



THE Alzheimer  

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SOCIETY OF IRELAND

May  
2026

**Activity Pack Two**  
**Relaxed Engagement**



# Activity Pack Two

# Relaxed Engagement

may

2026



Dear Friends,

As May unfolds with longer days, fresh greenery, and a gentle warmth in the air, this month's activity pack is centred on creativity, light movement, and moments of calm enjoyment. We hope these activities bring a sense of connection, relaxation, and seasonal joy.

To keep minds engaged, we've included a crossword and wordsearch, offering a fun and relaxing way to pass the time while gently supporting focus and thinking skills. These can be enjoyed individually or shared together.

For creativity and expression, this month includes bubble art, colouring, poetry, and song lyrics. These activities celebrate imagination and the beauty of the season, encouraging conversation, reflection, and perhaps a familiar tune or two.

Our story this month, *The Butterfly* by Hans Christian Andersen, is a charming and thoughtful tale, perfect for reading together and sparking gentle discussion. In the kitchen, we're making oat bread — a simple and wholesome recipe that's both comforting and satisfying, ideal for sharing.

Movement and wellbeing also play an important role this month. Our movement and sensory activity using hats adds a fun and interactive element, while the movement and relaxation exercises offer a chance to unwind, stretch, and enjoy a peaceful moment.

Whether you're creating, reading, moving, or sharing time together, we hope this May pack brings comfort, creativity, and connection.

Wishing you a bright, peaceful, and refreshing May.

Send us images of your creations to: [communityengagement@alzheimer.ie](mailto: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](mailto: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

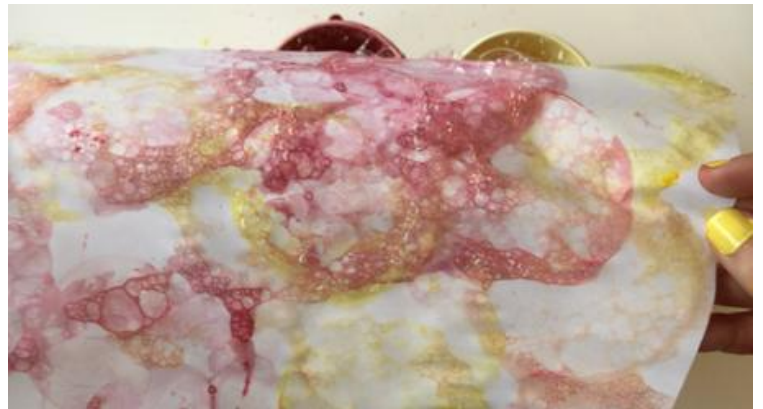
## Step Five:

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.”

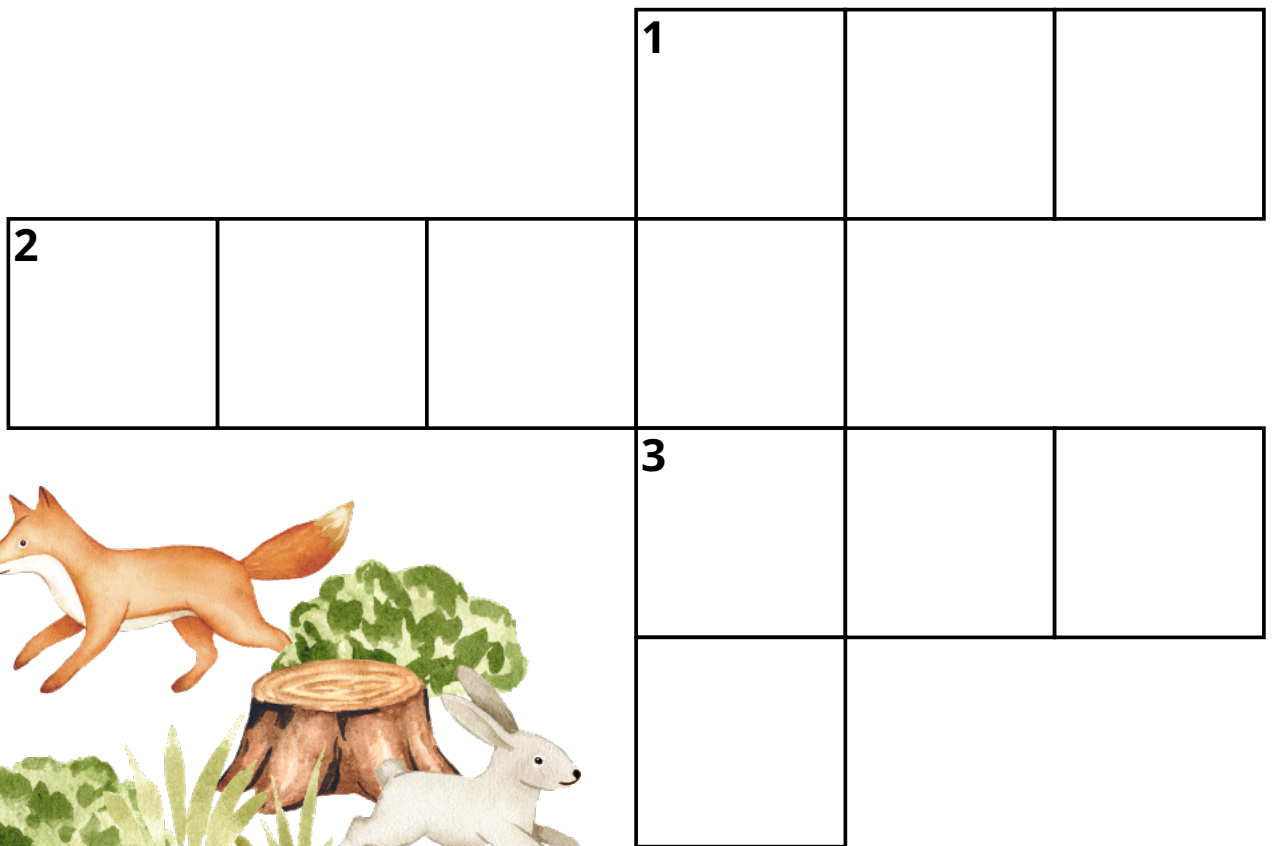
But Marguerite did not answer him; she was offended that he should call her a woman when she was only a girl; and there is a great difference. He asked her a second time, and then a third; but she remained dumb, and answered not a word. Then he would wait no longer, but flew away, to commence his wooing 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 cold-blooded animal that jumps around and catches flies on its tongue.

## Across

[1] An animal whose battle is the name of a dance.

[2] A woodland animal with antlers.

[3] Night hunter that flies silently and can turn its head 360'

# Solution

			1	F	O	X
2	D	E	E	R		
			3	O	W	L
				G		



## Down

[1] A cold-blooded animal that jumps around and catches flies on its tongue.

## Across

[1] An animal whose battle is the name of a dance.

[2] A woodland animal with antlers.

[3] Night hunter that flies silently and can turn its head 360'

# Wordsearch



**Peach**

**Melon**

**Pear**

**Lemon**

# Wordsearch

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

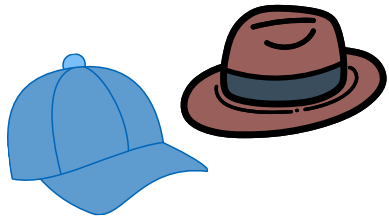
Peach

Melon

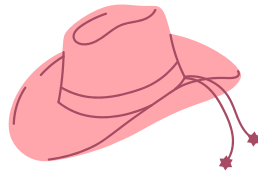
Pear

Lemon





# HATS



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

# 5-Minute Calm Body & Breath Routine



## 1. Arriving and Settling (1 minute)

Invite everyone to get comfortable.

“Let’s begin by sitting or standing in a way that feels easy for you.

Place your feet on the floor if you can.

Rest your hands gently on your lap or by your sides.”

Pause for a moment.

“If it feels okay, take a slow breath in through the nose... and gently breathe out through the mouth.”

Repeat this slow breath two more times, allowing a relaxed pace.

## 2. Gentle Shoulder & Arm Movement (1 minute)

“Now, we’ll softly wake up the shoulders.”

- Slowly lift both shoulders up towards the ears
- Gently let them drop down

Repeat 3 times, moving slowly.

“Next, let your arms float up in front of you, as if you’re lifting something light... and gently lower them back down.”

Repeat 3 times, encouraging relaxed movement.



### 3. Hands and Fingers Awareness (1 minute)

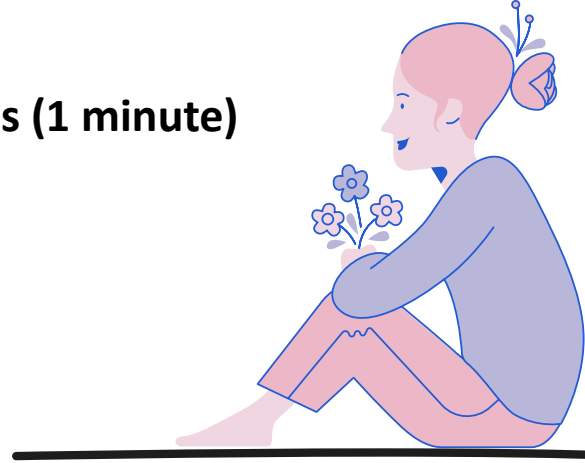
“Let’s bring attention to the hands.”

Slowly open the hands wide

Then gently close them into a soft fist

Repeat 3–4 times.

“If you like, gently rub your hands together,  
feeling warmth and movement.”



Pause briefly to notice sensation.

### 4. Gentle Neck and Upper Body Movement (1 minute)

“Now let’s bring a little movement to the head and upper body.”

Slowly turn the head slightly to the right

Come back to the centre

Slowly turn to the left, then back to the centre

Repeat once or twice, keeping movements small and  
comfortable.

“You can also gently sway your upper body side to side,  
just a little, like moving with a soft breeze.”



## 5. Closing Calm and Breath (1 minute)



“Let’s finish by being still for a moment.”

Invite one final slow breath:

“Breathe in gently... and slowly breathe out.”

“Notice how your body feels right now. There’s nothing you need to do—just resting.”

Pause for a few seconds of quiet.

“When you’re ready, gently wiggle your fingers or toes and bring your attention back to the room.”



# 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**

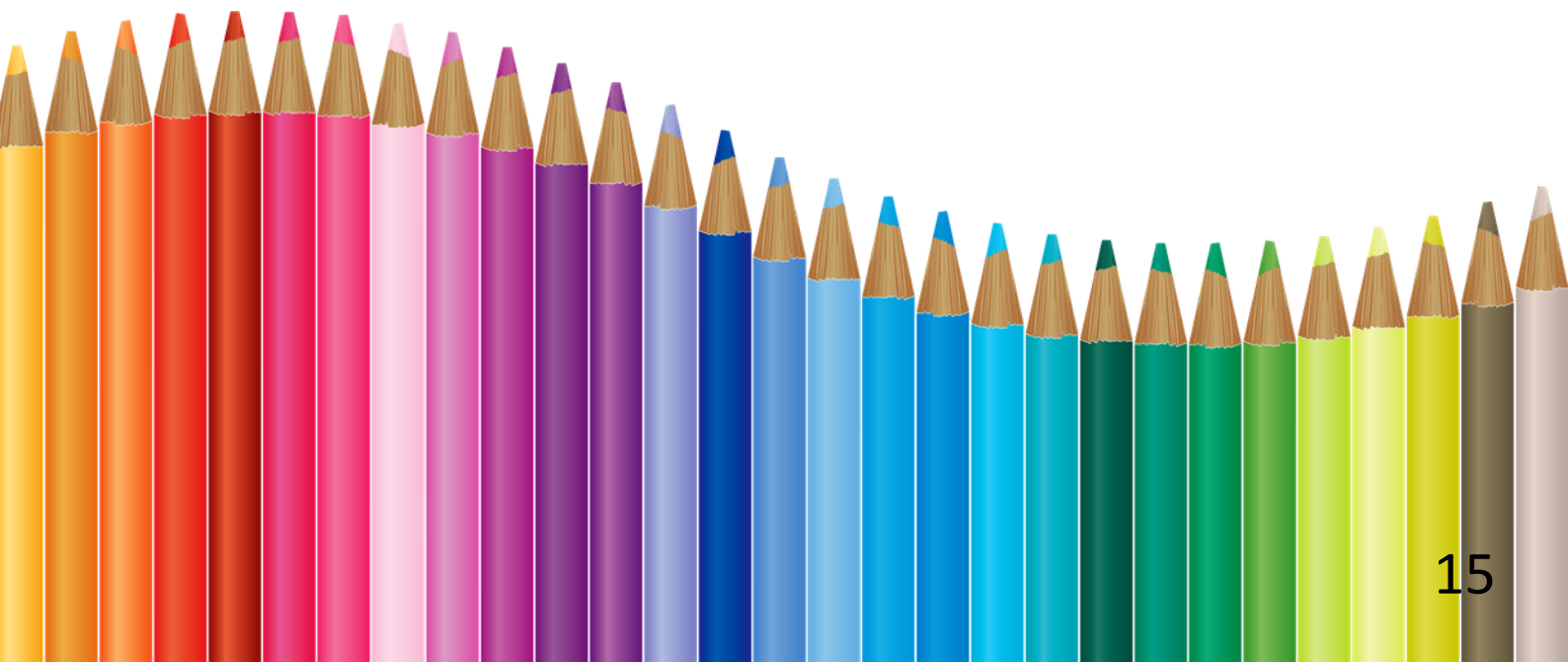
**Cook Time: 1 hour**

## Method

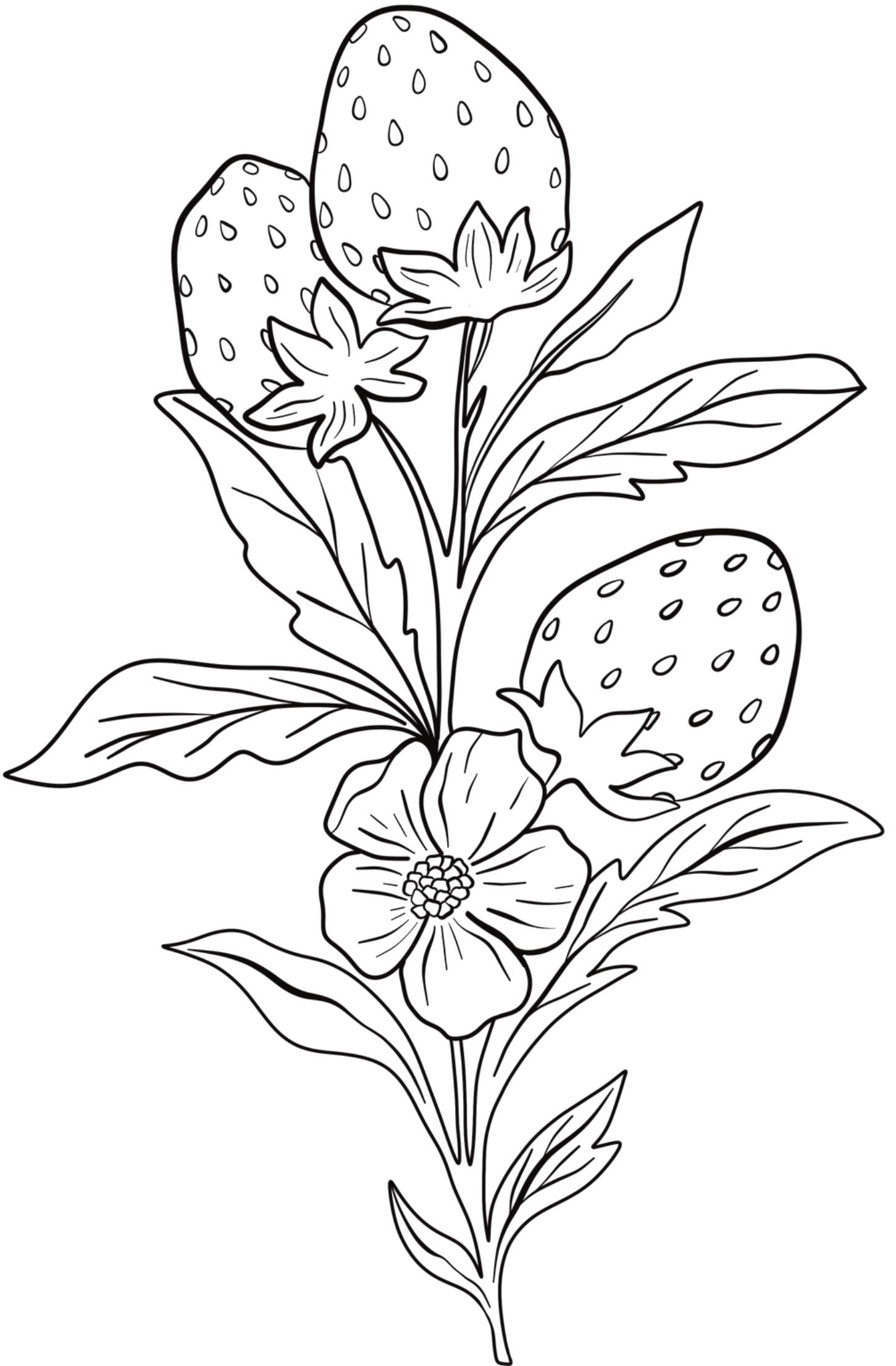
1. Preheat oven to 170°C. Grease a loaf tin
2. Mix all the ingredients together in a large bowl, pour into the tin and bake for an hour.

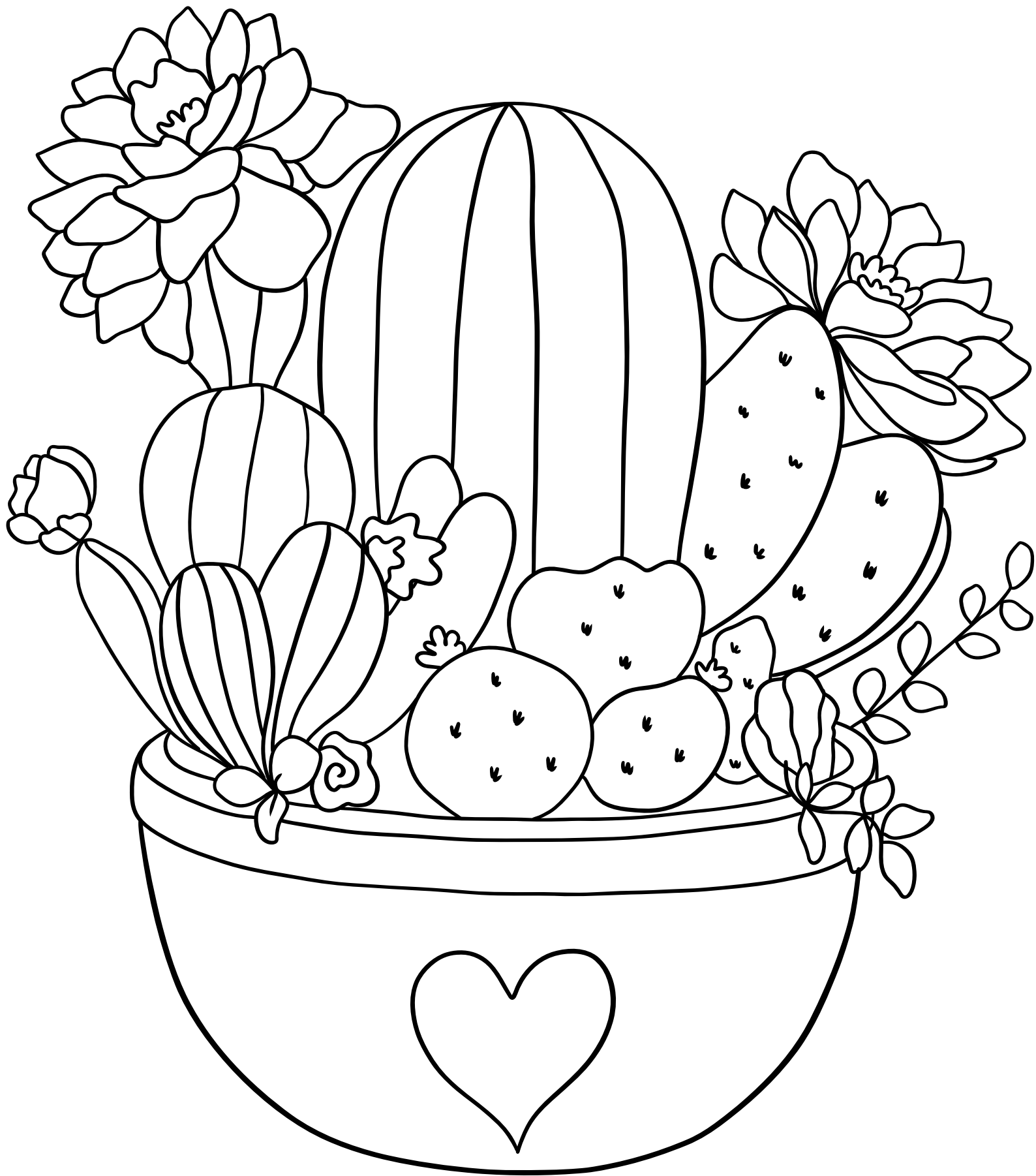


# Colouring Pages













# 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/](http://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](mailto: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](mailto: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>

## EXCERSICE

- 10 Today - <https://www.bbc.co.uk/programmes/p087wddm>
- Five in Five - <https://weareundefeatable.co.uk/media/exuhwosv/five-in-five-booklet.pdf>
- Love to Move - <https://britishgymnasticsfoundation.org/wp-content/uploads/2020/03/Love-to-Move-booklet.pdf>



## 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](https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1)
- 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](http://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/>