

April

Activity Pack

2



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>
Irish Proverbs	6-7
Carrickfergus Song	8-9
Cliffs of Dooneen	10
Help the Bunny find His Basket	11
Memory Game	12
Colour me In	13-16
Easter Word Scramble	17
Easter Trivia Questions	18

Easter ISpy	19
Easter Crossword	20
Aprils Charm Poem	21
Easter Cutouts	22
Easter Brownies	23
Colour me In	24-27
Old Irish Folklore	28-29
Practising Gratitude	30-31
Easter Meditation	32-34

Irish Proverbs: What do you think they mean?

1. Every eye forms its own fancy.....
2. He who loses money, loses much; he who loses a friend, loses more; he who loses faith, loses all.....
3. From the day you marry your heart will be in your mouth and your hand in your pocket.....
4. Better to be fortunate than rich.....
5. When a twig grows hard it is difficult to twist it. Every beginning is weak.....
6. What's good for the goose is good for the gander.....
7. A good retreat is better than a bad stand.
8. The work praises the man.....
9. Continual cheerfulness is a sign of wisdom.....
10. May the hinges of our friendship never grow rusty.
11. God made time, but man made haste.....
12. A good laugh and a long sleep are the best cures in the doctor's book.....
13. If your messenger is slow, go to meet him.....
14. A questioning man is halfway to being wise.....
15. A wren in the hand is better than a crane to be caught.....
16. The light heart lives long.....
17. If you are lucky enough to be Irish, you are lucky enough!.....
18. Say a little and say it well.....

19. No time for health today, no health for your time tomorrow.....
20. There's no need to fear the wind if your haystacks are tied down.....
21. God's help is nearer than the door.....

Carrickfergus performed by The Dubliners

I wish I was in Carrickfergus
Only for nights in Ballygrand
I would swim over the deepest ocean
Only for nights in Ballygrand.

But the sea is wide and I cannot swim over
And neither have I the wings to fly
I wish I had a handsome boatman
To ferry me over my love and I.

My childhood days bring back sad reflections
Of happy times there spent so long ago
My boyhood friends and my own relations
Have all passed on now with the melting snow.

So I'll spend my days in this endless roving
Soft is the grass and shore, my bed is free
Oh to be home now in Carrickfergus
On the long road down to the salty sea.

Now in Kilkenny it is reported

On marble stone there as black as ink
With gold and silver I would support her
But I'll sing no more now til I get a drink.

Cause I'm drunk today and I'm seldom sober
A handsome rover from town to town
Ah but I'm sick now my days are number
Come all me young men and lay me down
Come all me young men and lay me down.

Cliffs of Dooneen by Christy Moore

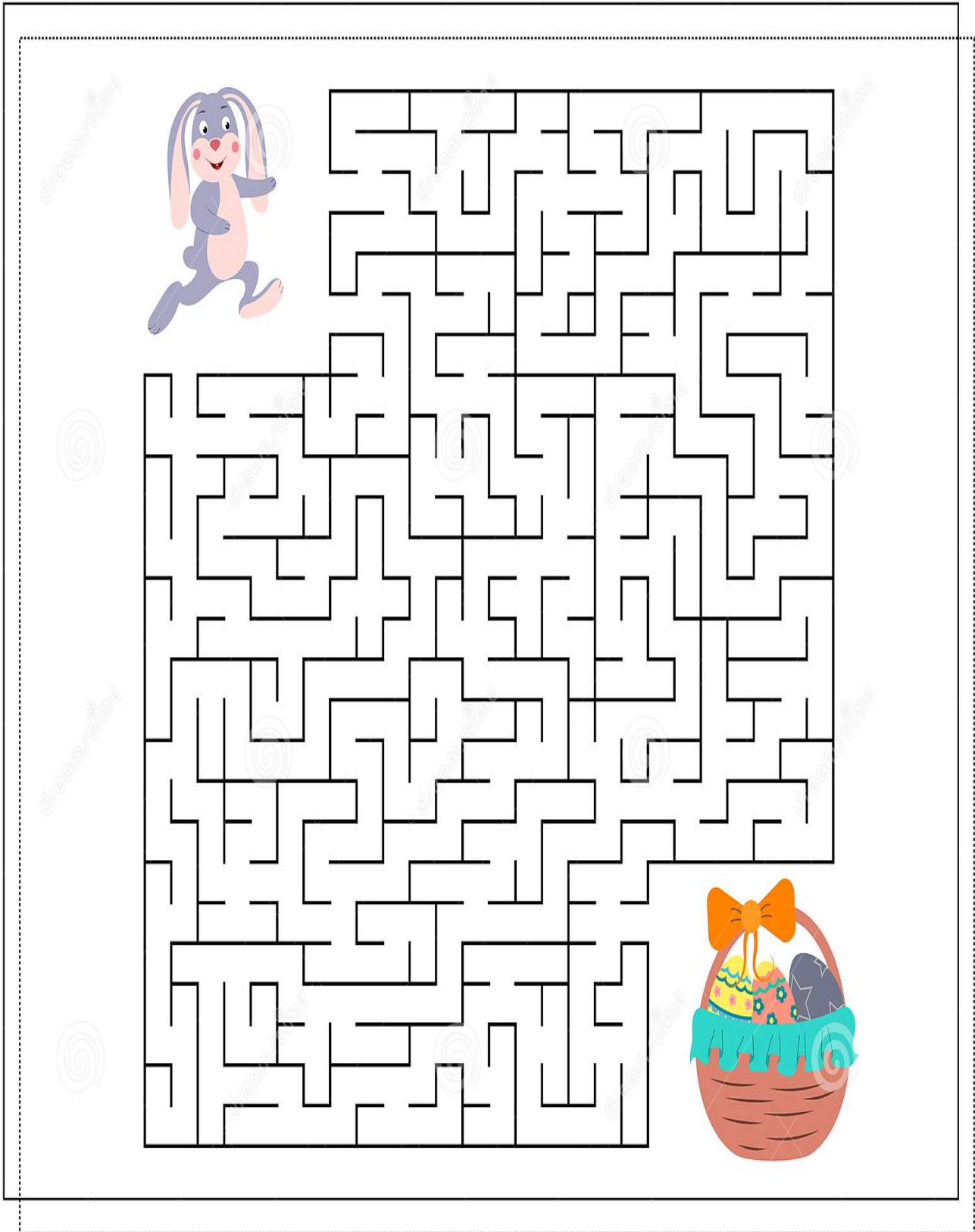
You may travel far far from your own native home
Far away over the mountains far away over the foam
But of all the fine places that I've ever seen,
There's none to compare with The Cliffs of Dooneen.

Take a view over the water fine sights you'll see there
You'll see the high rocky slopes on the West coast of Clare
The towns of Kilrush and Kilkee can be seen
From the high rocky slopes at The Cliffs of Dooneen.

Its a nice place to be on a fine Summer's day
Watching all the wild flowers that ne'er do decay
The hare and lofty pheasant are plain to be seen
Making homes for their young round The Cliffs of Dooneen.

Fare thee well to Dooneen fare thee well for a while
And to all the fine people I'm leaving behind
To the streams and the meadows where late I have been
And the high rocky slopes of The Cliffs of Dooneen.

Can You Help the Bunny to His Basket?



Memory Game!

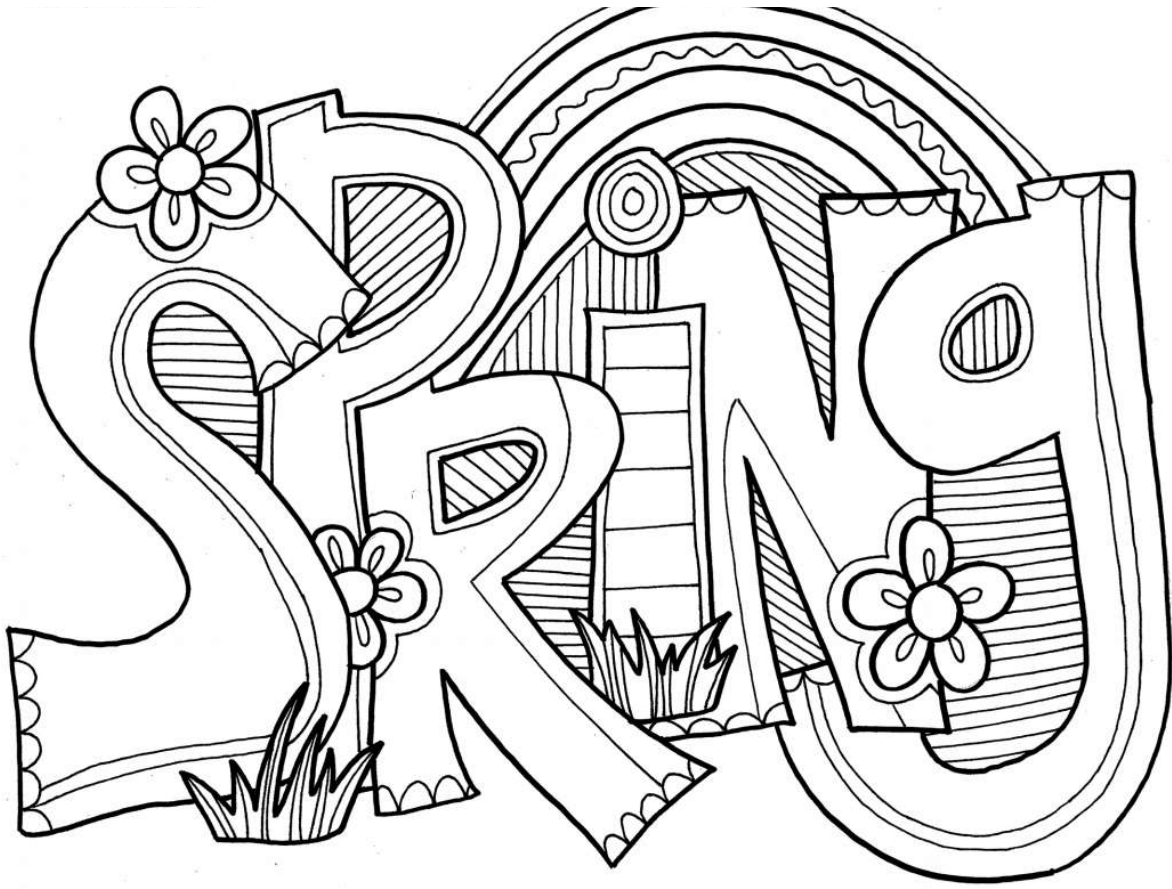
Print these out and see how many you can remember!

MEMORY GAME



Print 2 copies of this sheet then cut out each square. Turn them all face down and turn over 2 at a time until you match all of the pairs.

Colour Me In!





*Homemade
Girls just say*



Easter Word Scramble!

Name: _____

Date: _____

Easter Word Scramble



1. LIYL _____
2. DEHI _____
3. ELEALBJYNS _____
4. ASETER _____
5. HICKC _____
6. PRILA _____
7. SEWLORF _____
8. OMALMSWAHLR _____
9. POH _____
10. USDNAY _____
11. PPEES _____
12. BNNYU _____
13. STKEAB _____
14. SARSG _____
15. NACDY _____
16. NTUH _____
17. GGES _____
18. YED _____
19. NSET _____
20. OTCACHOEL _____

Easter Trivia Questions!

Easter Trivia Quiz













- 1, What was the first Easter basket supposed to resemble?
a, A flower pot b, A fruit basket c, A bird's nest
- 2, What is the Easter egg supposed to symbolize?
a, Fertility b, Hope c, Rebirth
- 3, Approximately how many chocolate Easter bunnies are produced each year?
a, 90 million b, 60 million c, 30 million
- 4, Millions of marshmallow Peeps, a type of Easter candy, are sold each year. Based on sales, which color of Peeps are most popular with consumers?
a, Blue b, Yellow c, Pink
- 5, From what does Easter get its name?
a, Eating b, The pagan goddess, Eostre c, The nor'easter wind
- 6, Where did the tradition of the Easter Bunny originate?
a, Queen Victoria started it b, Among German Lutherans
c, A marketing ploy invented by a French department store
- 7, Who was the jeweler famous for making ornate Easter eggs for the Russian royal family?
a, Fabolous b, Fabio c, Fabergé
- 8, Which roast meat is traditionally associated with Easter?
a, Lamb b, Rabbit c, Chicken
- 9, According to tradition, hot cross buns are made without which ingredient?
a, Salt b, Flour c, Dairy products
- 10, Where will you find the world's largest Easter egg?
a, Canada b, Scotland c, United States
- 11, What do Australian's use to symbolize Easter instead of a rabbit?
a, Koala b, Bilby c, Kangaroo
- 12, What is the traditional name for Easter egg painting?
a, Guacho b, Pysanka c, Quaresima

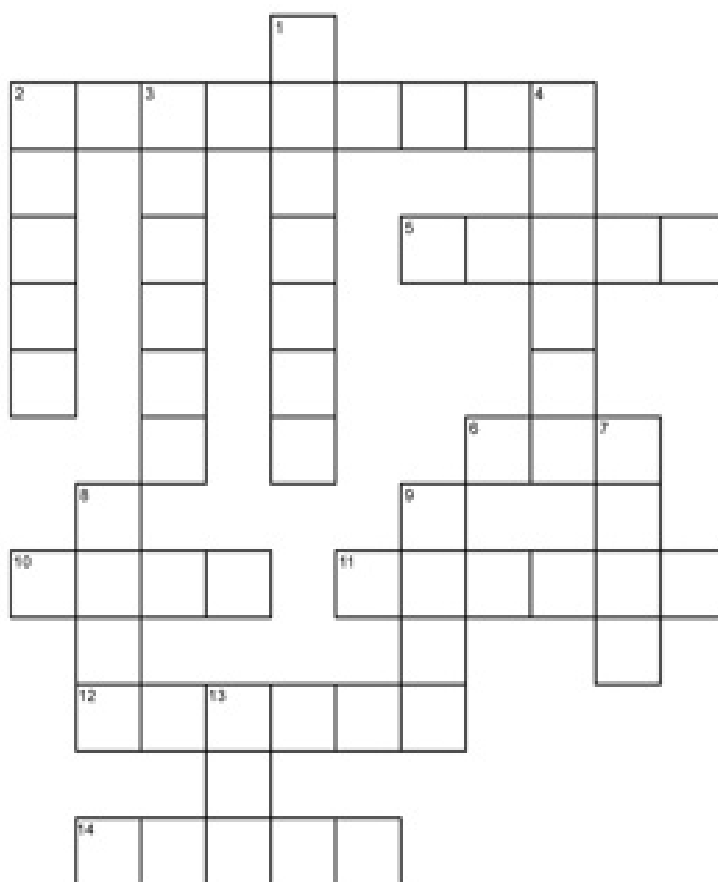
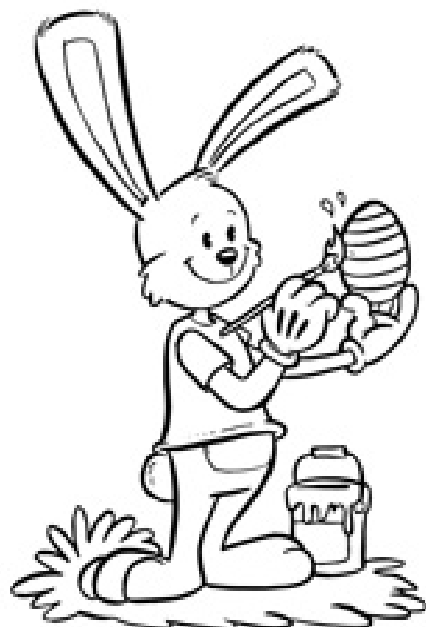
Easter ISpy:

Easter I Spy & Count It

WRITE YOUR ANSWERS IN THE CHART.



	_____
	_____
	_____
	_____
	_____
	_____
	_____
	_____
	_____
	_____
	_____
	_____

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 Cut Outs!
Colour me in and Cut me out:

BUNNY AND CHICK STICK PUPPETS

Print out this template. Color and cut out the animals. Glue each animal on one end of a craft stick or drinking straw to make Easter stick puppets.



Easter Brownies!

How to make:

Ingredients

5 creme eggs
175g/6oz dark chocolate, broken into small pieces
175g/6oz unsalted butter, plus extra for greasing
2 tbsp cocoa powder
3 large free-range eggs
150g/5½oz caster sugar
150g/5½oz light brown sugar
1 tsp vanilla bean paste
115g/4oz plain flour
½ tsp fine sea salt

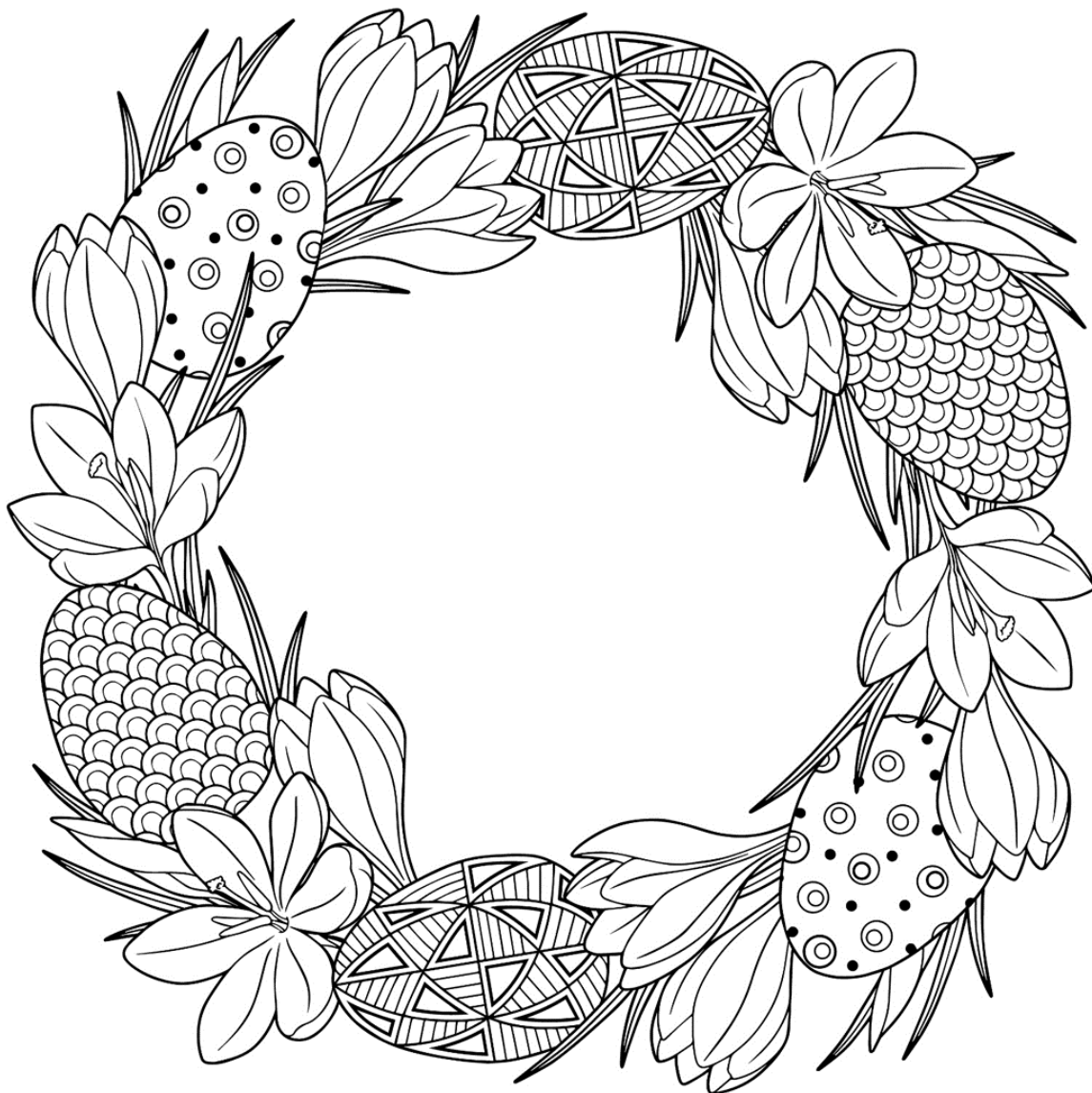
Method:

1. Place the chocolate eggs in the freezer. (This will make them easier to cut cleanly and means they won't melt too much in the oven.) Grease and line a square 20cm/8in cake tin. Preheat the oven to 180C/160C Fan/Gas 4.
2. Place the chocolate, butter and cocoa powder in a heatproof glass bowl and set it over a saucepan of gently simmering water, making sure the water does not touch the bowl. Stir until completely melted and then remove from the heat. In a separate bowl, whisk together the eggs, caster sugar, light brown sugar and vanilla until smooth. Pour into the chocolate mixture and mix well. Add in the flour and salt and mix until smooth. Stir in the shortbread. Pour the mixture into the prepared tin.
3. Take the chocolate eggs out of the freezer and slice them in half vertically. Nestle them into the brownie mixture, with the insides of the eggs facing up, and bake for 27–30 minutes until just set. Remove from the oven and leave to cool completely before slicing into squares.

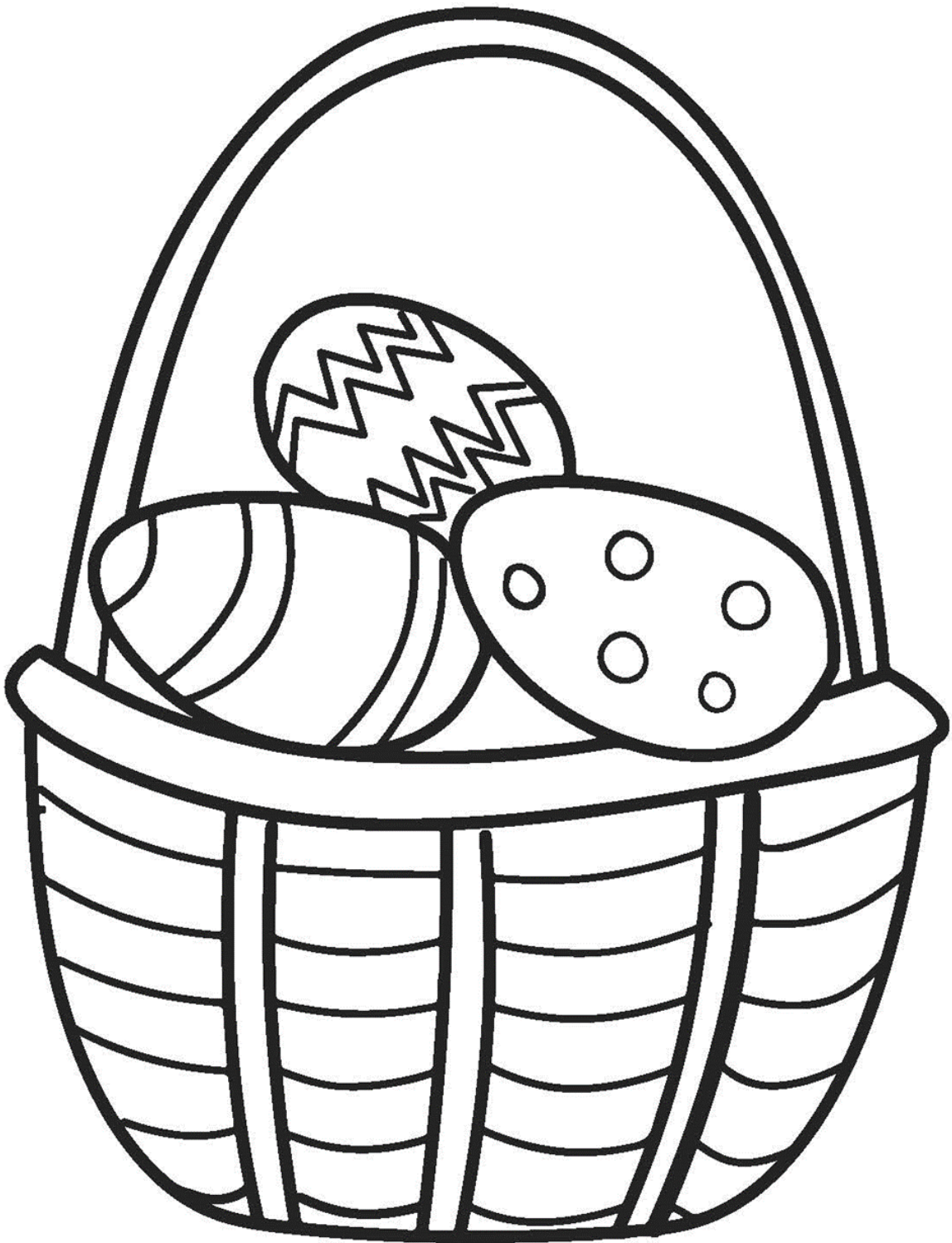


Colour Me In!









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.

Practising Gratitude

It is proven to be beneficial to our mood and health to give thanks each day for 3 things we are grateful to have in our lives. Use the memos below to list things you are grateful for and if it's someone you care about why not let them know?





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.

