



April

Activity Pack

1



Dear Friends,

The clocks have gone forward and we now have a beautiful stretch of sunshine in the evening. Spring is now turning into summer and we hope these longer days bring you fun, family time, peace and relaxation.

We have created an Easter themed pack for this month with springtime created games such as crosswords, puzzles, easter themed colouring pictures, songs and much more. With spring in full swing, why not take the opportunity to get outside and embrace nature at its prettiest. Either on your own, with your partner or whole family, what could be better than going to your favourite spot for a walk in the spring sunshine, and having a look for signs of nature coming back to life.

Easter is a great time of year to spend with your family and loved ones and these activity packs contain lots of great activities you can do with them, indoors and outdoors, and so many great learning and sharing opportunities. If the weather is not looking great, why not get out the craft box and let your imaginations run wild and sit down with a cup of tea, some chocolate eggs and play some of the games we have in these packs for you!

So whether attending mass, eating a hot cross bun or going on an easter egg hunt – we hope this April brings you joy.



"The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also."

Harriet Ann Jacobs

Useful Resources:

1. Our Free Helpline and Dementia Nurse Support Line are available at: Phone: 1800 341 341 and Email: 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
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

Table of Contents

<u>Activity</u>	<u>Pages</u>
Guess the Differences	6-7
Find the Basket	8
Memory Game	9
Word Scramble	10
Crossword	11
Aprils Charm Poem	12
Easter 1916 Poem	13-15
Irish Proverbs	16-17

Morning has Broken	18
How to Make a Bunny	19
How to Make Easter Hotcross Scones	20-21
Colour me In	22-25
Old Irish Stories and Folklore	27-28
Easter Bingo	29
An Easter Meditation	30-31

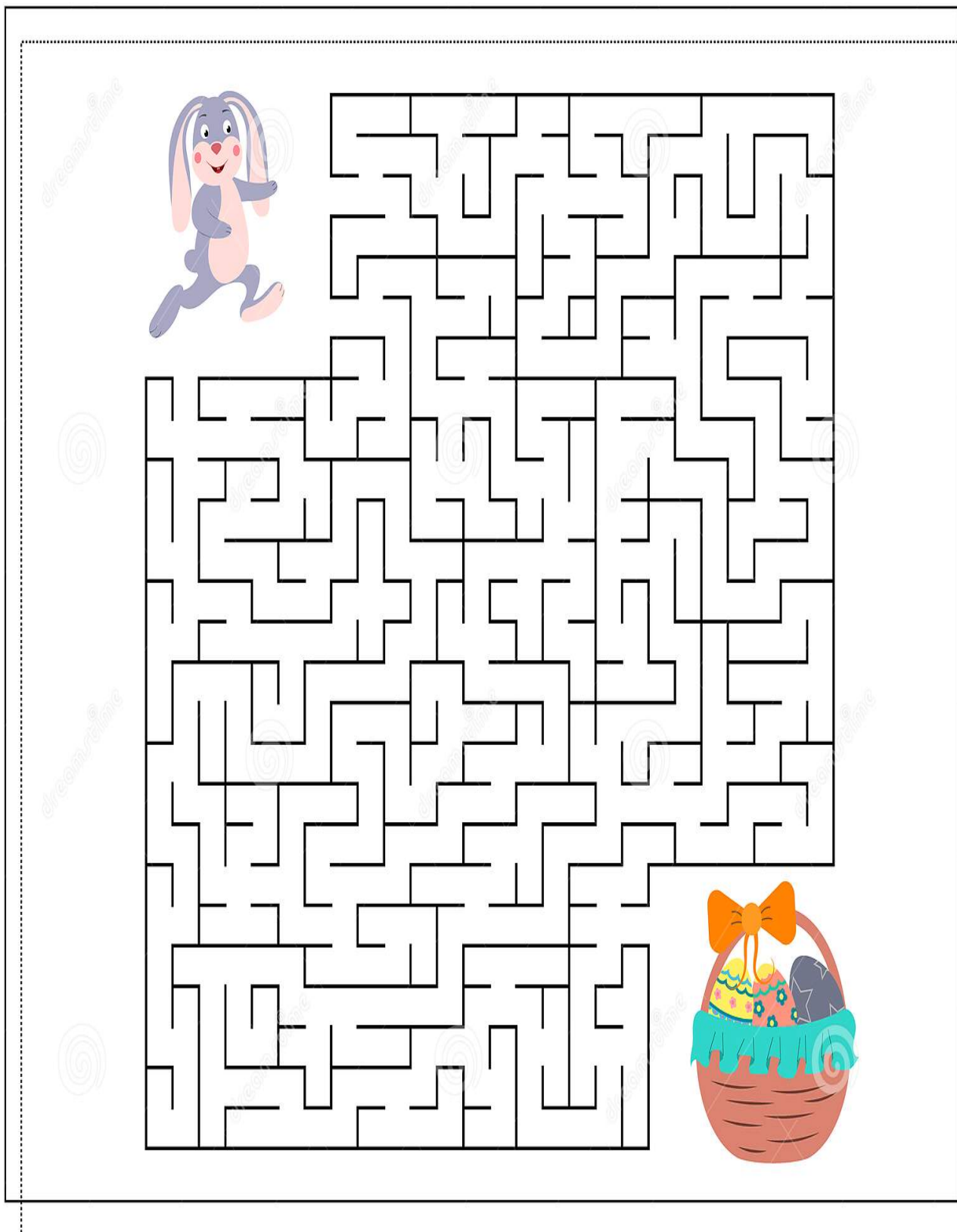
Easter Guess the 10 Differences!



Easter Guess the 10 Differences!



Can You Help the Bunny to His Basket?



Memory Game!

Print these out and see how many you can remember!



Easter Word Scramble!

EASTER

word scramble

YBAB CSICHK _____

TSABEK _____

DEDY SGGE _____

TRARCO _____

LYJEL ASEBN _____

SEEPP _____

NYUNB _____

ESEART _____

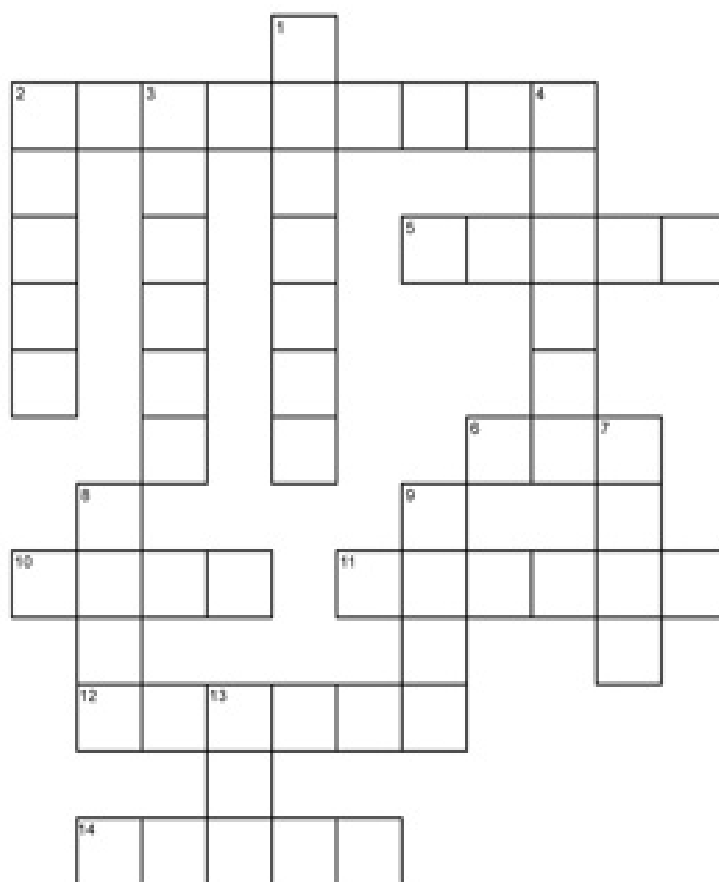
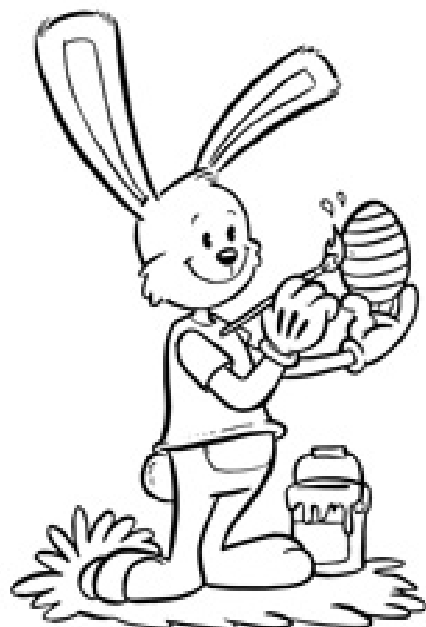
CTOHCLAOE _____

GPNIRS _____

GGE NTHU _____

PLUTIS _____



Easter Crossword:**Easter Crossword****Across**

- 2 - A mother duck keeps a close eye on her ____.
 5 - Easter's month.
 6 - Which came first, the chicken or the ____?
 10 - A mother cow gives milk to her ____.
 11 - Easter is always on this day of the week.
 12 - Carry your Easter Eggs in a ____.
 14 - The Easter ____ hops around the world and delivers presents.

Down

- 1 - April showers bring May ____.
 2 - Cows give milk for ____ products.
 3 - A mother hen watches over her baby ____.
 4 - Easter's season.
 7 - A baby ____ is called a kid.
 8 - A baby sheep is called a ____.
 9 - In the backyard, the kids are having an Easter Egg ____.
 13 - The ____ warms the earth and brings light to the world.



April's Charms
by William Henry Davies

When April scatters charms of primrose gold
Among the copper leaves in thickets old,
And singing skylarks from the meadows rise,
To twinkle like black stars in sunny skies;

When I can hear the small woodpecker ring
Time on a tree for all the birds that sing;
And hear the pleasant cuckoo, loud and long --
The simple bird that thinks two notes a song;

When I can hear the woodland brook, that could
Not drown a babe, with all his threatening mood;
Upon these banks the violets make their home,
And let a few small strawberry blossoms come:

When I go forth on such a pleasant day,
One breath outdoors takes all my cares away;
It goes like heavy smoke, when flames take hold
Of wood that's green and fill a grate with gold.

Easter, 1916
BY WILLIAM BUTLER YEATS

I have met them at close of day

Coming with vivid faces, From counter or desk among grey

Eighteenth-century houses. I have passed with a nod of the head

Or polite meaningless words, Or have lingered awhile and said, Polite meaningless words,

And thought before I had done, Of a mocking tale or a gibe

To please a companion, Around the fire at the club,

Being certain that they and I But lived where motley is worn:

All changed, changed utterly: A terrible beauty is born.

That woman's days were spent- In ignorant good-will,

Her nights in argument, Until her voice grew shrill. What voice more sweet than hers

When, young and beautiful, She rode to harriers?

This man had kept a school - And rode our wingèd horse; This other his helper and friend

Was coming into his force; He might have won fame in the end, So sensitive his nature
seemed,

So daring and sweet his thought. This other man I had dreamed

A drunken, vainglorious lout. He had done most bitter wrong- To some who are near my
heart, Yet I number him in the song;

He, too, has resigned his part- In the casual comedy; He, too, has been changed in his turn,
Transformed utterly: A terrible beauty is born. Hearts with one purpose alone

Through summer and winter seem -Enchanted to a stone- To trouble the living stream. The
horse that comes from the road,

The rider, the birds that range- From cloud to tumbling cloud, Minute by minute they
change; A shadow of cloud on the stream - Changes minute by minute;

A horse-hoof slides on the brim, And a horse plashes within it;

The long-legged moor-hens dive, And hens to moor-cocks call; Minute by minute they live:
The stone's in the midst of all. Too long a sacrifice- Can make a stone of the heart.

O when may it suffice? That is Heaven's part, our part

To murmur name upon name, As a mother names her child

When sleep at last has come -On limbs that had run wild.

What is it but nightfall? No, no, not night but death;

Was it needless death after all? For England may keep faith

For all that is done and said. We know their dream; enough

To know they dreamed and are dead; And what if excess love- Bewildered them till they
died?

I write it out in a verse—MacDonagh and MacBride -And Connolly and Pearse

Now and in time to be, Wherever green is worn, Are changed, changed utterly: A terrible
beauty is born.



Irish Proverbs and Their Meanings

- Don't fear an ill wind if your haystacks are tied down – There is no need to worry about things if you're properly prepared.
- The skin of the old sheep is on the rafter no sooner than the skin of the young sheep – nobody is immune to death or bad health no matter what their age.
- It takes time to build castles – hard work and planning will reap rewards eventually.
- A man's mouth often breaks his nose – if you talk too much you can get in trouble.
- The older the fiddle the sweeter the tune – things improve with age.
- There's no use boiling your cabbage twice – once something is done, there's no need to revisit it; leave the past behind.
- A friend's eye is a good mirror – trust your friends' opinions.
- A good beginning is half the work – getting things started is the hardest part.
- Sunshine always follows rain – good things come after bad things; there is a light at the end of the tunnel.
- Good luck beats early rising – some people are more fortunate than others for no real reason.

- A wren in the hand is better than a crane out of it – a small success is better than a big failure.
- A blind man is no judge of colours – knowledge is not equal to experience.
- God's help is nearer than the door – don't run away from your problems.
- A windy day is not a day for thatching – don't plan for the future in times of uncertainty.
- Every patient is a doctor after his cure – people who solve their own problems think they are experts in everyone else's.
- You must crack the nuts before you can eat the kernel – success takes hard work.
- Show the fatted calf but not the thing that fattened him – be wary of giving away the secrets to success.
- If you lie down with dogs you'll rise with fleas – don't expect to mingle with bad people and not pick up some bad habits yourself.

Morning Has Broken by Cat Stevens

Morning has broken like the first morning
Blackbird has spoken like the first bird
Praise for the singing, praise for the morning
Praise for them springing fresh from the world.

Sweet the rains new fall, sunlit from Heaven
Like the first dewfall on the first grass
Praise for the sweetness of the wet garden
Sprung in completeness where His feet pass.

Mine is the sunlight, mine is the morning
Born of the one light, Eden saw play
Praise with elation, praise every morning
God's recreation of the new day.

Easter Paper Plate Craft!

This paper Easter Bunny craft is so simple and perfect for those days when you're stuck inside.

What You'll Need:

1. Construction Paper-either paper plates, regular paper or cardboard
2. Pom Poms – **or any type of cotton balls**
3. Pipe Cleaners
4. Googly Eyes
5. Paint or colouring pencils and markers
6. Glue
7. Scissors

For the nose: take 3 pipe cleaners and twist them around each other in the centre so that they are connected/stuck together. The part you twist is the hidden part that will go under the nose (pom pom) and will be hidden. This will leave you with the whiskers sticking out on both sides.

Then glue to the paper plate. Leave time to let dry as this step will require it to be glued well or the pipe cleaners will fall off.

You can also glue with hot glue (which will stay better) but make sure adults do this part and then let the kids glue the pom pom on once the hot glue has dried and cooled.

Once glue is dry from the pipe cleaners, now glue on your nose (pom pom).

For the ears: Really all you need to do is cut out some ears from white construction paper and then cut out a smaller inside ear with a different colour. We chose pink and yellow.

For the eyes: We used googly eyes and just glued them on but you could also use construction paper and make the eyes yourself.

For the mouth: We simply just drew on the mouth with a black marker.



Easter Hot Cross Scones!

How to Make:

HOT CROSS SCONES

- 4 Cups Self-Raising Flour
- 1 Cup Pouring Cream (250mls)
- 1 Cup Sprite (250mls), or Ginger Ale
- 2 teaspoon Cinnamon, ground
- 1 teaspoon Mixed Spice
- Zest of 1 Orange or Lemon
- 3/4 Cup Raisins, Sultanas or Currents

CROSS

- 1/3 Cup Flour
- 4 Tablespoons Water *see method

GLAZE

- 1/4 Cup Apricot Jam

Instructions

1. Preheat Oven to 220C Bake - 425F
2. Line a oven tray or roasting dish with cooking spray and baking paper.
3. In a large bowl add the self-raising flour, cinnamon, mixed spice, lemon or orange zest and raisins and combine well
4. Add to this the cream and sprite and gently mix until it just comes together.
5. Tip the dough onto a lightly floured bench and knead as gently and briefly as possible, until it just comes together.
6. Take lumps of the dough, approximately 6-8 cm round and gently form a ball and place onto the prepared tray
7. Repeat with the remaining dough, spacing them about 1 cm apart
8. To prepare the flour and water mixer for the cross, add the flour to a small bowl and add the water a little at a time until you have a thick but pipe-able mixture, you want it to still be able to hold its shape but not so thick it cannot come out of the piping bag
9. Add this to a piping bag or simply use a ziplock bag, cut a small corner off the bag

- 10.** Gently and slowly pipe a straight line across your dough balls, allow the piping to lay down the sides of each scone as it may shrink on baking.
- 11.** Then repeat on each line of scones then in the other direction.
- 12.** Repeat until you have a full cross formed on each scone.
- 13.** Bake for 13-15 minutes or until lightly golden and hollow sounding to the touch.
- 14.** Remove from the oven and prepare the glaze immediately
- 15.** In a small bowl heat the apricot jam for 20 seconds, until thin and hot
- 16.** Using a pastry brush glaze each hot scone generously around the top and sides
- 17.** Allow to cool slightly before removing from the baking tray

Colour Me In!



Homemade
GIFTS MADE EASY







Old Irish Stories and Folklore

Easter Described by Bríghid Ní Ódhra in April 1938

We will have Easter next Sunday. The day before is holy Saturday. The sun dances on Easter Sunday morning and in the evening. We are sure that this Easter will be lovely for the weather is lovely. Easter is celebrated in honour of the death and the resurrection of Our Lord. We are sure that we will get holidays at Easter. The sun dances twice a day with joy for it was on Easter Sunday Our Lord rose from the dead. Easter is the nicest season of the year. Friday will be Good Friday the day Our Lord was crucified. The days are lovely and dry, the sun is lovely and hot. The birds are to be heard singing in the sky morning and evening and many times during the day. Easter will only last two weeks. Easter Sunday everyone will get two eggs in the morning. Easter will have two bank holidays, Friday and Monday.

Old Irish Easter Folklore

Taking three sups of Easter water in the name of Holy Trinity.

Easter water sprinkled in houses and fields on May Eve.

Drop of Easter water is put in the first mash of bran given to a cow after calving.

Hair burned from cows udder with a blessed candle when first milked after calving.

Easter water is put into the first churn, into "sciollain". Kept in house for seven years and there is then a cure in it.

Easter Customs in Ireland 1938 by Bridget Claire, Co. Cavan.

There are still some Easter Customs left in this district.

On Easter Sunday morning most people eat two eggs for their breakfast. On that evening children gather together and light a fire outside in the fields. This fire is called cludog. Another custom is that a few days before Easter the poor people send their children around the country gathering eggs for easter. This fire is lit in honour of Saint Patrick lighting his fire on the hill of slain on Easter Saturday. Also the lighting of the fire on Easter Sunday is held in honour of our Lord from the dead.

Easter always comes in April or May. It is a great feast day in all countries. On the night before Easter several of the people do not go to bed the way they would be able to see the sun and moon dancing.

April Traditions of Yesteryear from Philomena Tighe

Children make a picnic every Easter Sunday round here. They usually make it on a hill or in a liss. Long ago they used to be beating one another out in eating the most eggs at this picnic. Children from about 5 years to seventeen or eighteen years old used to go to it. The first of April is called "April Fool Day" in this district because people make April fools of one another. If someone said to a person that there were a lot of parcels in a room for her, and if she did not think of the first of April and she to go to the room and no parcels in it, the other person would say "April fool go to school and kiss the leg of the black stool." Children and grown-up people cod one another for fun. Children make a May-bush on the last day of April for the first of May round here.

Easter Bingo!

Easter Bingo



**An Easter Meditation for A Relaxed Mind:
(To be read out by assistant on hand or by person themselves)**

1. If your condition allows it, sit up right but relaxed in a straight-backed chair with your feet on the floor. If you cannot sit, then lie on a mat or blanket on the floor or on your bed. Allow your arms and hands to be as relaxed as possible.

2. Gently close your eyes and focus your awareness on the breath as it flows into and out of your body. Feel the sensations the air makes as it flows in through your mouth or nose, down your throat and into your lungs. Feel the expansion and subsiding of your chest and belly as you breathe. Focus your awareness on where the sensations are strongest. Stay in contact with each in-breath and each out-breath. Observe it without trying to alter it in any way or expecting anything special to happen.

3. First, feel your hands and arms loosening up, let go of all the tension that's in your body. All you can feel is your own heartbeat, gently beating. You feel calm, you can feel the weight of your body slowly getting heavier and heavier.

4. When your mind wanders, gently shepherd it back to the breath. Try not to criticise yourself. Minds wander. It's what they do. The act of realising that your mind has wandered – and encouraging it to return to focus on the breath – is central to the practice of mindfulness. What do you see? Imagine a

place, person, or time where you have a happy memory. A calming place, it could be the beach, the park, your sitting room, having a cup of tea with a loved one. What makes you most relaxed? Imagine Easter time, a time for spring, a time where the evenings are longer, the air is getting warmer. You can feel the sun on your face. Spend 5 minutes, thinking, talking if you want, about a place that is happy to you.

5. Your mind will eventually become calm – or it may not. If it becomes calm, then this may only be short-lived. Your mind may become filled with thoughts or powerful emotions such as fear, anger, stress or love. These may also be fleeting. Whatever happens, simply observe as best you can without reacting to your experience or trying to change anything. Gently return your awareness back to the sensations of the breath again and again.

6. After a few minutes, or longer if you prefer, gently open your eyes and take in your surroundings.

