

October

Activity Pack

1



Dear Friends,

As we step into the enchanting month of October, where the air carries a hint of crispness and the leaves transform into a tapestry of autumnal hues, we wanted to take a moment to reach out and convey that you are always in our thoughts. Even though we may not always have the chance to gather in person, we stand ready to offer unwavering support in any way we can.

In the spirit of embracing the changing season and the magical aura that October brings, we have prepared a thrilling array of resources for you to explore. This month's activity pack revolves around the captivating themes of spooky games, cherished Irish traditions, and much more. We believe that these activities will create moments of pure delight and shared memories.

We sincerely hope that this month's pack, filled with fun games and adventures, brings you immense joy, laughter, and a renewed sense of togetherness. As we bid farewell to the warmth of summer, we welcome the cozy and mysterious times ahead.

May October be a month of endless fun, spooky delights, and cherished moments.

If you'd like to share any pictures from your fundraising efforts or local events on our social media, please send your images via email to iseultkinsella@alzheimer.ie



"I'm so glad I live in a world where there are Octobers."

L.M Montgomery

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>
Spot the Difference	6-7
Halloween Maze	8
Halloween Word Search	9
Guess How Many	10
Old Irish Halloween Customs by Emma Wood	11
Irish Halloween Games by Thomas Traynor	12
Easy Halloween Cookies	13-14
Pictures to Colour	15-19

Halloween True or False	20-21
Draw the Pumpkin Faces	22
Happy Halloween Poem	23
A Trio of Limericks to Make You Smile	24-25
Sing Along Hello Mary Lou by Gene Pitney	26-27
Halloween Scavenger Hunt	28
Halloween Word Scramble	29
Quick Meditation for Busy Minds	30-32

Spot the Difference!
Can you find 10 differences?



Spot the Difference!
Can you see 5 differences?



Halloween Maze!:



Halloween Word Search!:

HALLOWEEN WORD SEARCH



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

Ghost	Costume	Broom	Spider	Spooky
Boo	Frankenstein	Bat	Black Cat	Potion
Witch	Skeleton	Mummy	Halloween	Haunted
Pumpkin	Candy	Vampire	Fall	Zombie

Guess How Many!:

How many?



	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

Old Irish Halloween Customs by Emma Wood – Co. Leitrim

Halloween is not spent now like the way it was spent in olden times. In years gone by people used to be preparing for Halloween weeks before, cabbage stumps used to be thrown at the neighbours' doors. Children used to hang up an apple to see who would get a bite off it. At Halloween the housewife makes different things for eating such as, cakes, pies and also some of them make boxty. They put a ring in the cake, a little thimble, and a horseshoe. Some be married before twelve months. If you get the horseshoe it is for good luck. If you get the thimble you will either be a tailor or a dressmaker.



Irish Halloween Games from 1938

(Thomas Traynor, Co Cavan)

Children have a lot of games on Halloween. Some children hang an apple from the top of the house with a string and they try to catch with the mouth without putting the hand to it. The children also put a penny in water and try to take it out with the mouth. Some people put a ring in a cake and say whoever would get the ring would be married first. Three saucers are put on a table - a ring in one, clay in another and water in another. Then a person is blindfolded, and he puts his hand in one of the saucers. if it is the one with the ring on it he will be married, if it is the one with the clay on it he will be buried and if it is the one with the water in it he will cross the sea.

Our gate was left at a neighbour's house and the neighbours gate was left at our house. Some people's doors were tied outside, and cabbage was thrown in on some doors or windows Halloween night.



Easy Halloween Cookies!:



Ingredients:

- 150g butter, softened
- 50g caster sugar
- 100g light brown soft sugar
- 1 tsp vanilla extract
- 1 large egg
- 250g plain flour
- ¼ tsp baking powder
- 100g milk or dark chocolate chips

Method:

STEP 1

Heat the oven to 180C/160C fan/gas 4, and line two baking sheets with baking parchment. Beat the butter and sugars together with an electric whisk until light and fluffy. Add the vanilla and egg and beat again to combine. Stir in the flour and baking powder with a wooden spoon until you have a stiff dough, then fold in the chocolate chips.

STEP 2

Divide the dough into 20 pieces and roll into balls. Arrange on the prepared baking sheets, well spaced out so there's space for spreading (you may need to bake them in batches). Press the tops of the cookies down very slightly using the palm of your hand or the bottom of a glass. Bake the cookies for 10-12 mins until golden around the edges, then leave to cool on the baking sheets for 10 mins. Transfer to wire racks and leave to cool completely.

STEP 3

To make the spider cookies, lay 10 of the cooled cookies out in front of you. Spoon the melted chocolate into a pipng bag and the royal icing into another, then snip off the ends using scissors. Pipe a dot of royal icing onto the back of two Maltesers, and arrange these onto one of the cookies to create the head and body of the spider. Repeat with the remaining nine cookies and the rest of the Maltesers. Pipe eight spider legs around the bodies of the spiders using the chocolate. Pipe two small dots of royal icing onto the heads to create eyes, then pipe very small dots of chocolate over the eyes to create pupils. If you like, decorate the bodies with the royal icing.

STEP 4

To make the bat cookies, lay the remaining 10 cookies out in front of you. Separate the cream-filled chocolate sandwich cookies, and carefully scrape the cream filling off the chocolate cookie pieces. Cut the chocolate cookie pieces into semicircles using a small serrated knife. Stick a caramel-filled chocolate onto the middle of each cooled cookie using the royal icing, then use a little more to stick a chocolate cookie semicircle on either side of the chocolates to make the bat wings. Pipe eyes onto the chocolates using the royal icing and melted chocolate.

Pictures to Colour!:











Halloween True or False!:

1. True or False: In Irish folklore, a 'puca' is a mischievous fairy known for granting wishes to those who can catch it.

Answer: True

2. True or False: Halloween is always celebrated on the same date, October 31st.

Answer: True

3. True or False: The traditional Halloween activity of "bobbing for apples" is believed to have originated in Ireland.

Answer: True

4. True or False: The famous magician Harry Houdini died on Halloween.

Answer: False

5. True or False: According to Irish superstition, finding a spider on Halloween is considered good luck.

Answer: True

6. True or False: The pumpkin spice latte is the most popular beverage associated with Halloween.

Answer: True

7. True or False: In Irish mythology, leprechauns are known for their helpful and generous nature.

Answer: False

8. True or False: Owls are often associated with Halloween because they were believed to be witches in disguise.

Answer: True

9. True or False: The concept of wearing costumes on Halloween originated from the belief that disguising oneself would ward off evil spirits.

Answer: True

10. True or False: The Irish name for Halloween is "All Hallows' Eve."

Answer: True

Draw the Pumpkin Faces!:

Use the pictures below to create faces for each pumpkin



Happy



Silly



Scary



Surprised



Sleepy



Laughing

Happy Halloween Poem!:

It`s late and we are sleepy,

The air is cold and still.

Our jack-o-lantern grins at us

Upon the window sill.

We`re stuffed with cake and candy

And we`ve had a lot of fun,

But now it`s time to go to bed

And dream of all we`ve done.

We`ll dream of ghosts and goblins

And of witches that we`ve seen,

And we`ll dream of trick-or-treating

On this happy Halloween.

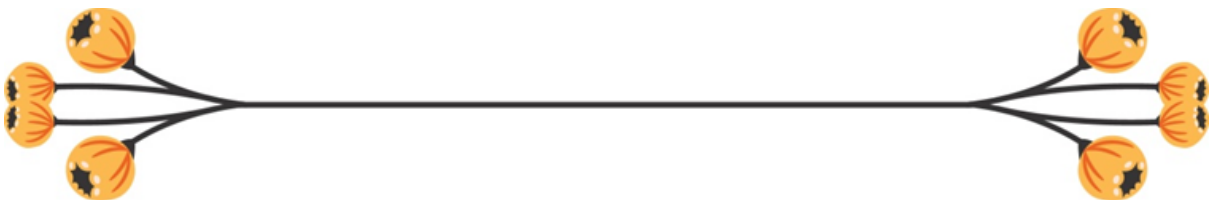


A Trio of Limericks to Make You Smile!:

There was a young lady named Rose,
Who had a large wart on her nose.
When she had it removed,
Her appearance improve,
But her glasses slipped down to her toes.



An elderly man called Keith
Mislaid his set of false teeth -
They'd been laid on a chair,
He'd forgot they were there,
Sat down, and was bitten beneath.



There was an Old Man with a beard,
Who said, 'It is just as I feared!
Two Owls and a Hen,

Four Larks and a Wren,
Have all built their nests in my beard!

Sing-Along: Hello Mary Lou by Gene Pitney!:

Hello Mary Lou, goodbye heart
Sweet Mary Lou I'm so in love with you.
I knew Mary Lou, we'd never part
So hello Mary Lou, goodbye heart.
You passed me by one sunny day
Flashed those big brown eyes my way
And oh I wanted you forever more.
Now I'm not one that's get around
I swear my feet's stuck to the ground
And though I never did meet you before,

I said:

Hello Mary Lou, goodbye heart
Sweet Mary Lou I'm so in love with you.
I knew Mary Lou, we'd never part
So hello Mary Lou, goodbye heart.
I saw your lips, I heard your voice
Believe me I just had no choice
Wild horses couldn't make me stay away

I thought about a moonlit night
My arms around you good and tight
That's all I had to see for me to say

Hey, hey, hey.

Hello Mary Lou, goodbye heart
Sweet Mary Lou I'm so in love with you.

I knew Mary Lou, we'd never part
So hello Mary Lou, goodbye heart.

Halloween Scavenger Hunt!:

Halloween Scavenger Hunt



*The night is full of
tricks and treats.
Check the place where
you sit down and eat.*



*Witches fly on brooms
and wear pointed hats.
Look where you wipe your
feet on the doormat.*



*Dont wake the tired
monsters, dont make a peep.
Youll find this next clue
where you lay down to sleep.*



*Some creatures on Halloween
can give you quite a scare.
Follow this riddle for your
clue up the stairs.*



*Look up to the sky and
see how ghosts float.
Find your final reward
by the TV remote.*



*Get up and try a funny
Frankenstein walk.
Then run outside to find
a clue in the mailbox.*

Halloween Word Scramble!



Halloween Word Scramble



Unscramble the given Halloween themed words and join them to the pictures.

rowcaresc _____

nechtsleo _____

vireapm _____

focfni _____

tichw _____

dizarw _____

kumpinp _____

onestgaver _____

robom _____

doulcron _____

dalnce _____

dspeir _____

foelwrew _____

ozbiem _____



Quick Meditation for Busy Minds!:

This quick relaxation script will describe how to relax even though you are busy. After a short intro, the relaxation takes only 30 seconds. When you are short on time, it can be particularly challenging to make relaxation a regular part of your day. You might recognize the benefits of relaxing, but still can't find the time to sit down and actually practise relaxation techniques.

Right now, take 30 seconds to relax your body and reduce stress.

Stand up or otherwise change positions.

Roll your shoulders forward... and now roll your shoulders back.

Clench your hands into fists... hold... and release.

Stretch your arms out and stretch your hands wide open, reaching up above your head. Spread your fingers wide. Reach your arms high.

Now relax your hands and lower your arms.

Lower your shoulders, away from your ears. Ease your shoulders back slightly. Let your shoulders relax.

Relax your jaw by dropping the lower jaw slightly. Make sure your teeth aren't touching.

Now count silently as you breathe:

Inhale... two, three, four...

pause...two, three....

exhale...two, three, four five....

[Repeat until 28 seconds have passed.]

Change positions one more time, and then get back to your day!

