpline: 1800 111 888

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**Spot the Difference**

See if you can see the 5 differences between these two pictures



**Spot the Difference**

See if you can see the 5 differences between these two pictures



## The Great Outdoors Wordsearch

N	I	K	V	D	J	X	L	L	Z	E	A	A	C	B
A	C	G	W	K	D	I	C	P	P	B	X	S	A	H
T	P	S	T	R	E	A	M	A	Y	A	U	N	M	I
U	C	B	D	V	H	V	D	Z	N	M	K	B	P	K
R	A	B	C	M	E	I	D	Q	B	O	V	P	I	I
E	M	S	J	Z	Y	Y	J	C	E	O	W	X	N	N
S	P	U	Y	C	L	I	M	B	I	N	G	I	G	G
A	F	C	O	L	J	A	J	R	S	L	A	H	I	X
I	I	Y	Q	R	M	R	W	A	F	I	L	I	E	H
L	R	C	H	E	Y	F	D	M	O	G	U	U	Q	A
I	E	L	N	R	I	T	G	N	R	H	V	U	Q	K
N	T	I	F	G	B	V	F	E	E	T	O	T	O	R
G	L	N	Q	I	P	E	C	J	S	K	D	G	T	Y
H	D	G	I	W	M	O	U	N	T	A	I	N	S	Z
E	W	T	V	Y	D	R	P	M	M	A	C	K	Y	D

CAMPFIRE

CLIMBING

FOREST

MOONLIGHT

NATURE

STREAM

CAMPING

CYCLING

HIKING

MOUNTAINS

SAILING

## Camping Wordsearch



I	J	M	L	N	V	D	C	M	H	C	S	I	W	L
V	H	F	R	W	Q	V	A	W	K	X	L	Y	B	J
B	S	U	B	V	Y	G	M	X	Q	I	E	O	E	W
N	T	N	V	Y	A	X	P	X	S	Q	E	W	H	O
X	R	I	T	H	X	C	F	J	U	R	P	Y	R	F
Y	E	Y	L	Y	T	Q	I	A	N	L	I	D	L	K
L	A	E	H	P	E	D	R	K	C	R	N	J	E	M
K	M	Q	G	R	N	R	E	V	R	L	G	P	J	N
B	S	A	W	S	T	O	R	I	E	S	R	G	H	B
L	C	C	M	A	R	S	H	M	A	L	L	O	W	S
J	F	L	C	V	R	G	W	Y	M	T	U	V	U	X
W	G	K	C	A	N	T	E	E	N	B	R	D	X	P
F	I	C	E	G	N	A	T	U	R	E	Y	E	K	S
R	L	U	A	Q	V	D	W	I	I	L	S	A	T	K
T	C	K	I	G	B	U	G	S	P	R	A	Y	J	G

BUGSPRAY  
 CANTEEN  
 NATURE  
 STORIES  
 SUNCREAM

CAMPFIRE  
 MARSHMALLOWS  
 SLEEPING  
 STREAM  
 TENT

### 6x6 Sudoku

- Every square has to contain a single number.



- Only the numbers from 1 through to 6 can be used.
- Each 3×2 box can only contain each number from 1 to 6 once
- Each vertical and horizontal column can only contain each number from 1 to 6 once

SUDOKU

3				5	
	2				3
	4	6			
2	1	3		6	
1	5	4			6
6	3	2		4	

SUDOKU

	3	6		2	5
5				3	
2		3	5	6	4
	6				
3	2			5	
	5			4	3

SUDOKU

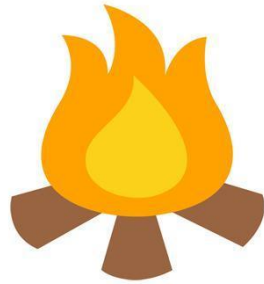
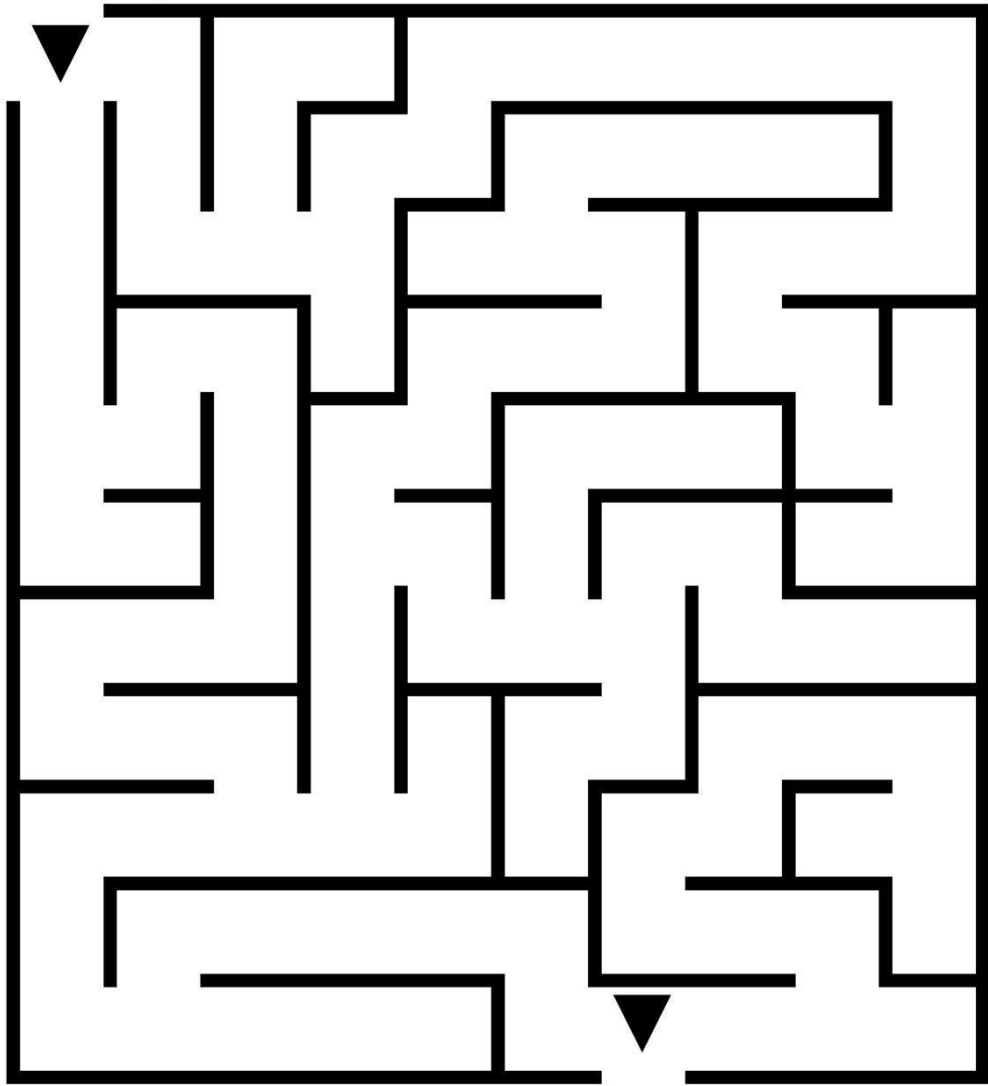
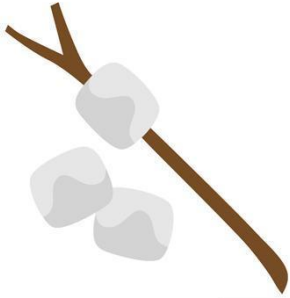
1					4
	4		1	2	3
3	1		6		2
2		4			
4	5	1		3	
	2		4		

SUDOKU

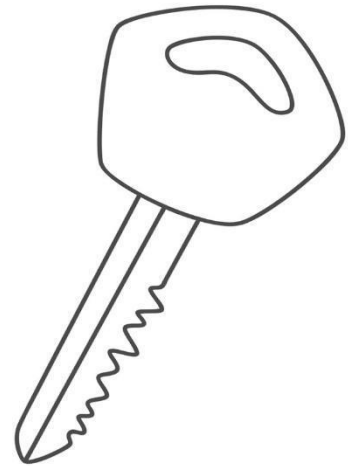
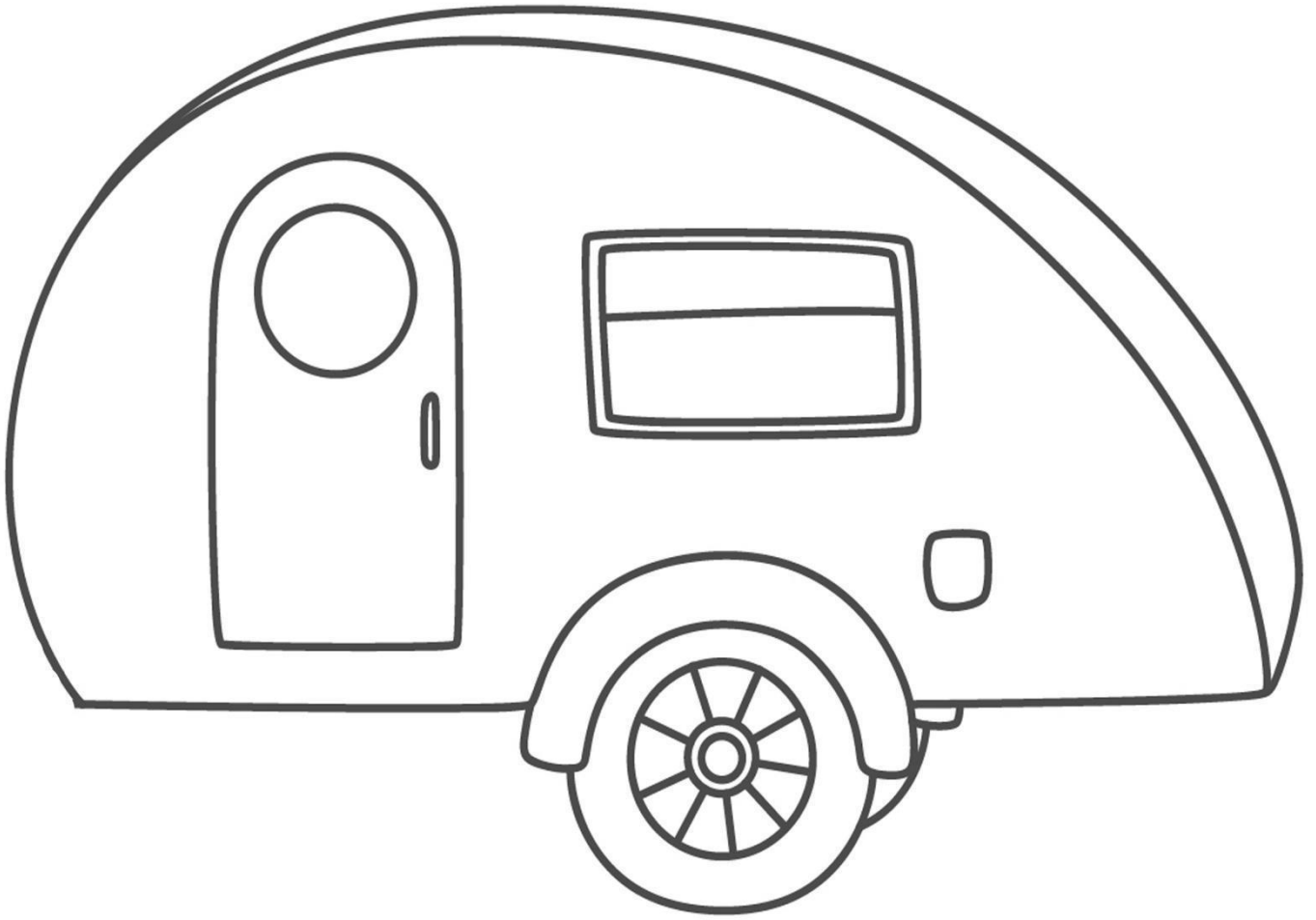
3				6	
	2	4	5		
2	1			5	4
4			1	2	6
1	6			4	
5		2			

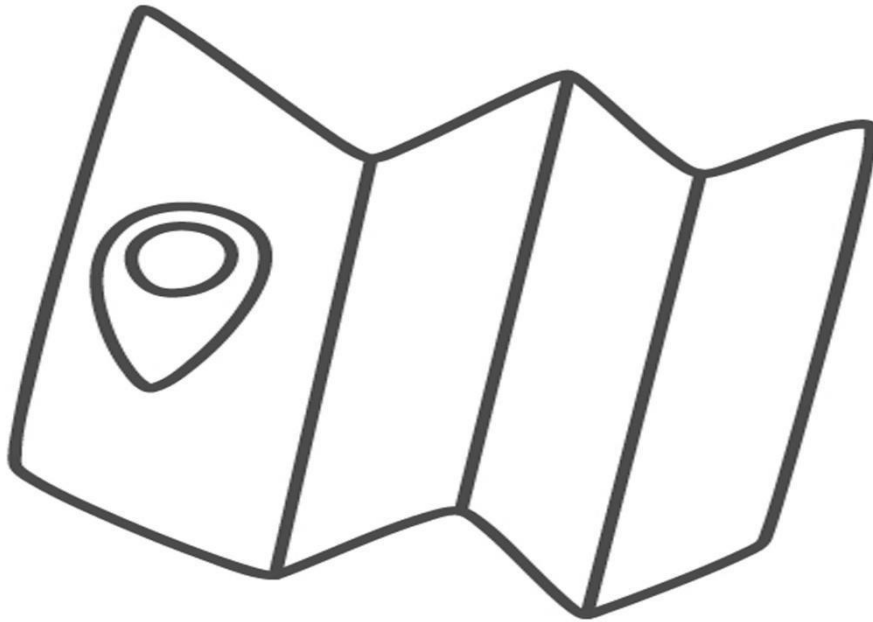
### Maze Puzzle

Help bring the marshmallows to the campfire!



**Pictures to Colour**















# BIRD WORD SCRAMBLE

NECRA

— — — — —

RWCO

— — — —

KCUD

— — — —

VODE

— — — —

AEELG

— — — — —

CLFNAO

— — — — — —

OGOSE

— — — — —

AWKH

— — — —

IWIK

— — — —

PWAROSR

— — — — — — —

ATPRRO

— — — — — —

OPNGIE

— — — — — —

ANSWERS:  
BIRD WORD SCRAMBLE

NECRA

CRANE

RWCO

CROW

KCUD

DUCK

VODE

DOVE

AEELG

EAGLE

CLFNAO

FALCON

OGOSE

GOOSE

AWKH

HAWK

IWIK

KIWI

PWAROSR

SPARROW

ATPRRO

PARROT

OPNGIE

PIGEON

## Mushroom Picking Game

How many of each type of mushroom can you see?



**A Camping Morn by George Miller**

The fire pit has been made  
The kindling has been laid  
The match was put to the dry, dry wood  
And the flames began to play

The fire now is burning bright  
The coffee pot is on  
It is the way to start the day  
On this cloudy, misty morn

The quiet of the darkened night  
Flowed back thru greyish mounds  
The moon was playing hide and seek  
With drifting wispy clouds

A shadow blanketed the camp again  
Closing out the morning light  
The breeze then chased a leaf down hill  
Like a windblown handmade kite

The icy hued moon was sliding  
It soon would leave our sight  
The hope for sun should soon come about  
From this sharp and frosty night

And from the sky quite unexpectedly  
Came rain drops as big as grapes  
It pattered through the shroud of trees  
A whooshing sound it makes

The raindrops hit the burning logs

With a hissing reptile sound  
That caused an apparition of pure-white smoke  
To eerily hug the ground

As fast as the rain began to fall  
It just as quickly did dismiss  
And launching shafts of sunlight  
Replaced the lingering patchy mist

The sleepy woodlands did then awake  
To the grandeur of a brand new dawn  
And flitting through that peerless sky  
The birds began their morning song!

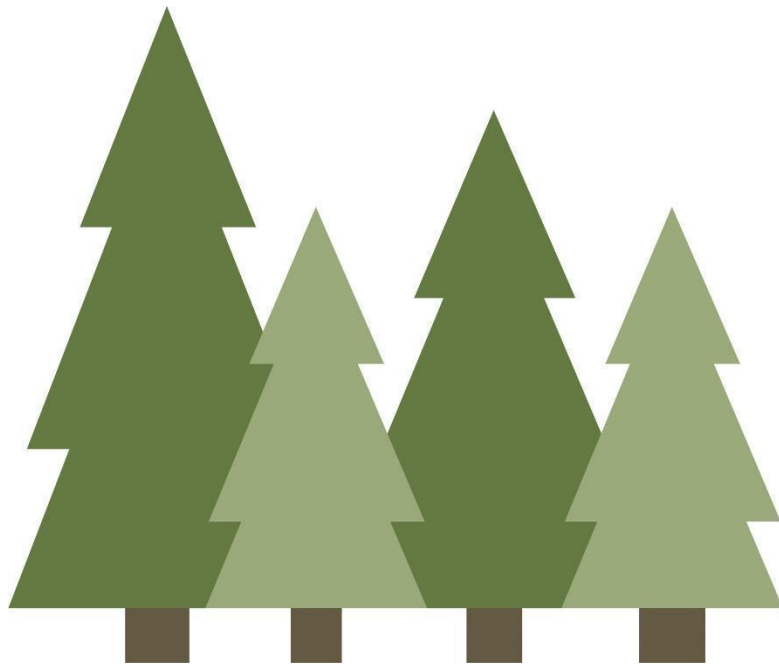


## Grass by Emily Dickson

“The grass so little has to do, --  
A sphere of simple green,  
With only butterflies to brood,  
And bees to entertain,

And even when it dies, to pass  
In odours so divine,  
As lowly spices gone to sleep,  
Or amulets of pine.

And then to dwell in sovereign barns,  
And dream the days away, --  
The grass so little has to do,  
I wish I were the hay!”



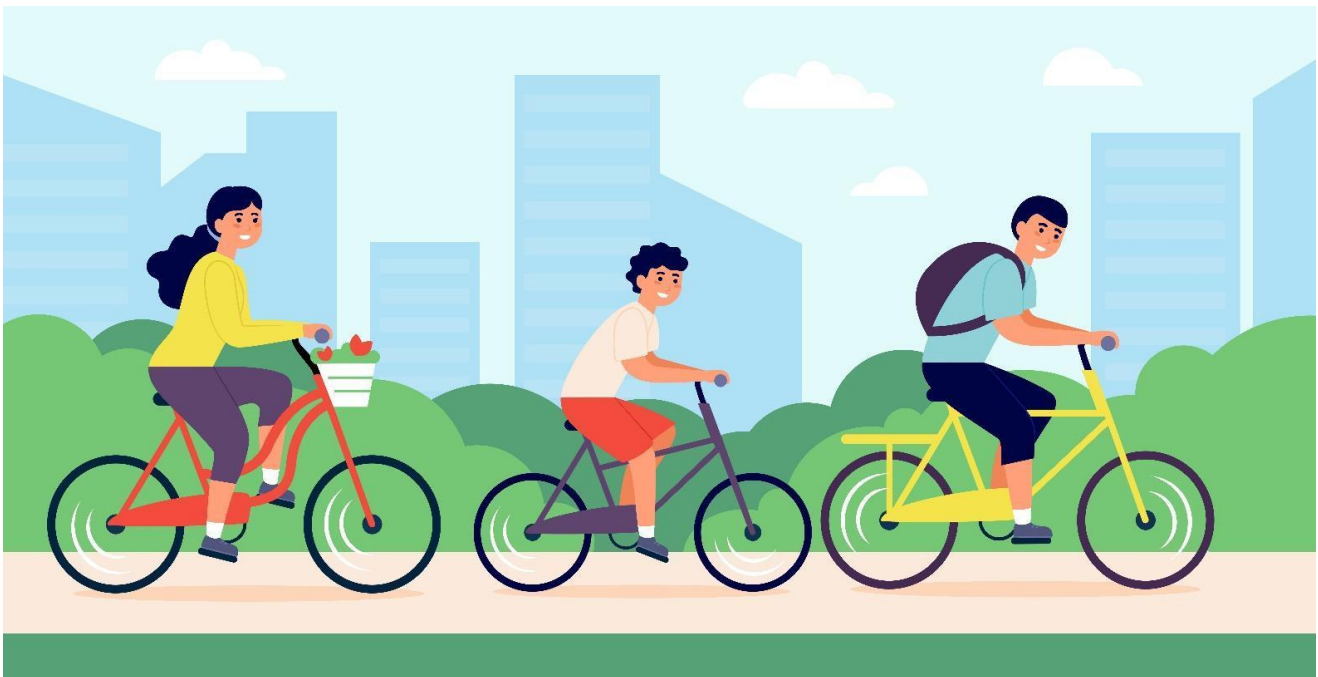


## Bed in Summer by Robert Louis Stevenson

In winter I get up at night  
And dress by yellow candle-light.  
In summer quite the other way,  
I have to go to bed by day.

I have to go to bed and see  
The birds still hopping on the tree,  
Or hear the grown-up people's feet  
Still going past me in the street.

And does it not seem hard to you,  
When all the sky is clear and blue,  
And I should like so much to play,  
To have to go to bed by day?



**An Poc ar Buile (The Mad Puck Goat!)**  
**From an original poem by Dónal Ó Mulláin**  
**in the early 20th century**

Ag gabháil dom sior chun Droichead Uí Mhóradha,  
Píce im dhóid 's mé ag dul i meithil,  
Cé casfaí orm i gcuma ceoidh,  
Ach pocán crón is é ar buile.

Curfá:

Ailliliú, puilliliú, ailliliú tá an puc ar buile!  
Ailliliú, puilliliú, ailliliú tá an puc ar buile!

Do ritheamar trasna trí ruillógach,  
Is do ghluais an comhrac ar fud na muinge,  
Is treascairt do bhfuair sé sna turtóga,  
Chuas ina ainneoin ina dhrom le fuinneamh.

Curfá

Níor fhág sé carraig go raibh scót ann,  
Ná gur rith le fórsa chun mé a mhilleadh,  
S'Ansan sea do cháith sé an léim ba mhó,  
Le fána mhór na Faille Bríce.

Curfá

Bhí garda mór i mBaile an Róistigh,  
Is bhailigh fórsa chun sinn a chlipeadh,  
Do bhuail sé rop dá adhairc sa tóin ann,  
S'dá bhríste nua do dhein sé giobail.

Curfá

I nDaingean Uí Chúis le haghaidh an tráthnóna,  
Bhí an sagart paróiste amach 'nár gcoinnibh,  
Is é dúirt gurbh é an diabhal ba Dhóigh leis,  
A ghaibh an treo ar phocán buile.

Curfá



## Your Campsite!

Use the signs below to imagine your perfect campsite and what areas you might like to have in it. What might you do in each area?



## Where's My Tent?

My tent is pointed in shape... My tent is near some trees...

My tent has guide ropes attached... Which is my tent?



Answer: The red tent!

**“The Games I Play” by Geraldine Howard Co.Cork 1938**

The games I play are "Ring a Rosie" "London Bridges" "Jenny Jo" "Pickery" also Skipping and Marbles. I have a bicycle and I go for a sport ride every evening. I am soon going to learn "Tennis" and "Camogie". When the season comes for blackberry picking I love to go out in the country and spend the evening along by the hedge rows, picking flowers and making chains, and necklaces from them. I like picking mushrooms when the time comes. I also like to go camping in the summer with my companion. In Winter I like skating and snowballing. When the long winter evening comes I like indoor games such as "Ludo" "Draughts" "Blind Man's Buff" "Musical Chairs" and "Burn the Biscuit".



**A Double Scare by P. Garvey Co. Galway**

Once there was a mischievous boy who was very fond of playing cards. One night he went playing cards about two miles from his home. He stayed playing cards there until it was very late. It was about one o'clock when he was coming home. There was a grave-yard near the road he had to pass. There were a great number of people coming home from a dance, so the boy thought of a great plan to frighten them. He turned his coat inside out and it's a white cloth round him, and lay down near the wall.

However there were bandits and thieves camping near the grave-yard. One of them died the day before and their clan wanted to bury him in holy ground and they were not allowed. They thought of a plan to bring the remains of the thief at night-time and bury him, so that nobody would know about it. They succeeded in bringing the coffin into the grave-yard all right, and they left the coffin up on the wall the boy was lying near. They were making great noise and suddenly the boy looked up to see what was making the noise, and there he saw the coffin. He got a terrible fright and he got up and began to roar and run as fast as he could, over ditches and drains until he reached home. The bandits got frightened too when they saw the boy running and roaring with the white cloth over him like a ghost and they ran away also forgetting about the coffin and leaving it on the wall!

### **Guided Meditation for Sleep**

**(do this while lying in bed, ready for sleep)**



With your eyes closed, begin to focus on your breathing. Take in a nice, deep breath through your nose and feel it fill up your lungs. Feel your belly fill up with the air, then let it go. As you breathe, you feel the bed rising up to meet and support you, and you allow yourself to grow heavier and heavier with each breath.

Feel your body sinking into the softness of your bed. As your body becomes still, your mind begins to drift. You see a green meadow, soft and peaceful. You feel the breeze blowing against your cheek. You feel the grass underneath your feet. You listen and you hear the stillness of nature. You breathe and look around the meadow. You see the houses down in the valley and the mountains in the distance. You fill your lungs with air. In and out. In and out. With your mind clear of any other thought, you tell yourself this affirmation:

I am peaceful.

I am peaceful.

I am peaceful.

