

July

Activity Pack

A picture containing text, clipart

Description automatically generated



Dear Friends,

We are in the height of summer and my goodness is the sun shining! We hope you are able to safely enjoy being outside with a nice cool drink and a sunhat!

This month’s activity pack theme is “The Great Outdoors” - think camping, campfires, nature trails and singing under the stars.

We have songs, stories and games to pass the time under the summer sun and the mild, bright evenings.

We would love to hear from you if you would like to suggest something, or if you’d like to share your artwork with us and have it featured on our social media. We also welcome poems and stories to be included in the pack if we have any artists or writers out there! Please contact Danielle at danielle.keogh@alzheimer.ie if you’d like to contribute.



***“"There's no wi-fi in the mountains,***

***but you'll find no better connection."***

***– Anonymous***

**Useful Resources:**

* Our Free Helpline is available at: **1800 341 341**
* The ASI are delighted to be working in collaboration with Shelbourne on their upcoming Football Memories event on the

29th of July at 4pm. For an invite, please email: **shelbournefootballmemories@alzheimer.ie**

* We are hosting several 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/>
* M4D Radio is a 24/7 online radio station with songs specifically picked to evoke memories and aid reminiscence. To find out more and to listen, please visit: <https://m4dradio.com/>
* Each Thursday we run the ASI National Virtual Choir. If you would like to join in, sing along or sit back and make some musical memories please email: **asinationalvirtualchoir@alzheimer.ie**
* Emergency Response Numbers: 999 or 112
* HSE 24/7 Your Mental Health Information Helpline: 1800 111 888

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**Spot the Difference**

See if you can see the 5 differences between these two pictures

Diagram

Description automatically generated with medium confidence

**Spot the Difference**

See if you can see the 5 differences between these two pictures

Diagram

Description automatically generated

**The Great Outdoors Wordsearch**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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**Camping Wordsearch**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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**6x6 Sudoku**

* Every square has to contain a single number.
* Only the numbers from 1 through to 6 can be used.
* Each 3×2 box can only contain each number from 1 to 6 once
* Each vertical and horizontal column can only contain each number from 1 to 6 once

A picture containing text, crossword puzzle

Description automatically generated

**Maze Puzzle**

Help bring the marshmallows to the campfire!

Diagram

Description automatically generated with low confidence

**Pictures to Colour**

A picture containing shape

Description automatically generated

A picture containing linedrawing

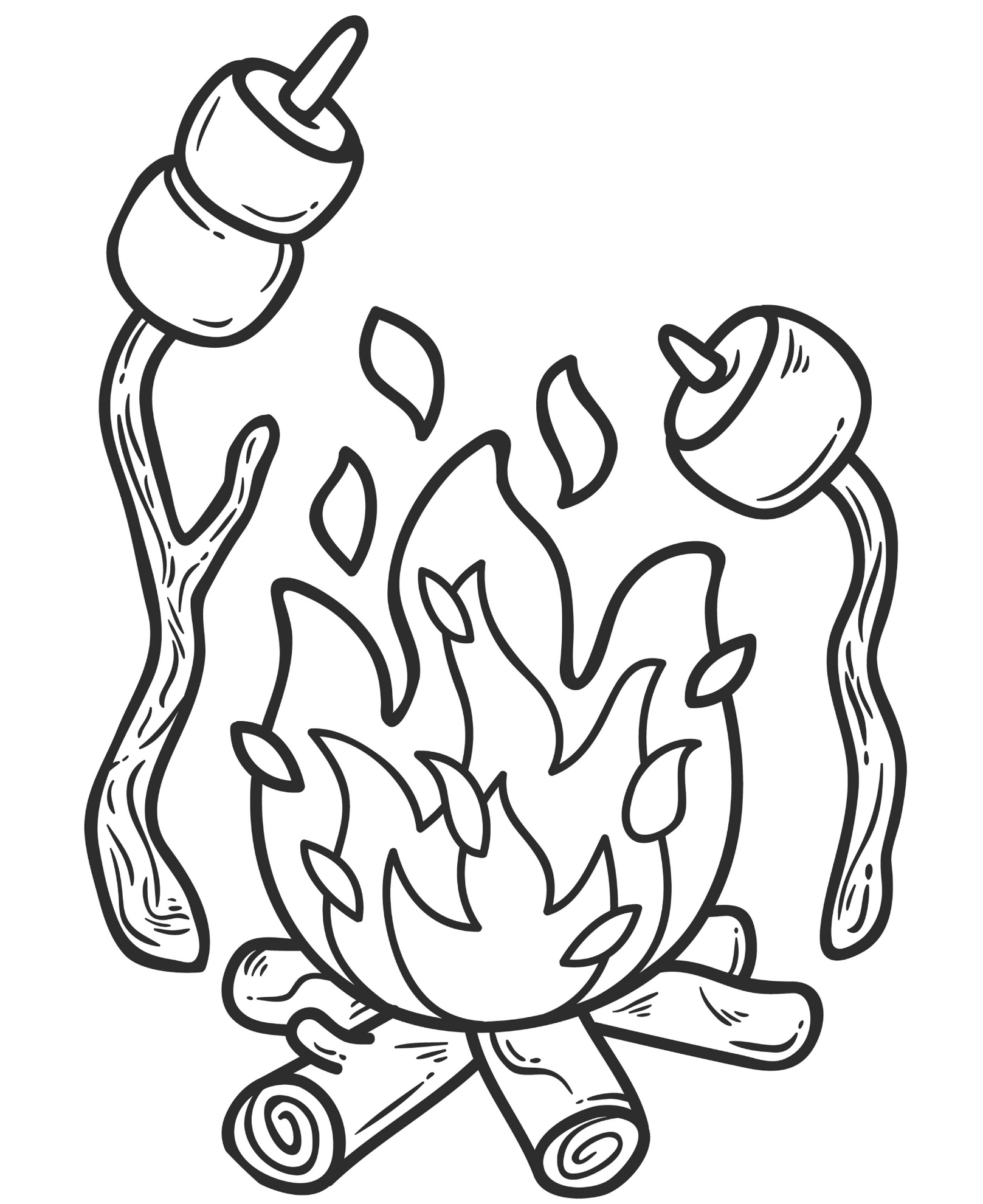
Description automatically generated

Shape

Description automatically generated

A picture containing shape

Description automatically generated



A black and white photo of a glass of beer

Description automatically generated with low confidence

Table

Description automatically generated

ANSWERS:

Table

Description automatically generated

**Mushroom Picking Game**

How many of each type of mushroom can you see?

Background pattern

Description automatically generated

**A Camping Morn by George Miller**

The fire pit has been made

The kindling has been laid

The match was put to the dry, dry wood

And the flames began to play

The fire now is burning bright

The coffee pot is on

It is the way to start the day

On this cloudy, misty morn

The quiet of the darkened night

Flowed back thru greyish mounds

The moon was playing hide and seek

With drifting wispy clouds

A shadow blanketed the camp again

Closing out the morning light

The breeze then chased a leaf down hill

Like a windblown handmade kite

The icy hued moon was sliding

It soon would leave our sight

The hope for sun should soon come about

From this sharp and frosty night

And from the sky quite unexpectedly

Came rain drops as big as grapes

It pattered through the shroud of trees

A whooshing sound it makes

The raindrops hit the burning logs

With a hissing reptile sound

That caused an apparition of pure-white smoke

To eerily hug the ground

As fast as the rain began to fall

It just as quickly did dismiss

And launching shafts of sunlight

Replaced the lingering patchy mist

The sleepy woodlands did then awake

To the grandeur of a brand new dawn

And flitting through that peerless sky

The birds began their morning song!

A picture containing text, clipart, businesscard

Description automatically generated

**Grass by Emily Dickson**

“The grass so little has to do, --

A sphere of simple green,

With only butterflies to brood,

And bees to entertain,

And even when it dies, to pass

In odours so divine,

As lowly spices gone to sleep,

Or amulets of pine.

And then to dwell in sovereign barns,

And dream the days away, --

The grass so little has to do,

I wish I were the hay!”

A picture containing text, clipart

Description automatically generated

**Bed in Summer by Robert Louis Stevenson**

In winter I get up at night

And dress by yellow candle-light.

In summer quite the other way,

I have to go to bed by day.

I have to go to bed and see

The birds still hopping on the tree,

Or hear the grown-up people's feet

Still going past me in the street.

And does it not seem hard to you,

When all the sky is clear and blue,

And I should like so much to play,

To have to go to bed by day?

Diagram

Description automatically generated with low confidence

**An Poc ar Buile (The Mad Puck Goat!)**

**From an original poem by Dónal Ó Mulláin**

**in the early 20th century**

Ag gabháil dom sior chun Droichead Uí Mhóradha,

Píce im dhóid 's mé ag dul i meithil,

Cé casfaí orm i gcuma ceoidh,

Ach pocán crón is é ar buile.

Curfá:

Ailliliú, puilliliú, ailliliú tá an puc ar buile!

Ailliliú, puilliliú, ailliliú tá an puc ar buile!

Do ritheamar trasna trí ruillógach,

Is do ghluais an comhrac ar fud na muinge,

Is treascairt do bhfuair sé sna turtóga,

Chuas ina ainneoin ina dhrom le fuinneamh.

Curfá

Níor fhág sé carraig go raibh scót ann,

Ná gur rith le fórsa chun mé a mhilleadh,

S'Ansan sea do cháith sé an léim ba mhó,

Le fána mhór na Faille Bríce.

Curfá

Bhí garda mór i mBaile an Róistigh,

Is bhailigh fórsa chun sinn a chlipeadh,

Do bhuail sé rop dá adhairc sa tóin ann,

S'dá bhríste nua do dhein sé giobail.

Curfá

I nDaingean Uí Chúis le haghaidh an tráthnóna,

Bhí an sagart paróiste amach 'nár gcoinnibh,

Is é dúirt gurbh é an diabhal ba Dhóigh leis,

A ghaibh an treo ar phocán buile.

Curfá

A picture containing outdoor, mammal, grass, field

Description automatically generated

**Your Campsite!**

Use the signs below to imagine your perfect campsite and what areas you might like to have in it. What might you do in each area?

A picture containing text

Description automatically generated

**Where’s My Tent?**

My tent is pointed in shape…. My tent is near some trees…

My tent are guide ropes attached… Which is my tent?

A picture containing tent, vector graphics, outdoor object

Description automatically generated

Answer: The red tent!

**“The Games I Play” by Geraldine Howard Co.Cork 1938**

The games I play are "Ring a Rosie" "London Bridges" "Jenny Jo" "Pickery" also Skipping and Marbles. I have a bicycle and I go for a sport ride every evening. I am soon going to learn "Tennis" and "Camogie".

When the season comes for blackberry picking I love to go out in the country and spend the evening along by the hedge rows, picking flowers and making chains, and necklaces from them. I like picking mushrooms when the time comes. I also like to go camping in the summer with my companion. In Winter I like skating and snowballing. When the long winter evening comes I like indoor games such as "Ludo" "Draughts" "Blind Man's Buff" "Musical Chairs" and "Burn the Biscuit".



**A Double Scare by P. Garvey Co. Galway**

Once there was a mischievous boy who was very fond playing cards. One night he went playing cards about two miles from his home. He stayed playing cards there until it was very late. It was about one o’clock when he was coming home. There was a grave-yard near the road he had to pass. There were a great number of people coming home from a dance, so the boy thought of a great plan to frighten them. He turned his coat inside out and it’s a white cloth round him, and lay down near the wall.

However there were bandits and thieves camping near the grave-yard. One of them died the day before and their clan wanted to bury him in holy ground and they were not allowed. They thought of a plan to bring the remains of the thief at night-time and bury him, so that nobody would know about it. They succeeded in bringing the coffin into the grave-yard all right, and they left the coffin up on the wall the boy was lying near. They were making great noise and suddenly the boy looked up to see what was making the noise, and there he saw the coffin. He got a terrible fright and he got up and began to roar and run as fast as he could, over ditches and drains until he reached home. The bandits got frightened too when the saw the boy running and roaring with the white cloth over him like a ghost and they ran away also forgetting about the coffin and leaving it on the wall!

**Guided Meditation for Sleep**

**(do this while lying in bed, ready for sleep)**

With your eyes closed, begin to focus on your breathing. Take in a nice, deep breath through your nose and feel it fill up your lungs. Feel your belly fill up with the air, then let it go. As you breathe, you feel the bed rising up to meet and support you, and you allow yourself to grow heavier and heavier with each breath.

Feel your body sinking into the softness of your bed. As your body becomes still, your mind begins to drift. You see a green meadow, soft and peaceful. You feel the breeze blowing against your cheek. You feel the grass underneath your feet. You listen and you hear the stillness of nature. You breathe and look around the meadow. You see the houses down in the valley and the mountains in the distance. You fill your lungs with air. In and out. In and out. With your mind clear of any other thought, you tell yourself this affirmation:

Diagram

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I am peaceful.

I am peaceful.

I am peaceful.