101 Activity Suggestions for People Living with Dementia

1. Listen to music  
2. Toss a ball  
3. Colour pictures  
4. Make homemade lemonade  
5. Count trading cards  
6. Clip coupons  
7. Sort poker chips  
8. Read out loud chapters from Harry Potter books or other favourite stories  
9. Rake leaves  
10. String beads  
11. Bake cookies  
12. Take photos of the person and you and create a collage  
13. Brush or comb one another’s hair  
14. Participate in the Alzheimer Society of Ireland’s annual Tea Day  
15. Plant seeds indoors or outdoors  
16. Look at family photographs  
17. Wipe off the kitchen table  
18. Weed the flowerbed or tend to the garden  
19. Fold laundry  
20. Have a friend visit with a well-behaved pet  
21. Cut pictures out of greeting cards or magazines  
22. String Cheerios to hang outside for birds  
23. Ask the person about his or her favourite childhood books or cartoon characters (you can share yours too)  
24. Invite the person to tell you more when he or she talks about a memory  
25. Sort objects by shape or colour  
26. Sing old songs  
27. Bake homemade bread  
28. Put cutlery away  
29. Make a Valentine card  
30. Play favourite songs and sing  
31. Ask the person about his or her brothers or sisters  
32. Make a cherry pie  
33. Play with tops or jacks  
34. Make a scrapbook  
35. Take a walk around the yard  
36. Write a poem together  
37. Reminisce about the first day of school  
38. Play dominoes  
39. Make a fresh fruit salad  
40. Sweep the patio  
41. Colour paper shamrocks green  
42. Fold towels  
43. Have an afternoon tea party  
44. Talk about great inventions  
45. Look through the pages of a clothes catalogue  
46. Look at a map and identify countries  
47. Make a family tree poster  
48. Colour a picture of your country’s flag  
49. Eat a picnic lunch outside  
50. Water house plants

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51 Play horseshoes
52 Dance
53 Watch Sesame Street together
54 Make homemade ice cream
55 Make holiday cards

56 Reminisce about favourite sports activities the person enjoyed while growing up
59 Pop popcorn
60 Give a manicure
64 Finish famous sayings
65 Feed the ducks
69 Sand wood
70 Rub in hand lotion
74 Make peanut butter sandwiches
78 Bake cupcakes and decorate them
82 Cut out pictures from magazines
86 Reminisce about a favourite summer
90 Gather a yellow sponge, crayons, paper and tape and make a SpongeBob Square Pants

83 Put coins in a jar
84 Put bird seed out for the birds
87 Roll yarn into a ball
88 Trace and cut out autumn leaves
91 Wash silverware
92 Give him or her a hug
94 Make a picture frame out of popsicle sticks and glitter
97 Ask the person to talk about his or her favourite sports hero
98 Sort playing cards
99 Wash windows together
101 Ask the person about his or her first car

100 Ask the person about his or her favourite pet

57 Write a letter to a friend or family member
58 Dress in your favourite sports’ teams’ colours
61 Name the presidents/prime ministers
62 Make paper butterflies
63 Plant a tree
66 Model with play dough
67 Look at pictures in a comic book
68 Put a puzzle together
69 Sand wood
70 Rub in hand lotion
71 Arrange fresh flowers
72 Remember famous people
73 Recite nursery rhymes
75 Cut up used paper for scrap paper
76 Blow bubbles
77 Take care of a fish tank
78 Bake cupcakes and decorate them
79 Interview the person about his or her life with a video camera or audio recorder
80 Play Hangman
81 Finger paint
83 Put coins in a jar
85 Cook a favourite family recipe together
87 Roll yarn into a ball
88 Trace and cut out autumn leaves
89 Decorate a pumpkin
90 Gather a yellow sponge, crayons, paper and tape and make a SpongeBob Square Pants
91 Wash silverware
92 Give him or her a hug
93 Ask the person to show you how to knit or sew (or another favourite hobby)
94 Make a picture frame out of popsicle sticks and glitter
95 Play a musical instrument
96 Keep a journal together
97 Ask the person to talk about his or her favourite sports hero
98 Sort playing cards
99 Wash windows together