

October Activity Pack



Dear Friends,

The nights are getting colder and October is just around the corner, so stay warm inside, comfortable, and enjoy the beauty of autumn.

As the leaves turn from green to orange, gold, and brown during October, it is the perfect time to enjoy the cooler air, beautiful colours, and the cooling crisp of autumn weather. While it rains outside, enjoy these games, puzzles, songs and poems from the comfort of your own home with a hot cup of tea or hot chocolate by the fireplace.

With this activity book, we hope to help you fill your day with meaning and purpose.

Remember, the ASI are just a phone call away if you ever need us. Our helpline number is 1800 341 341, with trained staff on the other end to listen to and support you.

We hope you all enjoy this month's pack...



“There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October.”

Nathaniel Hawthorne

Useful Resources:

- Our Free Helpline and Dementia Nurse Support Line are available at:
- Phone: **1800 341 341** and Email: **helpline@alzheimer.ie**
- The ASI now also have a new online Virtual Dementia Hub where you can go for a full range of activities – you can even listen to some wonderful poetry and songs recorded especially . Just go to www.virtualdementiahub.ie
- We are hosting a number of 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/>
- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
- For musical videos and resources Music For Dementia are a wonderful resource: <https://musicfordementia.org.uk/>
- The Irish Museum of Modern Art (IMMA) have a huge collection available to view online at: <https://imma.ie/collection/>
- Emergency Response Numbers: **999 or 112**
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**

Table of Contents

<u>Activity</u>	<u>Pages</u>
Halloween Trivia	6-7
Word Rhyming	7-8
Spot the Difference	8
Word Puzzle	9
Create the Soundtrack of your life	10-11
Gratitude Tree	12-13
October by Patrick Kavanagh	14-15
Autumn in New York by Frank Sinatra	15-16
Lavender Sensory Engagement	17-18
Unscramble the Words	19
When you are old by W.B Yeats	20
This is my wish for you	21-22
Funny Sayings	22-23
Print and Decorate	23-24
Mindfulness	25-27

Halloween Trivia:

How much do you know about Halloween? Pick A or B and see if you're right!

1. Children go door to door asking for _____
a) candy b) directions
2. Which is a symbol of Halloween? _____
a) fireworks b) witches
3. A jack o'lantern is made from a _____
a) basketball b) pumpkin
4. What do children say to get candy? _____
a) stick 'em up b) trick or treat
5. Halloween is celebrated on _____
a) February 14th b) October 31st
6. The word comes from medieval England's All Hallows' _____
a) eve b) Day
7. Halloween is the time for _____ fun
a) frosty b) spooky
8. Two colours associated with Halloween are black and _____
a) blue b) orange
9. What is it called when children go from door to door asking for candy? _____
a) trick or treating b) canvassing
10. This animal is associated with Halloween _____
a) brown bear b) black cats
11. What do people put inside a Jack o'lantern _____
a) candle b) stuffing
12. A jack o'lantern is a _____ pumpkin.
a) smashed b) carved

Word Rhyming-

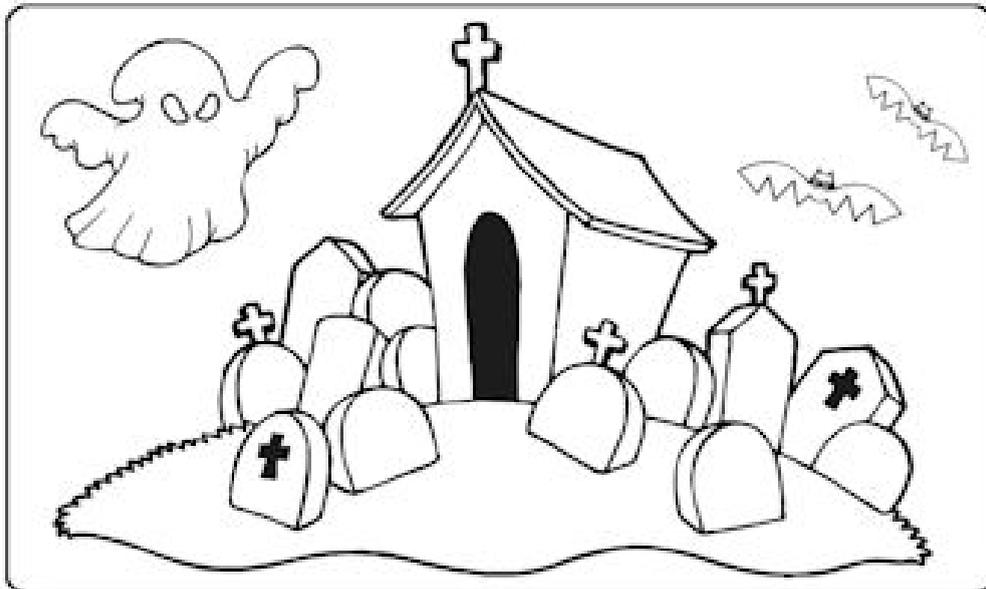
Can you guess what the correct answer is?

1. **Something you use to water the garden.....**
(a) bucket, (b) can, (c) hose
2. **A flower usually given on Valentine's Day.....**
(a) daisy, (b) lily, (c) rose
3. **An opening for something.....**
(a) exit, (b) gap, (c) hole
4. **A point scored in soccer.....**
(a) advantage, (b) goal, (c) shot
5. **A small, furry animal that tunnels underground.....**
(a) gopher, (b) mole, (c) rabbit
6. **Three strikes in baseball.....**
(a) foul, (b) out, (c) walk
7. **To disturb someone's sleep.....**
(a) rouse, (b) stir, (c) wake
8. **Yellowstone and Yosemite.....**
(a) bears, (b) minerals, (c) parks
9. **A dog does this to get attention.....**
(a) barks, (b) paws, (c) whines
10. **Flashes of light caused by static electricity.....**
(a) flares, (b) sparks, (c) twinkles

Halloween Spot the Difference

SPOT THE DIFFERENCE

Can you spot the 7 differences between these two pictures?



Free printable courtesy of PrintnFree.net

Word Puzzle:

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

armadillo

baboon

cat

chicken

chinchilla

cow

dog

ferret

frog

fruit fly

gerbil

goat

goldfish

goose

guinea pig

hamster

horse

lizard

lobster

marine sponge

monkey

mouse

opossum

pig

pigeon

quail

rabbit

rat

salamander

sea urchin

sheep

snake

turtle

woodchuck

Create the soundtrack of your life



Playlist for Life is a charity that specialises in harnessing the power of music to connect people, and to help those living with dementia and those who care for them. **We want everyone to have their own playlist of music that means something to them.**

The 'soundtrack of your life' is a personal collection of songs that gives you that flashback feeling whenever you hear them. Start building the soundtrack of your life by collecting your musical memories using the prompts below. You can start with any prompt you like.

This playlist belongs to: _____

Your 'Memory Bump' (strong memories formed aged 10-30)

Can you think of songs that remind you of your youth?



Song

Memories

Party tunes

Which songs always get you dancing and/or singing along?



Song

Memories

Special moments and milestones

Which songs take you back to a special memory in your life?



Song

Memories

Hobbies, interests and beliefs

Are there pieces of music that make you think of a group that you belong to?



Song

Memories

Songs from childhood

Are there nursery rhymes or songs from a children's TV show that you loved?



Song

Memories

Holidays

Which songs remind you of a favourite holiday?



Song

Memories

Important places

What songs remind you of your hometown?



Song

Memories

TV themes

Are there TV shows with theme tunes you'll always remember?



Song

Memories

Important people

Think of a person who's important to you. What songs remind you of them?



Song

Memories

Concerts you've been to

Which tunes remind you of the best live music event you've attended?



Song

Memories

To find out more about connecting through music, visit www.playlistforlife.org.uk



@PlaylistForLifeUK



@PlaylistForLife



@PlaylistForLifeUK

Playlist for Life is a registered charity. SC044072.

Now that you've built your own playlist, why not try asking a friend or family member about songs that are important to them?

Building a soundtrack and discovering the memories associated with each song is a wonderful way to connect with family and friends. Fill in this playlist template for a friend or family member.

Top Tips

Try sharing your songs and memories before asking about theirs

These are just starting points for conversation - you don't need to answer all of them

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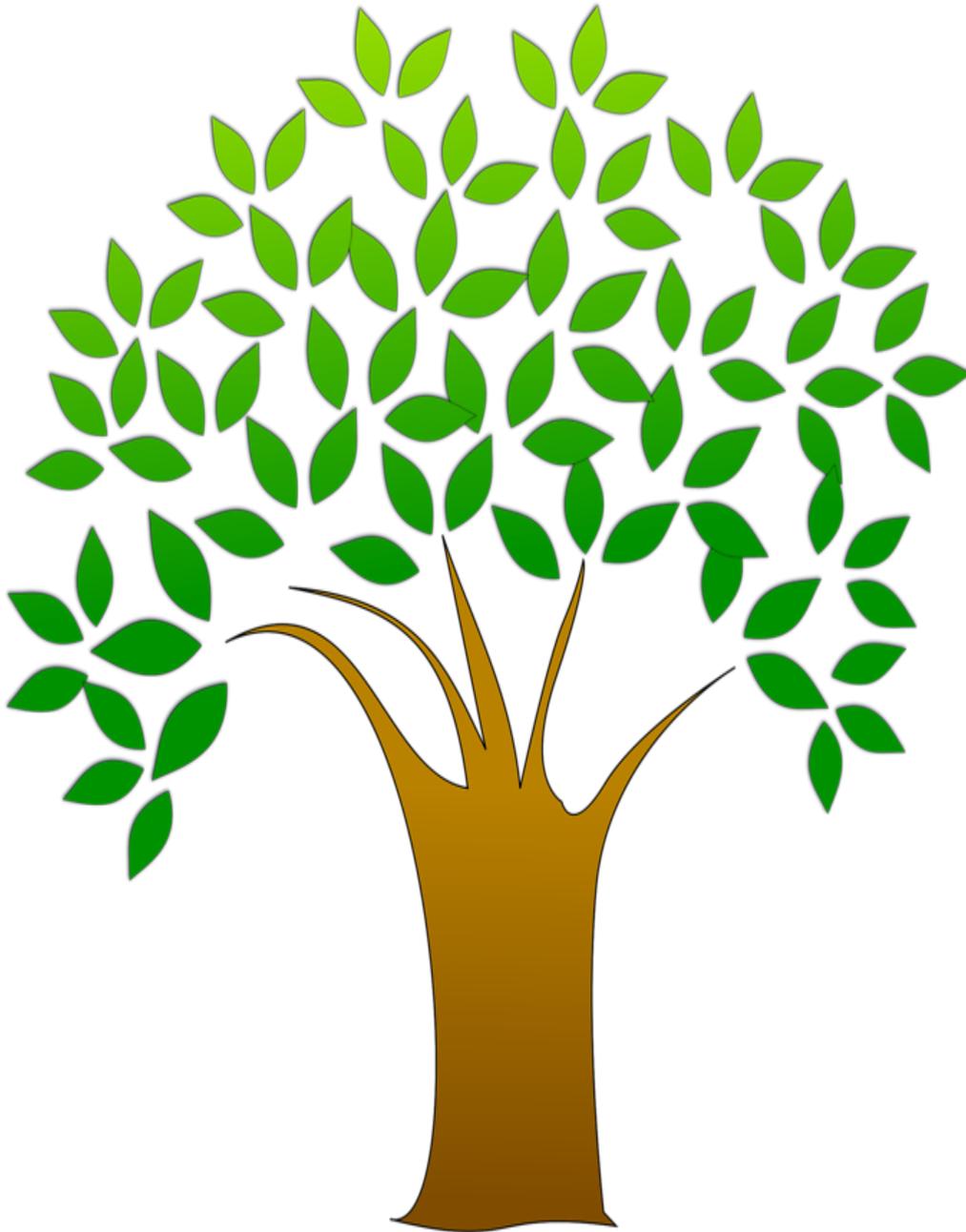
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@PlaylistForLifeUK @PlaylistForLife @PlaylistForLifeUK

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Gratitude Tree

On each leaf, write one thing that you are grateful for this October (Print this out and stick on your wall!)



What are five things you grateful for this October?

1.
2.
3.
4.
5.

What are five things you would like to achieve this October?

1.
2.
3.
4.
5.

October

By Patrick Kavanagh

October

O yellow leafiness you create for me

A world that was and now is poised above time,

I do not need to puzzle out Eternity

As I walk this arboreal street on the edge of a town.

The breeze too, even the temperature

And pattern of movement is precisely the same

as broke my heart for youth passing. Now I am sure

Of something. Something will be mine wherever I am.

I want to throw myself on the public street without caring

for anything but the praying that the earth offers.

It is October over all my life and the light is staring

as it caught me once in a plantation by the fox coverts.

A man is ploughing ground for winter wheat

And my nineteen years weigh heavily on my feet.

A bit about the poet who wrote this poem

Irish poet and writer Patrick Kavanagh was born in a rural area of County Monaghan, a northern county in the Irish province of Ulster. Kavanagh began his writing career in the last years of the Irish Literary Renaissance, a cultural movement paralleling the rise of nationalism in Ireland that culminated in the country's independence from Great Britain shortly after World War I. His poetry collections include *The Great Hunger: A Poem* (1971), *Come Dance With Kitty Stobling, and Other Poems* (1960), *A Soul for Sale: Poems* (1947), and *Ploughman and Other Poems* (1936), and his most celebrated novel is *Tarry Flynn* (1948)

Sing Along:
Autumn in New York by
Frank Sinatra

Autumn in New York

Autumn in New York

Why does it seem so inviting?

Autumn in New York

It spells the thrill of first-nighting

Glittering crowds

And shimmering clouds

In canyons of steel

They're making me feel

I'm home

It's autumn in New York

That brings the promise of new love

Autumn in New York

Is often mingled with pain

Dreamers with empty hands

May sigh for exotic lands

It's autumn in New York

It's good to live it again

It's autumn in New York

That brings the promise of new love

Autumn in New York

Is often mingled with pain

Lovers that bless the dark

On benches in Central Park

It's autumn in New York

It's good to live it again

Lavender Rice & Chamomile Dough for Sensory Engagement

Here are some calming sensory activities. They include familiar scents, kneading and shaping.

Chamomile Play Dough recipe

Ingredients:

- 2 cups plain flour
- ½ cup salt
- 2 teaspoons oil
- 2 Tablespoons of cream of tartar
- Up to 1.5 cup of water
- 2 bags of chamomile tea
- 3 drops of essential rose oil

How to make:

1. Boil 1.5 cups of water and brew the two chamomile tea bags for 5 minutes.
2. Remove the tea bags and wait for the water to cool.
3. Mix the dry ingredients plus the two oils and pour in the chamomile water, mixing as you go. The mixture will be sticky just like bread dough.
4. Turn onto a surface and knead for 10 minutes until it becomes smooth, pliable and non-sticky - if needed add a half teaspoon of flour.



Sensory Lavender Rice Tray

Ideal for those with sensory needs to experience the calming scent of lavender and improve motor skills by scooping, turning, filling, squeezing, and separating.

Ingredients:

- A wooden/plastic/metal tray
- Paper towels
- 2 kg Rice
- A bowl to dye the rice
- 8 teaspoon of white vinegar
- ¼ teaspoon blue food colouring

- Fresh or dried lavender flowers
- Wooden spoons, small bowls, cups
- 3 or 4 drops of essential lavender oil

How to make:

1. Line the tray with paper towels.
2. Place the rice in the bowl and add $\frac{1}{4}$ teaspoon of blue food colouring plus 3 or 4 drops of lavender essential oil / Mix well to distribute the colour (put a little more food colouring as desired).
3. Pour the rice onto the lined tray and spread out for fast drying
4. Place tray in the sun for a couple of hours or leave it overnight for drying.
5. Give the person the lavender flower branches to pick and mix with the rice.

Unscramble the Elvis Presley Songs:

Name: _____

Elvis Presley

Unscramble the words.

1. mray _____
2. ahiljusoe kroc _____
3. lyesper _____
4. de nlvslau _____
5. uhdon dgo _____
6. himspem _____
7. isal rmiae _____
8. als egvsa _____
9. nsu oerdcrs _____
10. hte ngki _____
11. tdedy aber _____
12. lpiasrci _____

When you are old

by WB Yeats

*When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;*

*How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;*

*And bending down beside the glowing bars,
Murmur, a little sadly, how Love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.*

"This is my wish for you:

*Comfort on difficult days,
smiles when sadness intrudes,
rainbows to follow the clouds,
laughter to kiss your lips,
sunsets to warm your heart,
hugs when spirits sag,
beauty for your eyes to see,
friendships to brighten your being,
faith so that you can believe,
confidence for when you doubt,
courage to know yourself,
patience to accept the truth,
Love to complete your life."*

- Ralph Waldo Emerson -

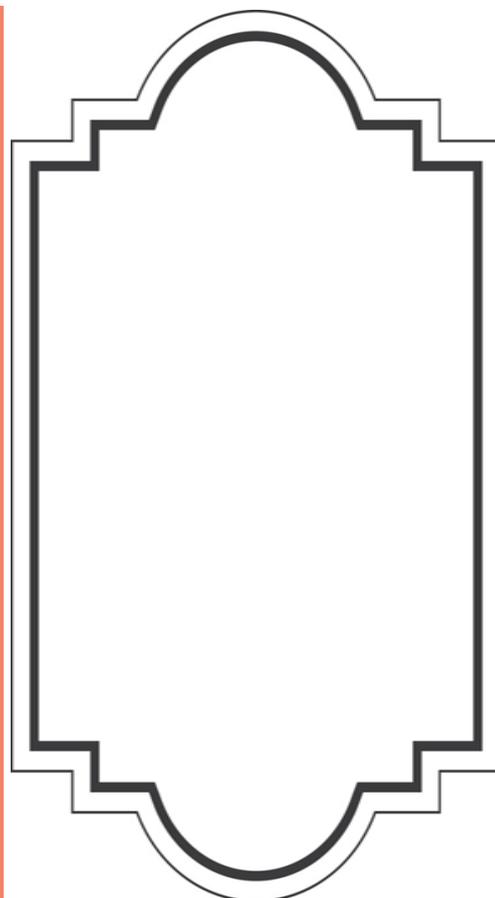
FUNNY SAYINGS !!!

1. I am on a seafood diet. I see food, and I eat it.
2. I don't need a hair stylist, my pillow gives me a new hairstyle every morning.
3. Don't worry if plan A fails, there are 25 more letters in the alphabet.
4. If I'm not back in five minutes, just wait longer...
5. A bank is a place that will lend you money, if you can prove that you don't need it.
6. A balanced diet means a cupcake in each hand.
7. Doing nothing is hard, you never know when you're done.
8. If you're not supposed to eat at night, why is there a light bulb in the refrigerator?
9. Don't drink while driving – you might spill the beer.
10. I think the worst time to have a heart attack is during a game of charades.
11. I refuse to answer that question on the grounds that I don't know the answer.
12. Alcohol doesn't solve any problem, but neither does milk.
13. My wallet is like an onion. When I open it, it makes me cry...

Print and Decorate Your Own Bookmarks:

Autumn is a wonderful time to enjoy a good book – or perhaps you know an avid reader who would like a new bookmark.

Below are two bookmarks for you to cut out and keep and blank one for you to design your own!



Mindful Meditation

Find a quiet place where you can be free from distractions

And take a comfortable seat that promotes good posture

Set a timer for 5 minutes or longer,

But choose a meditation length that will allow you to feel successful

Consistent meditation of just 5 minutes per day, is far better than one occasional 30-minute session

With your eyes opened or closed, breathe gently in and out through your nose

And then as you sit here, watching the breath

Draw attention to your heart, and your desire to experience calm, peace and ease

Connect to this yearning inside of you

And then silently, to yourself

Commit to remaining here, for the duration of your timer

And commit to the practice of simply watching and noticing the breath

And then having made that heartfelt commitment,

Return to your job, which is breath awareness

Perhaps settling in on the feeling of the breath

As it moves in and out through your nose

From the tip of the nose

To the space between your eyebrows

Listen, for the ways in which the breath is speaking to you

Stay open, stay curious

And remain free from any judgment or self-criticism

The breath is perfect right now, just as it is

Your role, is simply to watch

(pause 2 breaths)

Eventually, you'll notice the mind has wandered from breath awareness

When this happens, spend no time wondering why

Spend no time asking where the mind has gone to

Spend no time on self-blame

Simply turn the mind around, as quickly as you can

And come back to your job of watching the breath

Go right back to that space in the body

Where you notice the breath most clearly

Returning perhaps to a sense of awe, wonder or amazement

How precious is this one cycle of breath?

(pause 2 breaths)

Each time the mind wanders, turn the mind around without pausing to self-criticise

(pause 2 breaths)

Stay right here,

Present, aware, and honoring your intention

This intention, this job, of watching the breath

(pause 2 breaths)

With practice, you'll notice sooner when the mind has wandered

With practice, you'll return to breath awareness more quickly

With practice, you'll remain present with the breath for longer intervals between distractions

(pause 2 breaths)

So continue to practice, until your timer has gone off

And when your practice is complete,

Take a moment to recognize the goodness in the work you have done

Recognize the benefits of the effort you have made

Dedicate your efforts to your own healing,

And to the healing of all persons, everywhere.

