

October

Activity Pack

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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

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Halloween Memory Game!:

Print out the sheet, cover each section and see if you can guess where the characters went!

Halloween Memory Game



Spot the Difference!
Can you see 5 differences?



Halloween Word Search!:

Halloween word search

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

Bats
Scary
Black
Skeleton
Candy



Boo
Halloween
Vampire
Ghost
Spooky

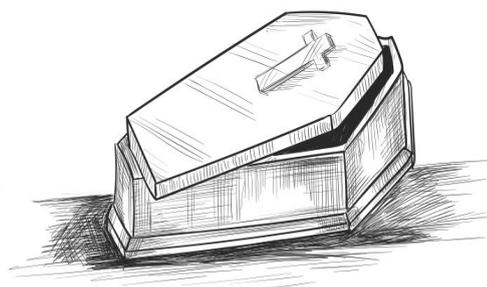
Monster
Witch
October
Zombie
Spiders



Halloween Trivia Questions!:

SPOOKY HALLOWEEN TRIVIA QUIZ

1. On which date does Halloween fall?
2. What is the word Halloween an abbreviation of?
3. What is a group of witches called?
4. What would you traditionally bob for at Halloween parties?
5. Where did bobbing for apples originate?
6. What is the traditional name for a pumpkin with a face carved into it, when it is illuminated from within by a candle?
7. What were Jack O'Lanterns carved from before pumpkins were used?
8. Which song was a 1973 hit for Bobby "Boris" Pickett and the Crypt-Kickers? (lyric clue: it was a graveyard smash.)
9. Where do real vampire bats live?
10. List the signs that someone's a werewolf.
11. Who wrote the novel "Dracula"?
12. Count Dracula is based on a real person from history - what was his name?
13. Name the country over which Vlad Dracula once ruled, which still considers him a national hero?
14. Some people claim to be real vampires: true or false?
15. Halloween was first celebrated by who?



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.



How Jack'O Lanterns Originated in Ireland!:

People have been making jack-o'-lanterns at Halloween for centuries. The practice originated from an Irish myth about a man nicknamed "Stingy Jack." According to the story, Stingy Jack invited the Devil to have a drink with him. True to his name, Stingy Jack didn't want to pay for his drink, so he convinced the Devil to turn himself into a coin that Jack could use to buy their drinks.

Once the Devil did so, Jack decided to keep the money and put it into his pocket next to a silver cross, which prevented the Devil from changing back into his original form.

Jack eventually freed the Devil, under the condition that he would not bother Jack for one year and that, should Jack die, he would not claim his soul. The next year, Jack again tricked the Devil into climbing into a tree to pick a piece of fruit. While he was up in the tree, Jack carved a sign of the cross into the tree's bark so that the Devil could not come down until the Devil promised Jack not to bother him for ten more years.

Soon after, Jack died. As the legend goes, God would not allow such an unsavoury figure into heaven. The Devil, upset by the trick Jack had played on him and keeping his word not to claim his soul, would not allow Jack into hell.

He sent Jack off into the dark night with only a burning coal to light his way. Jack put the coal into a carved-out turnip and has been roaming the Earth with it ever since. The Irish began to refer to this ghostly figure as "Jack of the Lantern," and then, simply "Jack O'Lantern."



Lets Make Some Bats Craft!:

Lets make some spooky bats to hang up

What You'll Need:

- Black cardstock (Or regular paper that you can paint black or whatever colour you like!)
- Paint
- Empty Toilet Roll (if you have no paper)
- Scissors
- Ruler
- Tacky glue
- Scotch tape
- Googly eyes
- Glue tape

Instructions:

- Cut out Bat Template (provided below) and trace this over black paper or else get your toilet roll or paper.
- Glue or tape the paper around your paper roll. You can also paint the paper roll the colour of your choice.
- Cut out the bat wings.
- Cut out 2 small triangles for the bat ears and glue to the top front of the paper roll.
- Glue on 2 googly eyes for the eyes.
- Cut out 2 white fangs from white paper or cardstock.
- Your toilet paper roll bats are now finished!

Remember, you can punch two holes in the top of the bats if you want to hang them, and you can decorate them however you! The toilet roll can also be replaced with orange card to create pumpkins!



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.

Match the Music!:



Halloween MUSIC MATCH

Match the classic Halloween song to the artist or band that made it. The most correct wins!



- 1) The Monster Mash _____
- 2) I Put A Spell On You _____
- 3) This Is Halloween _____
- 4) Superstition _____
- 5) Ghostbusters _____
- 6) Time Warp _____
- 7) Somebody's Watching Me _____
- 8) Spooky Scary Skeletons _____
- 9) Heads Will Roll _____
- 10) Jeepers Creepers _____
- 11) Toxic _____
- 12) Do You Believe In Magic _____
- 13) Witchcraft _____
- 14) Evil Woman _____
- 15) Season Of The Witch _____
- 16) Pet Sematary _____
- 17) People Are Strange _____
- 18) Witchy Woman _____
- 19) Highway To Hell _____
- 20) Scary Monsters (And Super Creeps) _____

- A) Screamin Jay Hawkins
- B) Andrew Gold
- C) Rocky Horror Picture Show
- D) Stevie Wonder
- E) Yeah Yeah Yeahs
- F) The Lovin' Spoonful
- G) Frank Sinatra
- H) Electric Light Orchestra
- I) The Ramones
- J) The Doors
- K) AC/DC
- L) The Eagles
- M) David Bowie
- N) Britney Spears
- O) Donovan
- P) Creedence Clearwater Revival
- Q) Rockwell
- R) Ray Parker Jr.
- S) Danny Elfman
- T) Bobby Borris Pickett



Name: _____

Score: _____

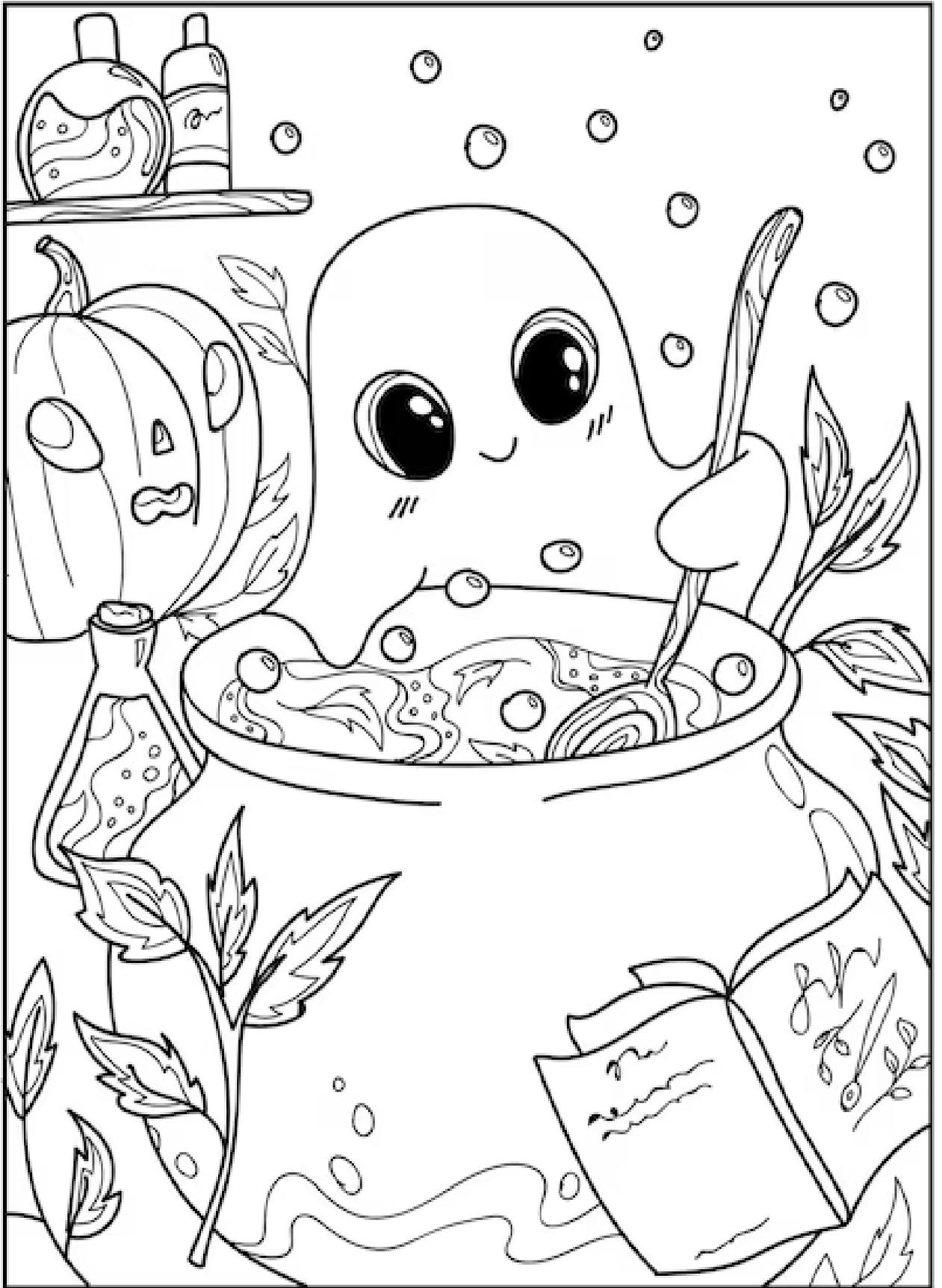
Pictures to Colour!:













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.

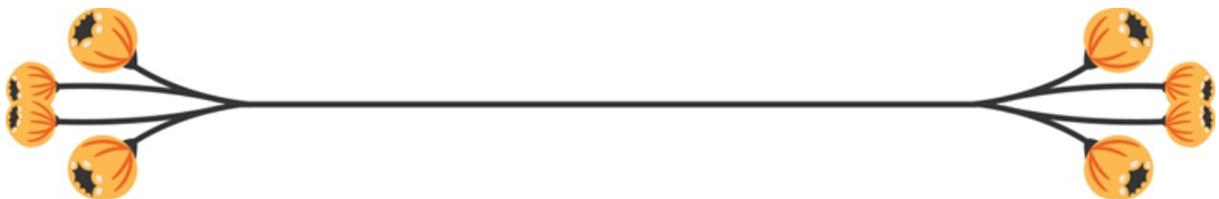


A Trio of Limericks to Make You Smile!:

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!

