



THE Alzheimer

SOCIETY OF IRELAND



2026

Activity Pack One
Active Engagement



Activity Pack One

Active Engagement



2026



Dear Friends,

As May arrives, bringing warmer days, blooming gardens, and a gentle sense of energy in the air, this month's activity pack is all about creativity, movement, and enjoying the richness of the season. We hope these activities inspire moments of connection, relaxation, and simple joy.

To keep minds active and engaged, we've included a crossword, wordsearch, Sudoku, and maths squares. These puzzles offer a mix of challenge and fun, perfect for quiet time or sharing together while keeping thinking skills gently stimulated.

This month's creative activities celebrate colour and imagination. From bubble art to colouring pages, there are plenty of opportunities to explore creativity in a light and playful way. Our poetry and song lyrics invite reflection, conversation, and perhaps even a singalong, bringing a sense of familiarity and warmth. Our featured story, *The Butterfly* by Hans Christian Andersen, is a thoughtful and gentle tale that encourages discussion and reflection, while offering a moment to enjoy storytelling together.

For something hands-on in the kitchen, we're making oat bread — a simple, wholesome recipe that fills the room with comforting aromas and offers a satisfying treat to share.

Movement and wellbeing are also a focus this month. Activities using hats bring a fun sensory element to movement, while our movement and relaxation exercises encourage gentle stretching, awareness, and calm.

Whether you're creating, solving, baking, moving, or simply enjoying a story, we hope this May pack brings moments of ease, enjoyment, and connection. Wishing you a bright, warm, and joyful May.

Send us images of your creations to: communityengagement@alzheimer.ie for a chance to be featured on our social media or in the next issue.

And as always, our Free Helpline is here for you. You can reach us at Phone: [1800 341 341](tel:1800341341) or Email: helpline@alzheimer.ie.



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Bubble Art

Materials Needed

- 3 cups
- 3 straws
- Card or small canvas'
- Water
- Washing up liquid
- Paints



TUTORIAL AVAILABLE AT:

[HTTPS://VIRTUALDEMENTIAHUB.IE/CATEGORY/ART/CRAFTS/](https://virtualdementiahub.ie/category/art/crafts/)

Check out the below for some inspiration!



Instructions

Step One:

Pour water into cups, filling halfway.



Step Two:

Add in a squirt of washing-up liquid to each cup.



Step Three:

Add paint to each cup. For stronger colours, add a little more paint.



Step Four:

Using a straw, blow into the cups, creating bubbles. **Be careful when blowing into the cups, not to drink the solution. One person can blow, and the other can transfer the colour to the paper.**



Instructions

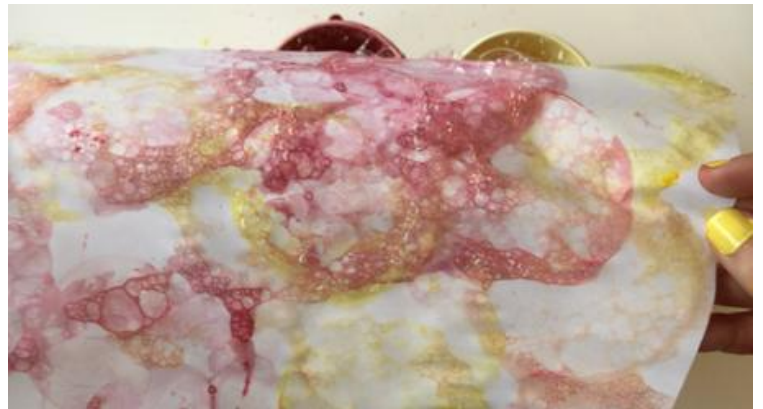
Step Five:

Hold a piece of paper over the cups to transfer the colour.



Step Six:

Admire your creation.



You can add different elements in order to have really creative pieces of art.

Or use tape to create negative space.



The Butterfly

By Hans Christian Anderson



There was once a butterfly who wished for a bride, and, as may be supposed, he wanted to choose a very pretty one from among the flowers. He glanced, with a very critical eye, at all the flower-beds, and found that the flowers were seated quietly and demurely on their stalks, just as maidens should sit before they are engaged; but there was a great number of them, and it appeared as if his search would become very wearisome. The butterfly did not like to take too much trouble, so he flew off on a visit to the daisies.

The French call this flower “Marguerite,” and they say that the little daisy can prophesy. Lovers pluck off the leaves, and as they pluck each leaf, they ask a question about their lovers; thus: “Does he or she love me?—Ardently? Distractedly? Very much? A little? Not at all?” and so on. Every one speaks these words in his own language. The butterfly came also to Marguerite to inquire, but he did not pluck off her leaves; he pressed a kiss on each of them, for he thought there was always more to be done by kindness.





“Darling Marguerite daisy,” he said to her, “you are the wisest woman of all the flowers. Pray tell me which of the flowers I shall choose for my wife. Which will be my bride? When I know, I will fly directly to her, and propose.”

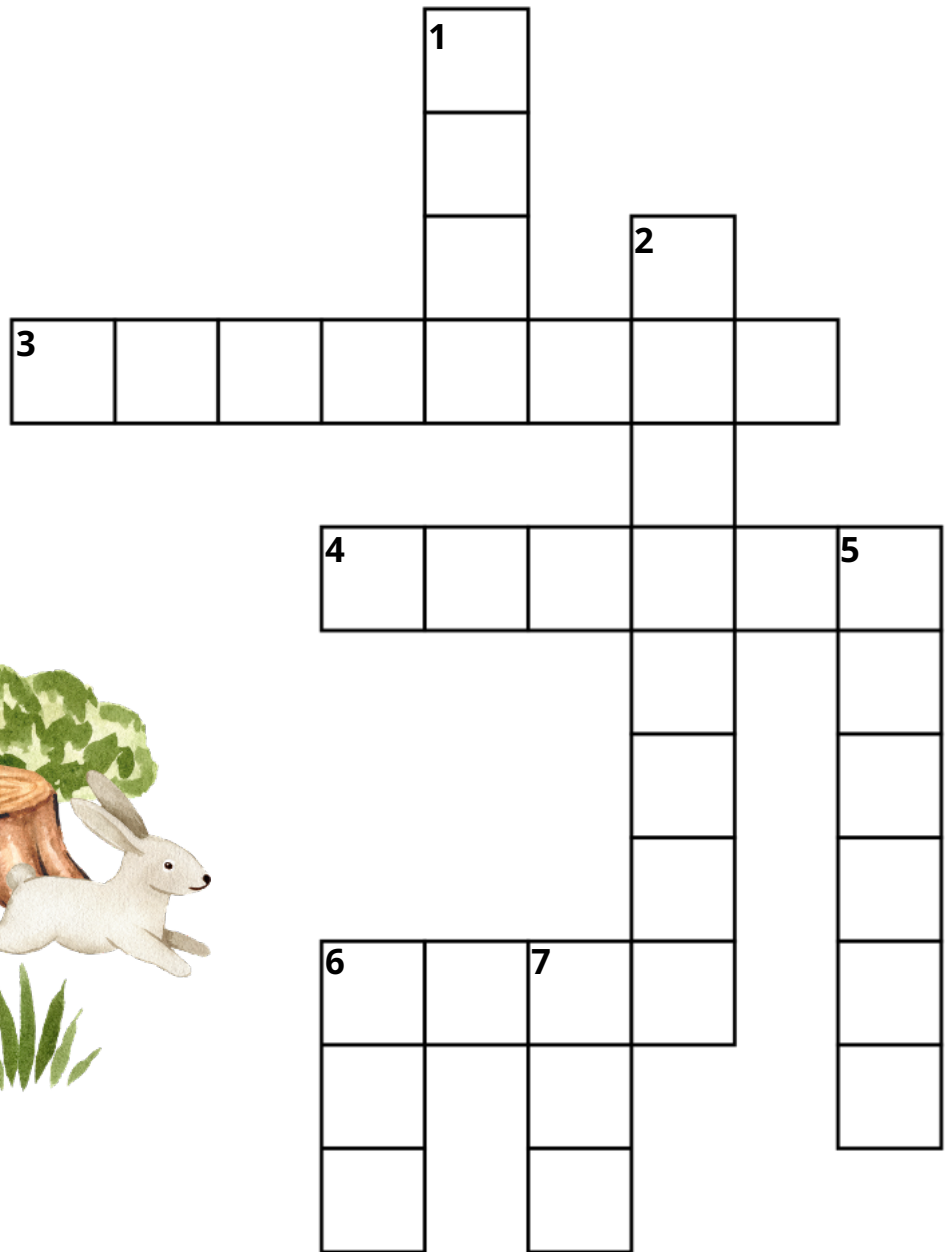
But Marguerite did not answer him; she was offended that he should call her a woman when she was only a girl; and there is a great difference. He asked her a second time, and then a third; but she remained dumb, and answered not a word. Then he would wait no longer, but flew away, to commence his wooing at once. It was in the early spring, when the crocus and the snowdrop were in full bloom. “They are very pretty,” thought the butterfly; “charming little lasses; but they are rather formal.”

Then, as the young lads often do, he looked out for the elder girls. He next flew to the anemones; these were rather sour to his taste. The violet, a little too sentimental. The lime-blossoms, too small, and besides, there was such a large family of them. The apple-blossoms, though they looked like roses, bloomed to-day, but might fall off to-morrow, with the first wind that blew; and he thought that a marriage with one of them might last too short a time. The pea-blossom pleased him most of all; she was white and red, graceful and slender, and belonged to those domestic maidens who have a pretty appearance, and can yet be useful in the kitchen. He was just about to make her an offer, when, close by the maiden, he saw a pod, with a withered flower hanging at the end.



The End

Animals of the Forest Crossword



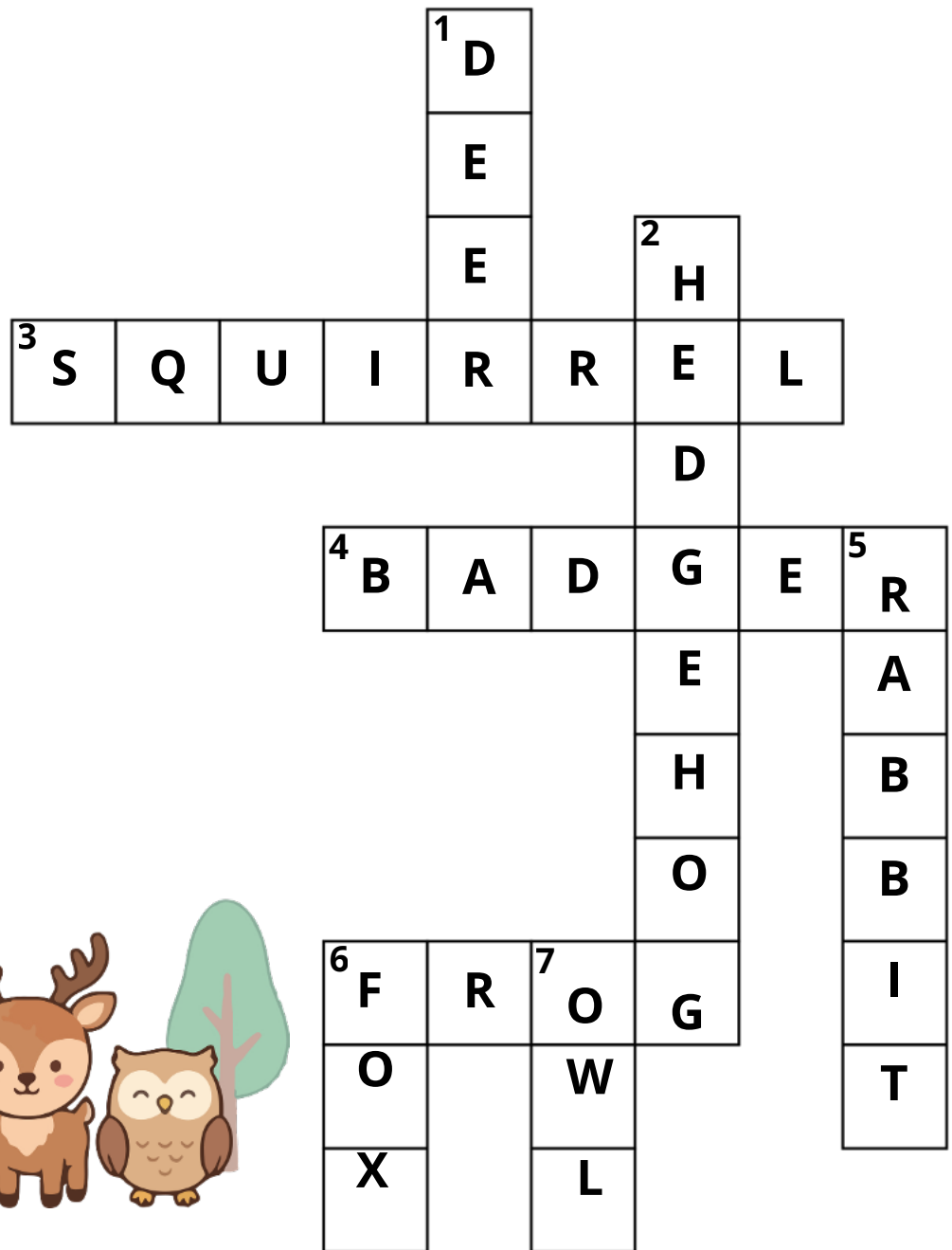
Down

- [1] A woodland animal with antlers.
- [2] Can roll into a prickly ball when threatened.
- [5] Fluffy and cute, this animal makes its home underground.
- [6] An animal whose battle is the name of a dance.
- [7] Night hunter that flies silently and can turn its head 360'

Across

- [3] A small agile animal that collects nuts and stores them in its cheeks.
- [4] A black & white animal that lives in burrows.
- [6] A cold-blooded animal that jumps around and catches flies on its tongue.

Solution



Down

- [1] A woodland animal with antlers.
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Wordsearch



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



Pear

Melon

Peach

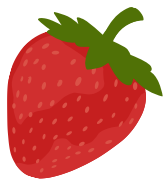
Lemon

Apple

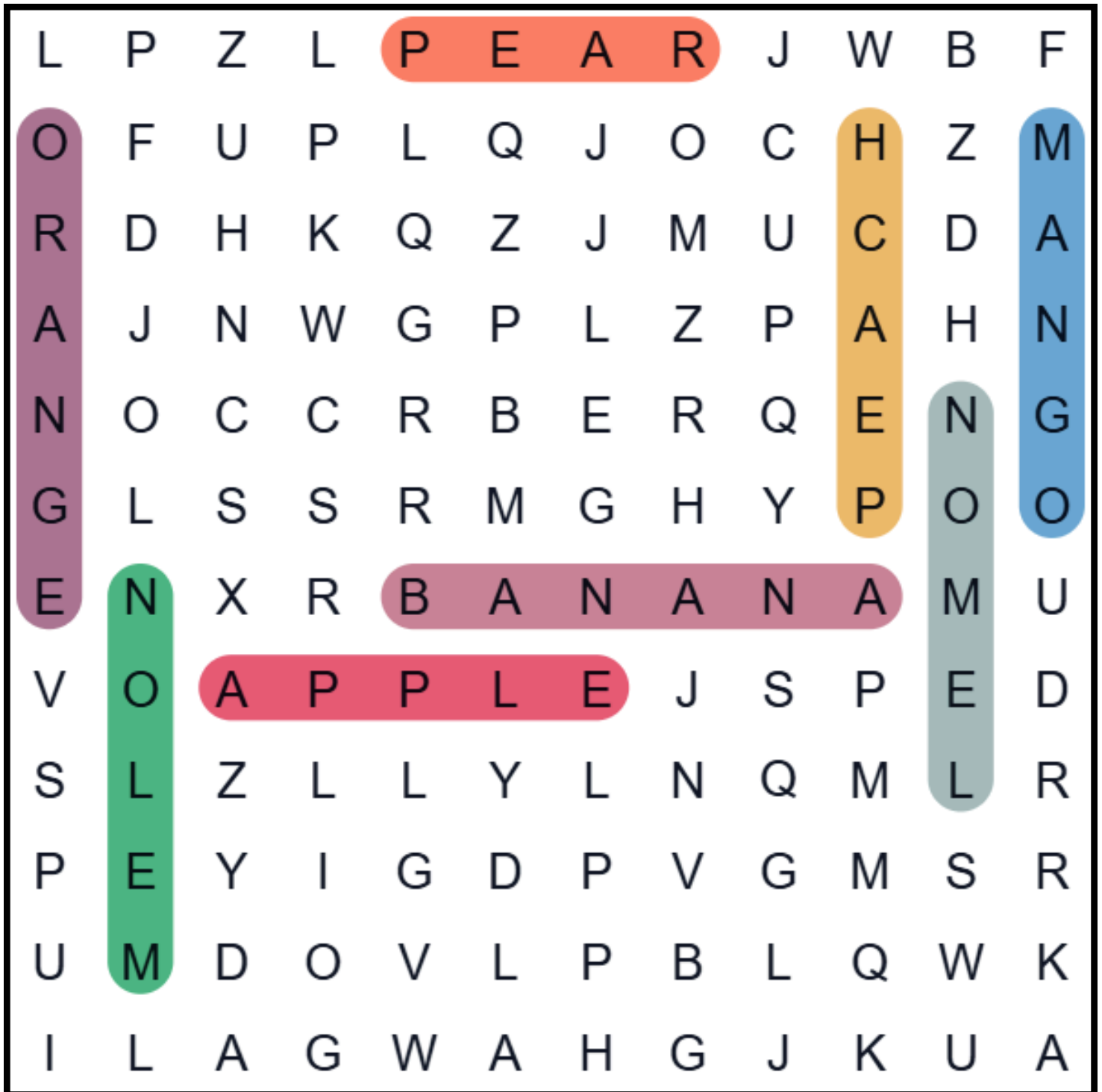
Orange

Mango

Banana



Wordsearch



Pear

Melon

Peach

Lemon

Apple

Orange

Mango

Banana

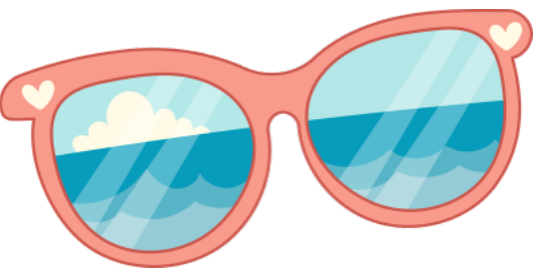




Sudoku

Fill in the puzzle so that every row across, every column down and every 4 by 4 box contains the numbers 1 to 4.

1		4	2
			3
3			
2			4



Sudoku

Fill in the puzzle so that every row across, every column down and every 4 by 4 box contains the numbers 1 to 4.

			4
2			
	2		1
1		4	



Sudoku

Fill in the puzzle so that every row across, every column down and every 4 by 4 box contains the numbers 1 to 4.

			1
			3
2	1		4
	3	1	2

Solutions

Puzzle 1

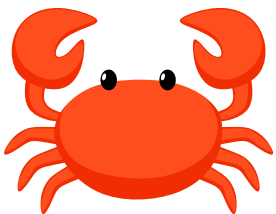
1	3	4	2
4	2	1	3
3	4	2	1
2	1	3	4

Puzzle 2

3	1	2	4
2	4	1	3
4	2	3	1
1	3	4	2

Puzzle 3

3	2	4	1
1	4	2	3
2	1	3	4
4	3	1	2





Maths Squares



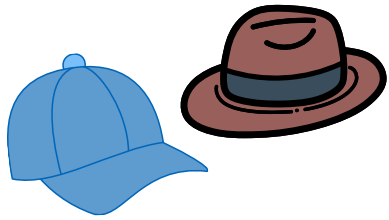
The missing values are the whole numbers between 1 and 16. Each number is only used once. Each row is a math equation. Each column is a math equation.

8	+		+	4	+		33
-		-		+		+	
16	-	10	+		+		22
-		+		+		+	
	+		-		+		13
-		-		+		+	
11	+	7	-	5	-		0
-22		10		29		25	

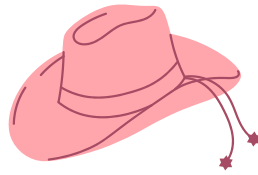
Solutions



8	+	12	+	4	+	9	33
-		-		+		+	
16	-	10	+	14	+	2	22
-		+		+		+	
3	+	15	-	6	+	1	13
-		-		+		+	
11	+	7	-	5	-	13	0
-22		10		29		25	



HATS



Gather in a circle. Give everyone a hat. They can be any type of material.

Top hats, bowler hats, sun hats, caps, flat caps.

Have a read through the instructions and use what works best for you.

Originally featured in *Home Made Circus* by Upswing. <https://l1nq.com/9inzhgs>

Exploring Hats

- Start by feeling the hat, exploring the material it's made from before placing it on your head.
- Encourage people to tip their hat to their neighbour. Try tipping the hat on and off to different people across the circle.

Supports making connections

Exploring Hats

- Try balancing the hat on different parts of your body.
 - Elbow
 - Knee
 - Fist
 - Shoulder

Great for concentration, focus and balancing skills.

Working with a Partner

- Working with a partner, place a hand on the rim of each other's hat
- On the count of 3 each person removed their partner's hat and placed it on their own head. Repeat the action.

Making connections with a partner and improving timing and coordination.

Working with the Group

- Add people to the circle and pass the hats around
- If someone is finding it difficult to move their hat, their partner can move theirs and their own.

Encourages interaction and ensures everyone can engage

Great for 1 to 1

HATS

Challenge

One

Basic Hat Tumble - Best to use Bowler hat style or Fedora

- Hold the rim of the hat in one hand and stretch out your arm so the top of the hat faces away from you.
- Flick your wrist so the top of the hat turns over and rests on your inner forearm.
- Fold your elbows whilst lifting up your arm, and finally place the hat on your head.

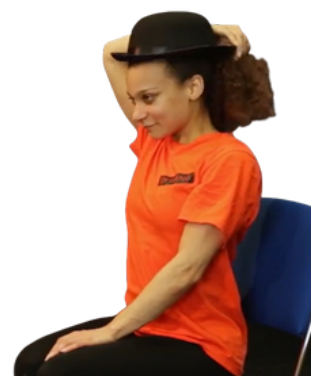
The hat tumble can be done slowly or quickly

Challenge

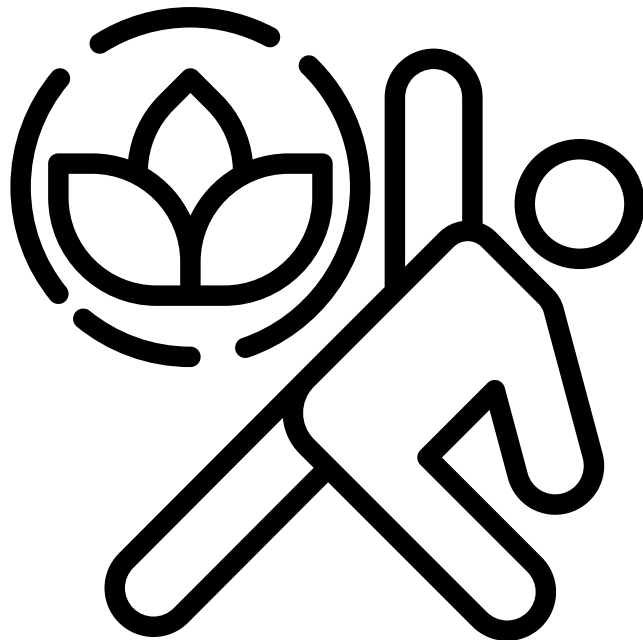
Two

- Reverse the order of the basic hat tumble, but remember that you start by reaching over your head to grasp the rim of the hat from the back before unfolding to your elbow and flicking out to your wrist.

Hats can be used for many tricks - see what moves you can come up with.



Gentle Movement and Relaxation



1. Arriving & Grounding (1–2 minutes)

“Let’s begin by taking a moment to arrive.”

Invite posture awareness:

“Sit or stand tall but relaxed. Let your feet connect with the floor. Let your hands rest easily, wherever feels right.”

Breath awareness:

“Take a slow breath in through the nose... and gently breathe out through the mouth.”

Pause.

“Again, breathing in... and breathing out, letting the body soften.”

Optional sensory focus:

“Notice the feeling of the floor beneath your feet, or the chair supporting you.”

2. Warm-Up: Arms, Shoulders & Upper Body (2 minutes)

“We’ll gently wake up the upper body now.”

Shoulders

Slowly roll the shoulders backwards 3 times

Then forwards 3 times

“Let the movement be slow and easy.”

Arms

“Now let your arms float out to the sides, like opening wide wings...”

Lift arms gently

Lower them with control

Repeat 3 times.

“If lifting both arms feels too much, one arm at a time is perfect.”





3. Flowing Movement with Imagery (2 minutes)

“Now we’ll move with a little flow.”

Reaching & Gathering

“Imagine reaching up towards the sky, gently stretching...”

Reach one arm up, then the other

Slowly lower arms as if gathering air or light

Repeat 2–3 rounds.

Side Stretch

“Let one arm lift slightly as you lean to one side, not far, just enough to feel a stretch.”

Return to the centre

Switch sides

“Move only as far as feels comfortable.”

4. Hands, Fingers & Fine Movement (1–2 minutes)

“Now let’s bring attention to the hands.”

Slowly spread fingers wide

Then softly curl them in

Repeat 4–5 times.

“You might imagine squeezing a soft sponge... and then letting go.”

Optional coordination

“If you like, gently tap each finger to the thumb, one at a time, at your own pace.”



5. Gentle Neck & Head Awareness (1–2 minutes)

“We’ll ease the neck now.”

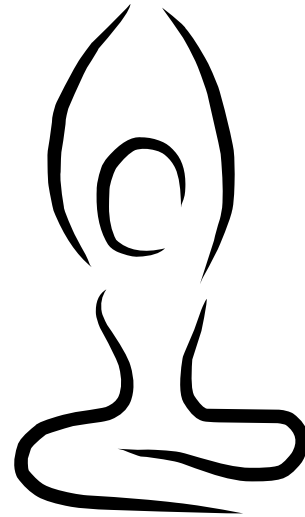
Slowly turn head to the right, pause

Back to centre

Slowly turn to the left, pause

Back to centre

“The movement can be very small.”



Optional:

“You may gently lower the chin towards the chest... and slowly lift the head back up.”

6. Settling & Short Guided Calm (1–2 minutes)

“Let’s come back to stillness.”

Invite hands to rest.

“Close your eyes if that feels comfortable, or soften your gaze.”

Calming imagery:

“Imagine yourself in a peaceful place, perhaps by the sea, in a garden, or somewhere familiar and safe.”

Pause.

“With each breath out, let the body relax a little more.”

Silence for 10–15 seconds.



7. Closing & Return (1 minute)

“Begin to bring your attention back.”

Gentle finger wiggles

Small foot movements

“Take one last comfortable breath in... and breathe out.”

“When you’re ready, allow your eyes to open and take in the room around you.”

Facilitation Notes (optional for you)

- Encourage choice, not correction
- Demonstrate movements clearly
- Allow time for processing and imitation
- Keep language present-focused and reassuring



Oat Bread

Ingredients

- 1 large pot full-fat natural yoghurt (500ml)
- 500g Oats
- 1 egg
- 1 egg yolk
- ½ tsp. salt
- ¾ tsp. bread soda
- 50g mixed seeds

Prep Time: 5 minutes

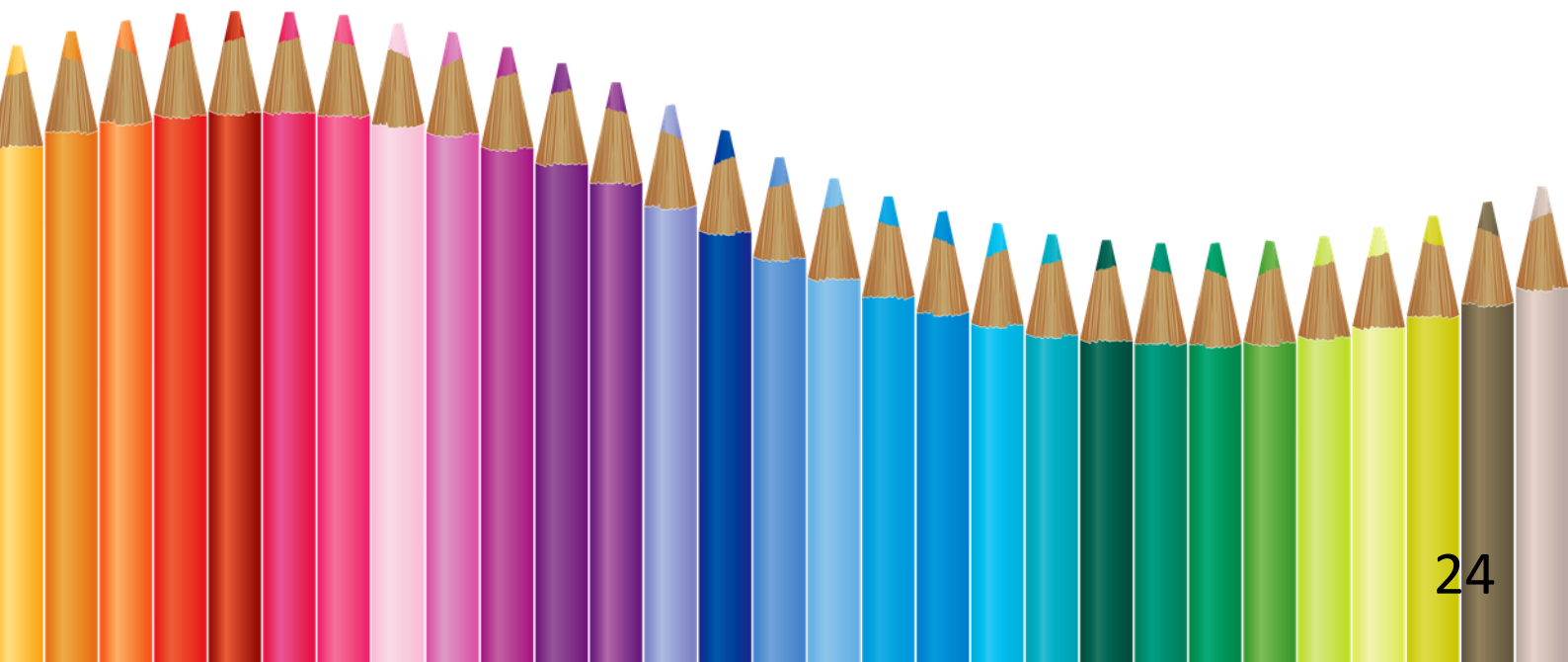
Cook Time: 1 hour

Method

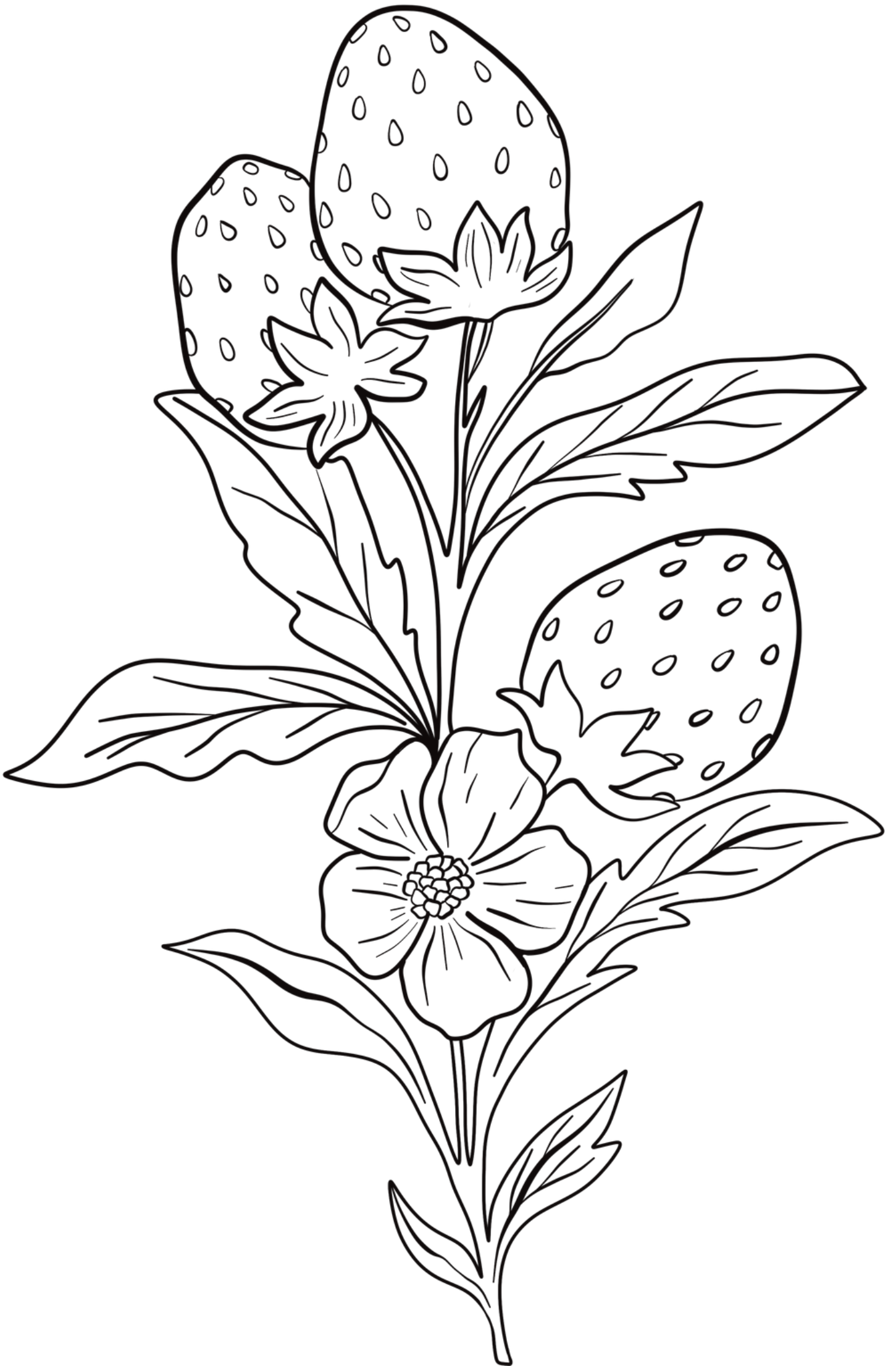
1. Preheat oven to 170°C. Grease a loaf tin
2. Mix all the ingredients together in a large bowl, pour into the tin and bake for an hour.

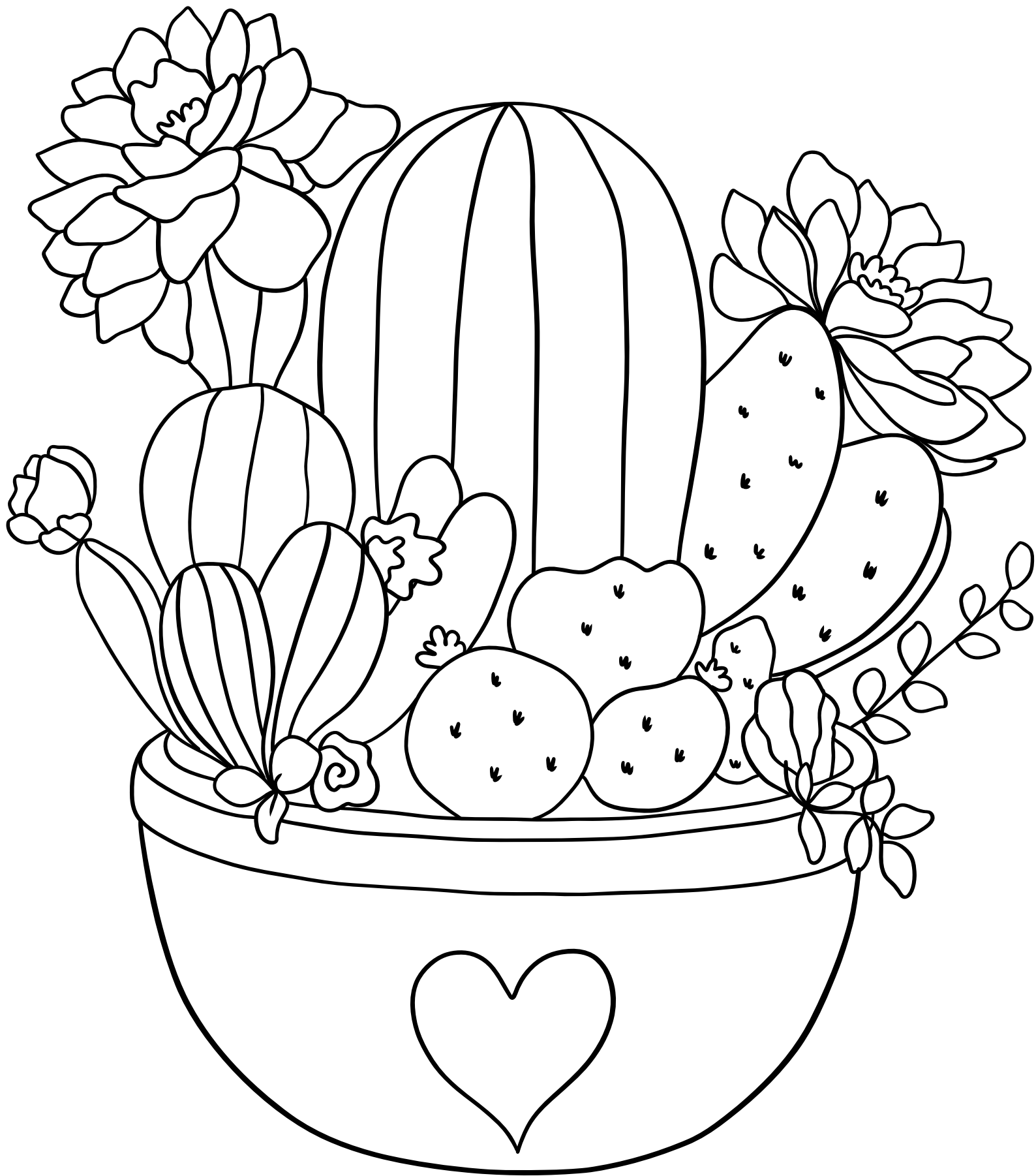


Colouring Pages



















May And The Poets

By James Henry Leigh Hunt

There is May in books forever;
May will part from Spenser never;
May's in Milton, May's in Prior,
May's in Chaucer, Thomson, Dyer;
May's in all the Italian books:--
She has old and modern nooks,
Where she sleeps with nymphs and elves,
In happy places they call shelves,
And will rise and dress your rooms
With a drapery thick with blooms.
Come, ye rains, then if ye will,
May's at home, and with me still;
But come rather, thou, good weather,
And find us in the fields together.



Ode, Composed On A May Morning

by William Wordsworth



While from the purpling east departs
The star that led the dawn,
Blithe Flora from her couch upstarts,
For May is on the lawn.
A quickening hope, a freshening glee,
Foreran the expected Power,
Whose first-drawn breath, from bush and tree,
Shakes off that pearly shower.

All Nature welcomes Her whose sway
Tempers the year's extremes;
Who scattereth lustres o'er noon-day,
Like morning's dewy gleams;
While mellow warble, sprightly trill,
The tremulous heart excite;
And hums the balmy air to still
The balance of delight.

Time was, blest Power! when youth and maids
At peep of dawn would rise,
And wander forth, in forest glades
Thy birth to solemnize.
Though mute the song---to grace the rite
Untouched the hawthorn bough,
Thy Spirit triumphs o'er the slight;
Man changes, but not Thou!

Thy feathered Lieges bill and wings
In love's disport employ;
Warmed by thy influence, creeping things
Awake to silent joy:
Queen art thou still for each gay plant
Where the slim wild deer roves;
And served in depths where fishes haunt
Their own mysterious groves.



Continued

Cloud-piercing peak, and trackless heath,
Instinctive homage pay;
Nor wants the dim-lit cave a wreath
To honor thee, sweet May!
Where cities fanned by thy brisk airs
Behold a smokeless sky,
Their puniest flower-pot-nursling dares
To open a bright eye.

And if, on this thy natal morn,
The pole, from which thy name
Hath not departed, stands forlorn
Of song and dance and game;
Still from the village-green a vow
Aspires to thee addrest,
Wherever peace is on the brow,
Or love within the breast.

Yes! where Love nestles thou canst teach
The soul to love the more;
Hearts also shall thy lessons reach
That never loved before.
Stript is the haughty one of pride,
The bashful freed from fear,
While rising, like the ocean-tide,
In flow the joyous year.

Hush, feeble lyre! weak words refuse
The service to prolong!
To yon exulting thrush the Muse
Entrusts the imperfect song;
His voice shall chant, in accents clear,
Throughout the live-long day,
Till the first silver star appear,
The sovereignty of May.



May Day

by Gabriel Rosenstock

On the first day of May
the people of the crofter townland
are up betimes and busy as bees
about to swarm.

This is the day of migrating,
'bho baile gu beinn,'
from townland to moorland,
from the winter homestead
to the summer sheiling.

The summer of their joy is come,
the summer of the sheiling,
the song, the pipe,
and the dance,
when the people ascend the hill
to the clustered bothies,
overlooking the distant sea
from among the fronded ferns
and fragrant heather,
where neighbour meets neighbour,
and lover meets lover.



Something's Cookin' in the Kitchen

DANA



Well I'm your ten star blue plate special
I've always heard you say
But you're treating me tonight
Like I'm left over's in the greasy spoon café
And you're my high class de-luxe menu
With genuine meal appeal
But now you got some doubts about me eating out
And you know that just ain't real

Cos something's cookin' in the kitchen
Something's brewin' in the air
Something's burnin' in your microwave
And freezin' in your Frigidaire
Something's cookin' in the kitchen
Something's steamin' up the room
Something's broken down your thermostat
'N' I'm pickin' up a feelin'
You're gonna hit the ceilin' soon

Baby, there's one lesson you oughta know I've learned
When you order what you want in other restaurants
You're sure to get your fingers burned
So try to be a little more tender
C'mon fall right off that bone
'Cos I don't go chasin' after hamburger
When I got steak at home



The Letter

The Box Tops

[Verse 1]

Gimme a ticket for an aeroplane
Ain't got time to take a fast train

[Refrain]

Lonely days are gone, I'm a-goin' home
My baby just wrote me a letter

[Verse 2]

I don't care how much money I gotta spend
Got to get back to my baby again

[Refrain]

Lonely days are gone, I'm a-goin' home
My baby just wrote me a letter

[Bridge]

Well, she wrote me a letter
Said she couldn't live without me no more
Listen, mister, can't you see –
I got to get back to my baby once more?
Any way, yeah

[Verse 1]

Gimme a ticket for an aeroplane
Ain't got time to take a fast train

[Refrain]

Lonely days are gone, I'm a-goin' home
My baby just wrote me a letter

[Bridge]

Well, she wrote me a letter
Said she couldn't live without me no more
Listen, mister, can't you see –
I got to get back to my baby once more?
Any way, yeah

[Verse 1]

Gimme a ticket for an aeroplane
Ain't got time to take a fast train

[Refrain]

Lonely days are gone, I'm a-goin' home
My baby just wrote me a letter
Because my baby just wrote me a letter



(I Can't Get No) Satisfaction

The Rolling Stones



[Chorus]

I can't get no satisfaction
I can't get no satisfaction
'Cause I try, and I try, and I try and I try
I can't get no, I can't get no

[Verse 1]

When I'm driving in my car
And that man comes on the radio
And he's telling me more and more
About some useless information
Supposed to fire my imagination
I can't get no, oh no, no, no
Hey, hey, hey, that's what I'll say

[Chorus]

I can't get no satisfaction
I can't get no satisfaction
'Cause I try, and I try, and I try, and I try
I can't get no, I can't get no

[Verse 2]

When I'm watching my TV
And a man comes on and tells me
How white my shirts can be
Well, he can't be a man 'cause he doesn't smoke
The same cigarettes as me
I can't get no, oh no, no, no
Hey, hey, hey, that's what I say

[Chorus]

I can't get no satisfaction
I can't get no girl reaction
'Cause I try, and I try, and I try, and I try
I can't get no, I can't get no

[Verse 3]

When I'm riding 'round the world
And I'm doing this and I'm signing that
And I'm trying to make some girl
Who tells me, "Baby, better come back, maybe next week"
'Cause you see, I'm on a losing streak
I can't get no, oh no, no, no
Hey, hey, hey, that's what I'll say

[Outro]

I can't get no, I can't get no
I can't get no satisfaction
No satisfaction, no satisfaction, no satisfaction
I can't get no





Useful Resources

HELPFUL LINKS

- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>.
- Virtual Dementia Hub: <https://virtualdementiahub.ie/>

CAFÉS

- We are hosting several Alzheimer Cafés this month. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit: www.alzheimer.ie/service/alzheimer-cafe/.

SOCIAL CLUBS

- These are a social gathering where people can drop in to chat, access information and support, and meet other people. Click the link below to find your nearest Social Club <https://alzheimer.ie/service/socialclub/>.
- Engaging Dementia Rainbow Virtual Café is held online via Zoom on the last Friday of each month (excluding bank holidays). This is a welcoming space for older persons within the LGBT+ community, as well as family supporters, healthcare workers and proactive allies. virtualcafe@engagingdementia.ie



MUSIC

- **The Virtual Dementia Hub**

<https://virtualdementiahub.ie/category/music/>

- The Virtual National Choir Contact: Catherine Bartels Phone: 086 0490548 Email: cbartels@alzheimer.ie
- Let's Sing Together: <https://youtu.be/KEFAxePeZ18>
- Playlist for Life: <https://www.playlistforlife.org.uk/>
- The Story of Playlist for Life: <https://www.youtube.com/watch?v=eWgBlmVQXoM>

MEDITATION

- The Virtual Dementia Hub

<https://virtualdementiahub.ie/category/lifestyle/relaxation/>

- Love Meditation: <https://www.youtube.com/watch?v=IViX4VrPU2s>
- 5 Minute Meditation: <https://www.youtube.com/watch?v=zH7vKIVaNes>
- Box Breathing Exercise: <https://www.youtube.com/watch?v=oN8xV3Kb5-Q>
- Chair Yoga: <https://www.youtube.com/watch?v=-rBDxFKJtIE>



OTHER

- The Virtual Dementia Hub: Museum
<https://virtualdementiahub.ie/category/art/imma/>
- Beautiful Relaxing Music: <https://www.youtube.com/watch?v=IFcSrYw-ARY>
- Calm Classical: https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1
- Valentine's Activities for Seniors: <https://dementiawho.com/10-easy-valentines-crafts-for-dementia-caregivers-to-try/>
- Tactile Activities for People with Dementia:
<https://www.youtube.com/watch?v=p5SvKDsFHVg>
- Spring Crafts: <https://loaids.com/spring-crafts-for-seniors/>
- Online Colouring: <https://coloring-for-adults.com/all-coloring-pages>
- Irish Museum of Modern Art <https://imma.ie/learn-engage/imma-horizons/>

REMINISCENCE

- www.thereplay.ie

COLOURING FROM

- <https://www.vecteezy.com/vector-art/28633002-autumn-coloring-pages-cute-fall-coloring-pages-autumn-coloring-pages-for-adults-kindergarten-fall-coloring-pages-fall-coloring-pages-for-adults-pumpkin-coloring-pages>
- <https://momlovesbest.com/fall-coloring-pages>
- <https://artprojectsforkids.org/category/view-by-media/coloring-page/fine-art-coloring-pages/>