

# December Activity Pack

## 2



Dear Friends,

A warm hug and hello from the Alzheimer's Society of Ireland as we come to the end of the year and into the month of December. May you have a peaceful and loving holiday season with loved ones and friends.

Despite the cold weather, the light starts to come back into our evenings even before the New Year arrives. Winter Solstice (the longest night) occurs on December 21st, so on Christmas Day the sky brightens and the sun stays a little longer, reminding us that darkness always gives way to light.

Our wish for you this Christmas and holiday season is to be filled with love, happiness, and many happy memories.

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.

It is our hope that you all enjoy this December's Activity Pack!



“It seems like everything sleeps in winter, but it’s really a time of renewal and reflection.” –  
**Elizabeth Camden**

## Useful Resources:

- 1.** Our Free Helpline and Dementia Nurse Support Line are available at:  
Phone: 1800 341 341 and Email: [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)
- 2.** The ASI now also has 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](http://www.virtualdementiahub.ie)
- 3.** 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/>
- 4.** The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
- 5.** For musical videos and resources Music For Dementia are a wonderful resource: <https://musicfordementia.org.uk/>
- 6.** The Irish Museum of Modern Art (IMMA) have a huge collection available to view online at: <https://imma.ie/collection/>
- 7.** Emergency Response Numbers: 999 or 112 9. HSE 24/7 Your Mental Health Information Helpline: 1800 111 888

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## Christmas Word Search!

# Christmas Word Search

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

CHRISTMAS STOCKING  
 HOLLY JOY  
 ORNAMENT MERRY  
 MISTLETOE CARD  
 GREEN PRESENT  
 RED BOW  
 SILVER SNOWFLAKE  
 BELLS TREE  
 JINGLE GINGERBREAD  
 HOHOHO WREATH  
 STAR SNOWMAN  
 SANTA CANDLE  
 HOLIDAY



# Christmas Carol Game! How Many Can You Guess?

## Christmas Carol Game

1.The Tiny Lad who beats on an instrument

---

2.A muted darkness

---

3.2 days less than a fortnight of celebration

---

4.Are you listening to the same thing as me?

---

5.I witnessed 2+1 water vessels.

---

6.O Sanctified Darkness

---

7.Delight for the All God's creatures

---

8.O Sapling of joyous event

---

9.We hope you'll have a jubilant holiday

---

10.The 2 plus 1 Monarchs

---

11.Song of the Chimes

---

12.Father Christmas is approaching the City

---

13.The only thing I need for holidays is both Incisors

---

14.Nana was hit by a large deer that had antlers

---

15.Seraphim from the Kingdoms of Magnificence

---



## Christmas Trivia Quiz!

# Christmas Trivia Quiz



1. Which country started the tradition of putting up a Christmas tree?  
a. England      b. Holland      c. Germany
2. What's the name of the main villain in *The Nightmare Before Christmas*?  
a. Oogie Boogie      b. Burgermeister Meisterburger      c. Scut Farkus
3. How many gifts in total were given in "The Twelve Days of Christmas" song?  
a. 365      b. 364      c. 325
4. What was Frosty the Snowman's nose made out of?  
a. Carrot      b. button      c. stick
5. As the clock chimes midnight to ring in the New Year, a Spanish tradition involves eating twelve of what – one for each chime?  
a. Apples      b. Bananas      c. Grapes
6. What traditional Christmas decoration is actually a parasitic plant?  
a. Mistletoe      b. Holly      c. Poinsettia
7. According to the folklore of Austria and other countries, what horned figure punishes naughty children at Christmastime?  
a. Mari Lwyd      b. Krampus      c. Perchta
8. What is the best-selling Christmas song ever?  
a. Last Christmas      b. White Christmas      c. All I want for Christmas is You
9. How do you say "Merry Christmas" in Spanish?  
a. Feliz Navidad      b. día de San Valentín      c. Felices Pascuas
10. Which country is the largest exporter of Christmas trees?  
a. USA      b. New Zealand      c. Canada
11. What's the most popular Christmas play featuring toys that come to life?  
a. Tiny Tim's Christmas      b. The wind in the willows      c. The Nutcracker
12. Which ornament does every elf have on the tip of their shoes?  
a. Bells      b. Stars      c. Wooden ornament
13. What Christmas decoration was originally made from strands of silver?  
a. Baubel      b. Bells      c. Tinsel  
b. Tinsel
14. In Charles Dickens' "A Christmas Carol," what was Mr. Scrooge's first name?  
a. Winterbolt      b. Ebenezer      c. Burgermeister
15. What figure from English folklore came to be associated with Santa Claus?  
a. Kris Kringle      b. Father Christmas      c. Saint Nicholas



# Christmas Alphabet Game!

How Many Christmas Words Can You Name?

## Christmas Alphabet



*Name something Christmas related  
that starts with each letter of the alphabet.*

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



## Christmas Word Search!

How Many Words Can You Get?

# Christmas word search



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



bells • candles • candy cane • cards • celebrate • chimney • Christmas • elves • frosty  
gift • giving • greetings • holiday • jolly • joy • merry • mistletoe • noel • north pole  
reindeer • Rudolph • Santa • season • sleigh • stocking • tree

Country Hill Cottage.com

## Christmas Word Search:

How Many Can You Get Answers:

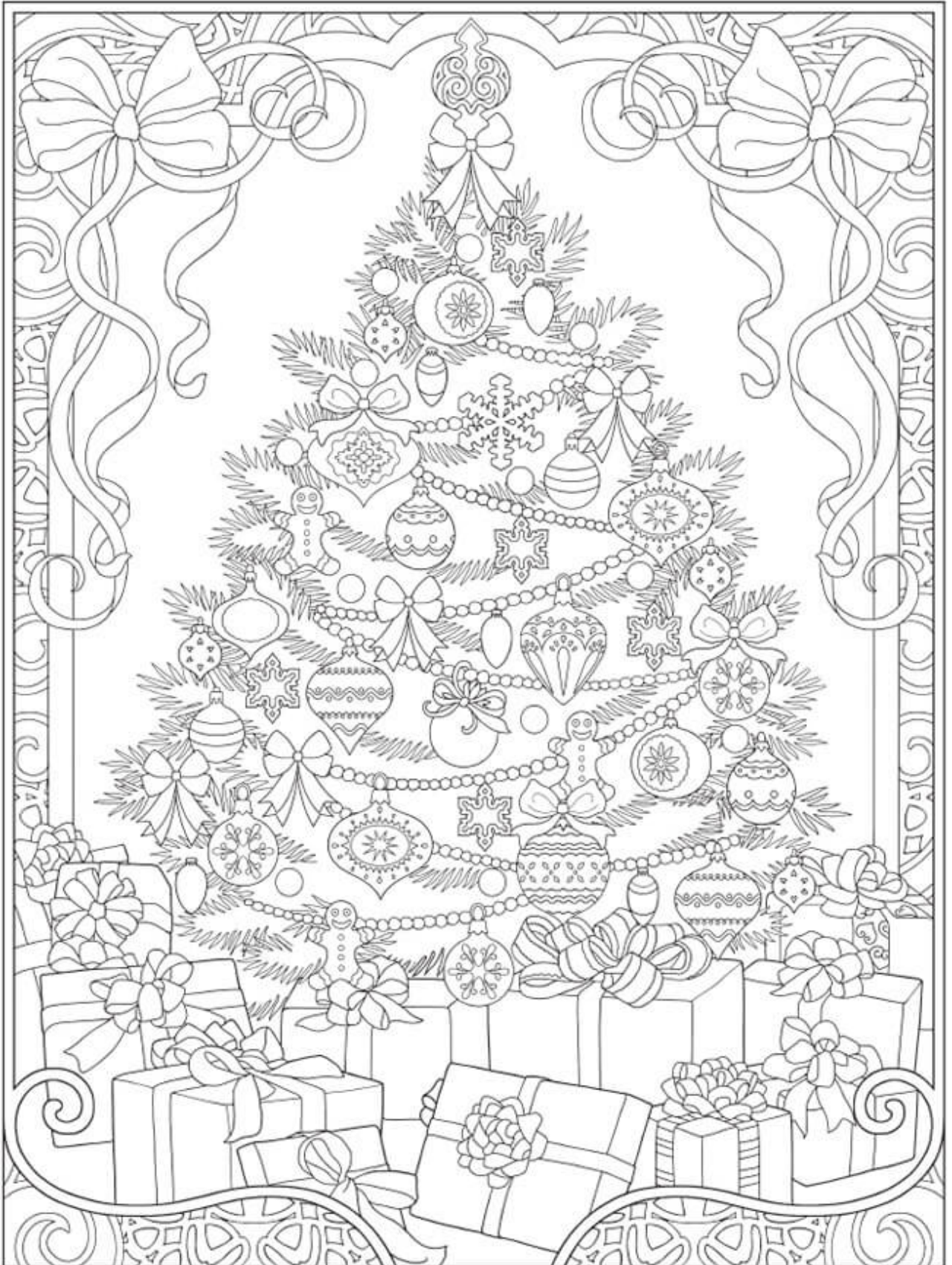
# Christmas word search



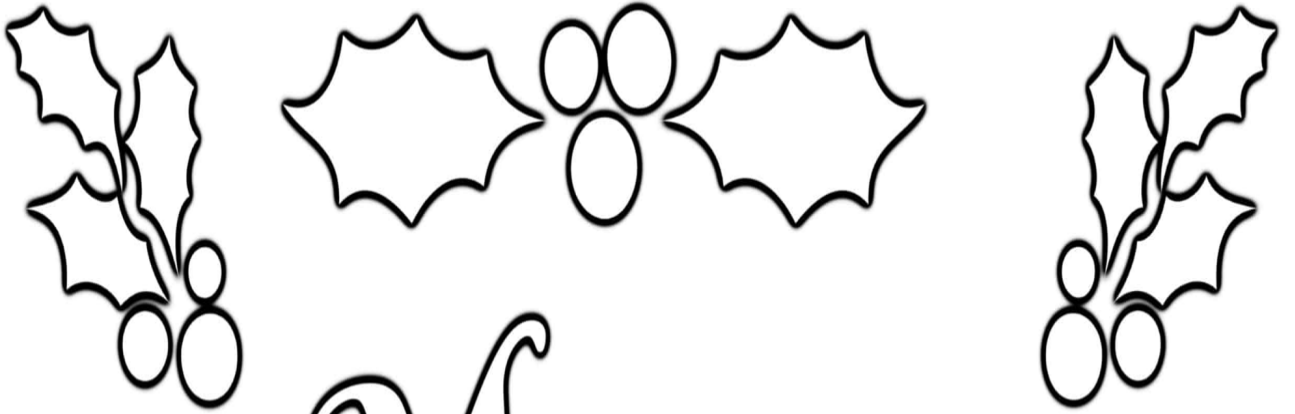
bells • candles • candy cane • cards • celebrate • chimney • Christmas • elves • frosty  
gift • giving • greetings • holiday • jolly • joy • merry • mistletoe • noel • north pole  
reindeer • Rudolph • Santa • season • sleigh • stocking • tree

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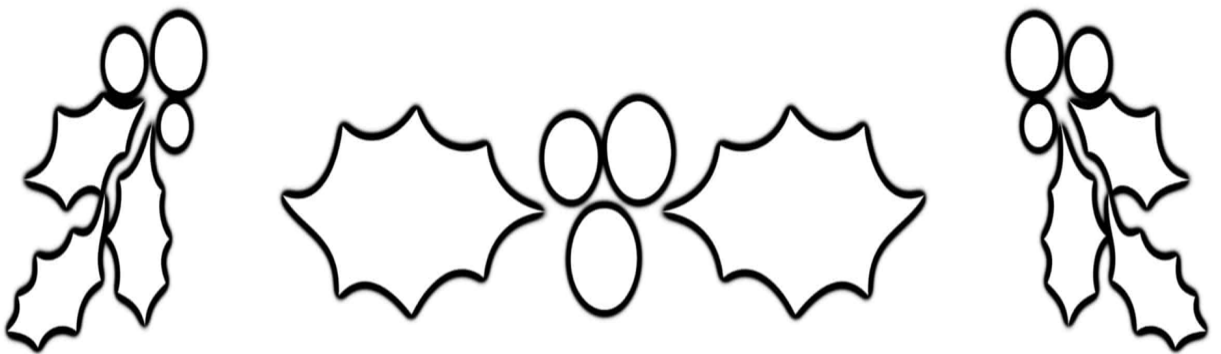
Colour Me In!



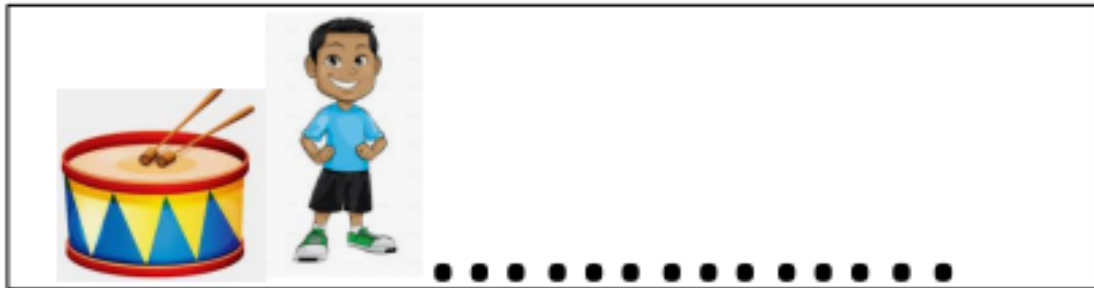




Merry  
Christmas





## Guess the Songs From the Pictures!



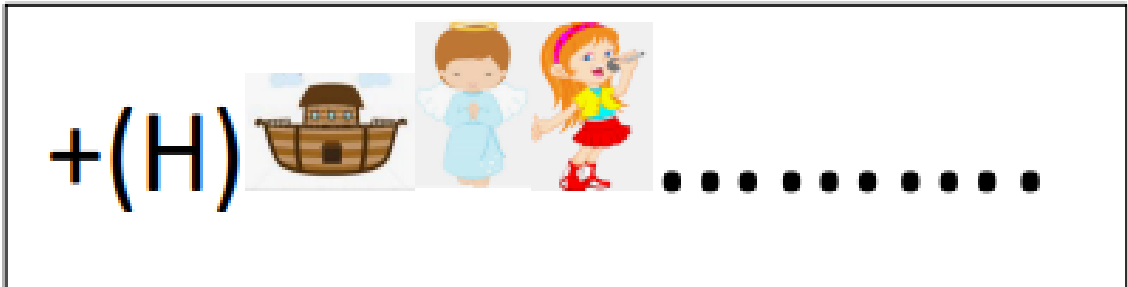
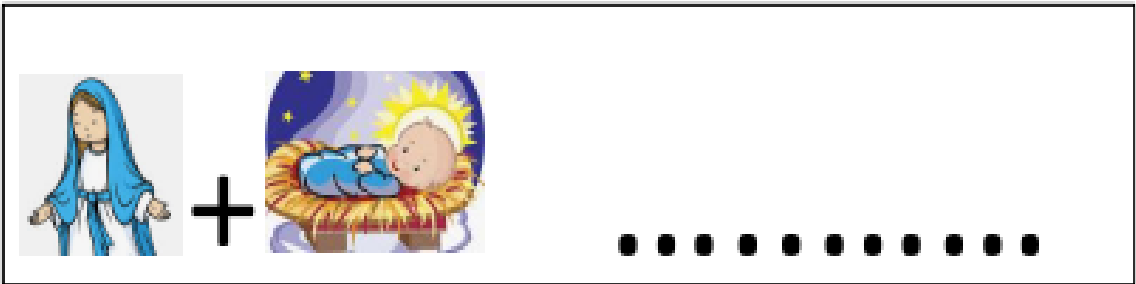
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Answers to  
'Guess the Names of the Christmas Carols'

1. Jingle Bells
2. Little Drummer Boy
3. Silent Night
4. 12 days to Christmas
5. We Three Kings of Orient Are
6. Frosty the Snowman
7. The Holly & the Ivy
8. Rudolf the Red Nose Reindeer
9. Jingle Bell Rock
10. Mary's Boy child
11. I saw Mummy Kissing Santa Clause
12. Hark the Herald Angel Sing

## Christmas Riddles!

### Can You Guess the Answers?

1. I come with many colours, very big and bright, I turn so many houses into a beautiful sight. What am I?
2. What do you get when you cross a bird with a turtle?
3. I'm a cookie you might like to eat, and some might say I'm a favoured Christmas treat. I have brown arms, eyes, and don't forget my feet. What am I?
4. I am a helpful creature– I'm not too big and not too small. Out of all my fellow reindeer, you could say I'm the fastest of them all. Who am I?
5. I get chopped down, decorated all over, and I have wings on top. What am I?
6. Santa was having problems with his legs and couldn't walk so he went to the hospital to ask the doctor if he could recommend something for him. What did the doctor give to Santa to help him to walk?

### Answers:

1. Christmas lights.
2. A turtle dove.
3. A gingerbread man
4. Dasher.
5. A Christmas Tree.
6. A candy cane.

## Christmas Arts and Crafts!

### Make a Sock Snowman:

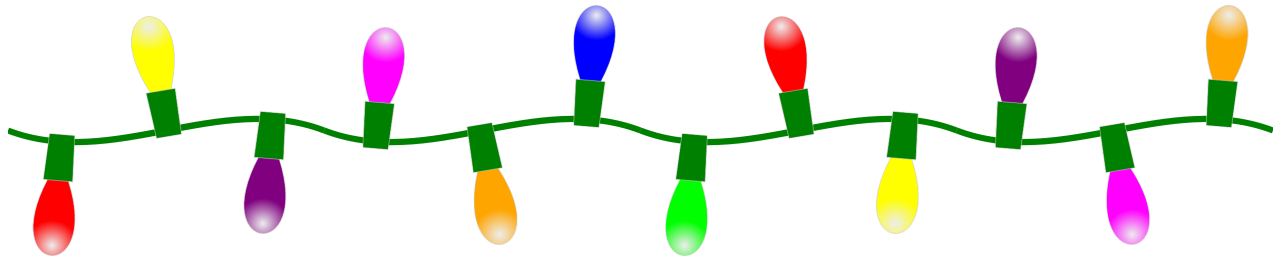
#### What You'll Need:

1. Pair of calf-length tube socks
2. Pair of cute patterned girls socks (on sale at Target for a dollar a pop!)
3. Rice (or beans. Or lentils)
4. Rubber bands
5. Twine
6. Buttons and/or felt for shirt/eyes/nose

#### Directions:

1. Cut the foot off of one tube sock and toss. You will only need the top o' the sock.
2. Turn the tube part of the sock inside out and wrap one end tight with a rubber band. Then, turn it right side out again and begin to fill with rice! (And begin to spill rice all over your carpet, if you have my hand-eye-coordination). Push rice down into the sock so it will stretch out and become a chubby little snowman body.
3. Once you have filled the sock to the almost-brim, wrap another rubber band around the top to secure.
4. Take out your patterned socks. Cut the heel and toe off of one sock, so you just have the middle. This will be the snowman's shirt. Then take the other sock and cut off the heel. This will be the snowman's hat.
5. Shimmy the "shirt" over his plump belly. Then, if you want to make a traditional snowman with three snow rolls, take a string of twine and tie a tight knot around the bottom of the sweater. Then, take another piece of twine and tie it around the top of the sweater.
6. For his hat, take another piece of twine and tie it near the top of the sock toe. This will make it look more like a hat and also cause it to fall cutely to the side.
7. Grab some small buttons or black felt and glue these as the eyes. For his nose, a piece of orange felt or orange cardboard.





## **A Poem: Christmas Time**

**By Ronald Doe**

Christmas time is finally here.

It only comes but once a year,

And it's a time to spread good cheer

To those we love and hold so dear.

Christmas time is a time of glee,

A time when peace and love run free,

A time for those like you and me

To sit beneath the Christmas tree.

Christmas time is a time of joy,

A time to sit back and enjoy

The smile on each girl and boy,

As they play with a Christmas toy.

Christmas time is a time to share

The passing of another year.

Birth of Jesus, a joyful prayer,

To show loved ones how much we care.

Christmas time is a time for song,

A time for us to get along,

To make us feel Lord Jesus strong,

Forgive all those who did us wrong.

Christmas time is a time to pray,

Put love and kindness on display,

Show compassion along the way.

Christmas time should be every day.



## The Sheep by Ann and Jane Taylor

"Lazy sheep, pray tell me why  
In the pleasant fields you lie,  
Eating grass, and daisies white,  
From the morning till the night?  
Everything can something do,  
But what kind of use are you?"

"Nay, my little master, nay,  
Do not serve me so, I pray;  
Don't you see the wool that grows  
On my back, to make you clothes?  
Cold, and very cold, you'd be  
If you had not wool from me.

True, it seems a pleasant thing,  
To nip the daisies in the spring;  
But many chilly nights I pass  
On the cold and dewy grass,



Or pick a scanty dinner, where  
All the common's brown and bare.

Then the farmer comes at last,  
When the merry spring is past,  
And cuts my woolly coat away,  
To warm you in the winter's day:

Little master, this is why  
In the pleasant fields I lie."





## **I'm Dreaming of A White Christmas:**

**By Bing Crosby**

I'm dreaming of a white Christmas

Just like the ones I used to know *(Ooo)*

Where the treetops glisten and children listen

To hear sleigh bells in the snow

I'm dreaming of a white Christmas

With every Christmas card I write *(Ooo)*

"May your days be merry and bright

And may all your Christmases be white"

I'm dreaming of a white Christmas

Just like the ones I used to know *(Ooo)*

Where the treetops glisten and children listen

To hear (To hear the sleigh bells in the snow)

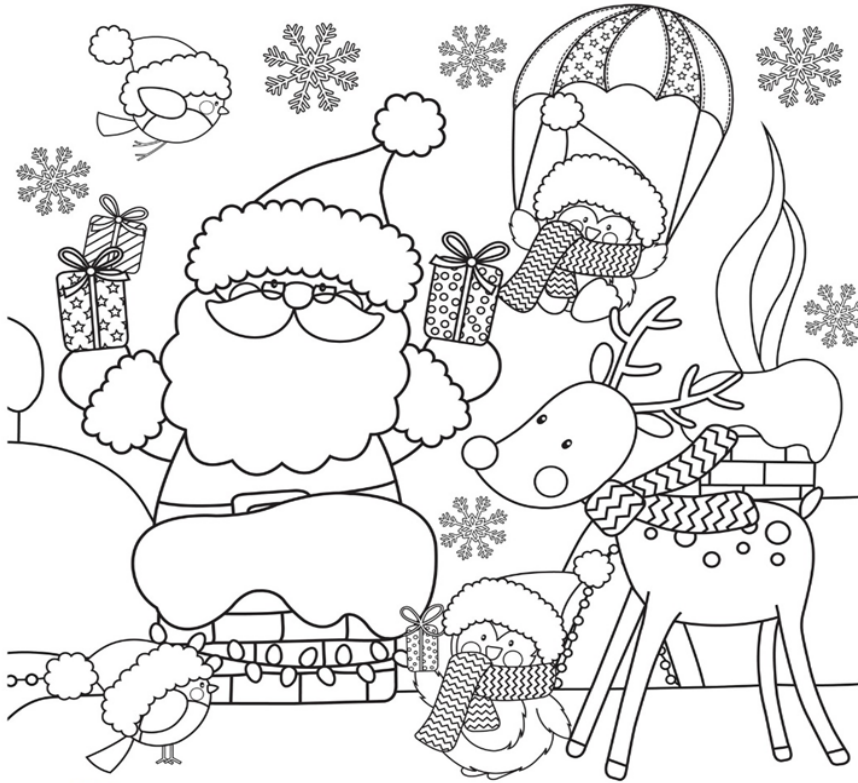
I'm dreaming of a white Christmas (*\*whistling\**)

With every Christmas card I write (Mmm)

"May your days be merry and bright

*And may all your Christmases be white"* (Mmm)

## Spot the Difference!



Spot 5 Differences between the picture above and the picture below



## Riddle Me This!

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1. What two things can you never eat for breakfast?
  2. What has a face and two hands but no arms or legs?
  3. What tastes better than it smells?
  4. What kind of room has no doors or windows?
  5. What goes up and never comes down?
  6. What word becomes shorter when you add two letters to it?
  7. Two children are born on the same day from the same mother but they are not twins. How is that possible?
  8. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
- 

### Answers:

---

1. Lunch and Dinner
  2. A Clock
  3. A Tongue
  4. A Mushroom
  5. Your Age
  6. Short
  7. They are Two Out of Three Triplets!
  8. Johnny
-

## Guided Relaxation: Visualising the New Year

Just imagine you're lying somewhere very comfortable, and your body starts to relax more and more. You begin to feel warm and cozy inside even though the outside air has grown crisp. The trees have lost their leaves and have gone to sleep for the winter.

Imagine yourself curled up in front of a nice warm fireplace. You watch as the flames flicker yellow and red. The golden yellow flame seems to relax you even further as you enjoy its warmth. As you lie here enjoying this moment of relaxation, you start to remember some wonderful things that have happened this past year.

There have been many moments that have made you happy; many moments that have made you smile and grateful.

It's been a good year.

You've grown on the outside and on the inside too. You're smarter and wiser this year. You know yourself better, and you're getting to know your personal gifts more and more.

The new year will bring a brand new start.

Now is the time to think about all the amazing things you want to accomplish. Remember, you can achieve anything you put your mind to!

So start to imagine all the wonderful things you'd like to do this coming year. Maybe you want to get better at something you enjoy doing, or perhaps learn a new skill. Maybe you want to spend more time on yourself.

Whatever you decide to do this coming year will be a wonderful goal to work towards each and every day.

Always remember to have faith in yourself and in your ability to accomplish your dreams. By using your heart and your mind together, you can create a fantastic year filled with joy, happiness, and fun!

Now take in a deep breath and imagine yourself at the end of the year having accomplished all these wonderful things you've been thinking about. Doesn't it feel wonderful?

Picture yourself as having succeeded, and hold on tightly to that image in your mind and heart!

Now allow peacefulness and happiness to fill up your entire body, going into each and every cell.

When you're ready you can open your eyes and give your body a big stretch... and be ready to live your dream!



