

ACTIVITY PACK

ROYAL
VOLUNTARY
SERVICE

National Dementia Project

January 2024
Happy New Year!



What am I?

1. I'm usually green and brown, but can change colour in Autumn. I can be a house for birds and children love to climb me. What am I?

2. I come in many colours and types, you can cut me and put me in a vase. What am I?

3. I have four legs and a tail. I have whiskers, people often like to keep me as a pet. What am I?

The missing word

Fill in the missing word from the familiar sayings below.

1. Take the _____ by the horns.
2. The bee's _____.
3. Cat got your _____.
4. You've got _____ in your pants.
5. Hold your _____.
6. When it rains it _____.
7. Let _____ dogs lie.
8. The early _____ catches the worm.
9. Spill the _____.
10. As cool as a _____.

Sudoku

Fill in each 3 x 3 square, horizontal line and vertical line with the numbers 1 through to 9. There should be no repeated numbers in any lines or 3 x 3 square.

1	5	2			3		8	
			5	2				4
	6				9	1		2
	9						3	
4		8	9	5	7		1	6
		6			4		9	
	4		7					
					8	5		1
5	7	1		3	6		4	9

Matching Pairs

Match the picture below with the correct fact about each bird.

1.



a) This bird is born white and gets its colour from its diet including shrimp.

2.



b) This bird is nocturnal, has large eyes and can turn their heads about 270 degrees.

3.



c) This bird is very colourful, and has been known to talk.

4.



d) You might eat this birds' eggs, their babies are called chicks.

Alphabets

Place the following words in alphabetical order:

Tomato Orange Melon Plum

Banana Strawberry Mango Grapes

Lemon Peach Blueberry Cherry

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

Odd Word out

In each row three of the words are linked and one is the odd word out, can you find it?

1. Fly Tulip Buttercup Rose

2. One Seven Plate Twelve

3. Autumn Winter Spring Orange

4. Rich Tea Paper Digestive Bourbon

5. Spade Bucket Sand Cake

6. Carrot Mashed Boiled Chips

7. Deer Hand Frog Rabbit

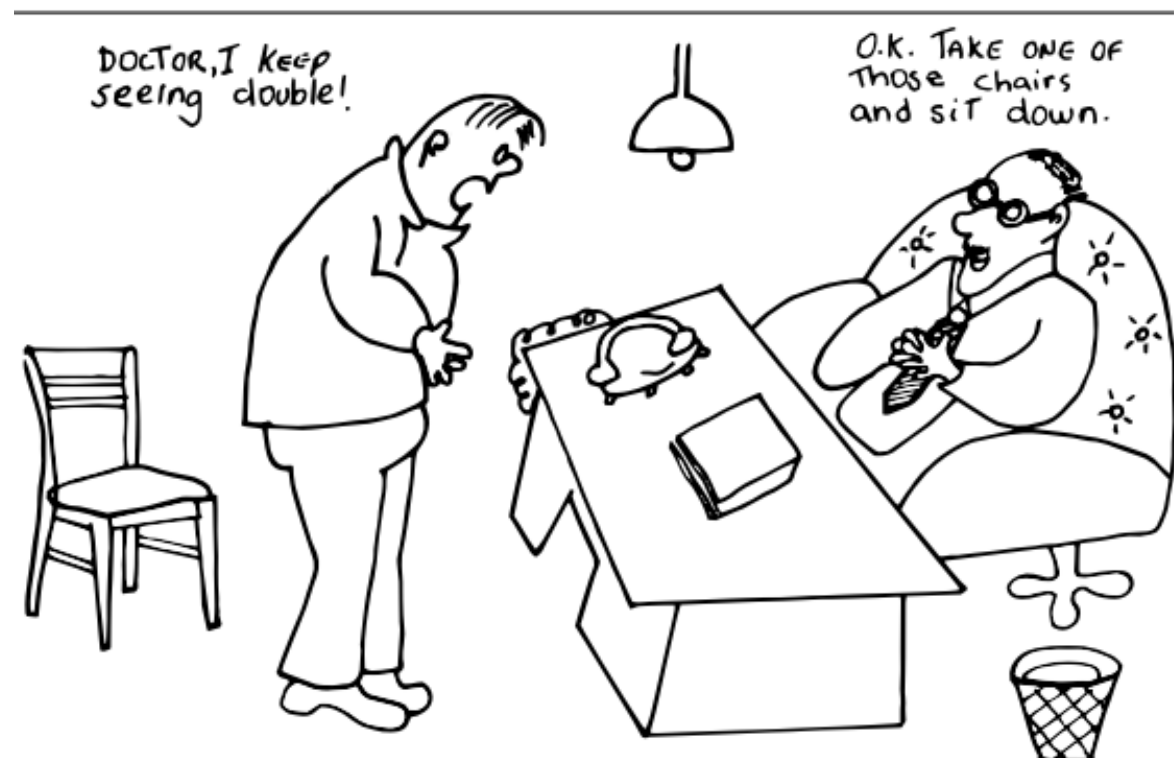
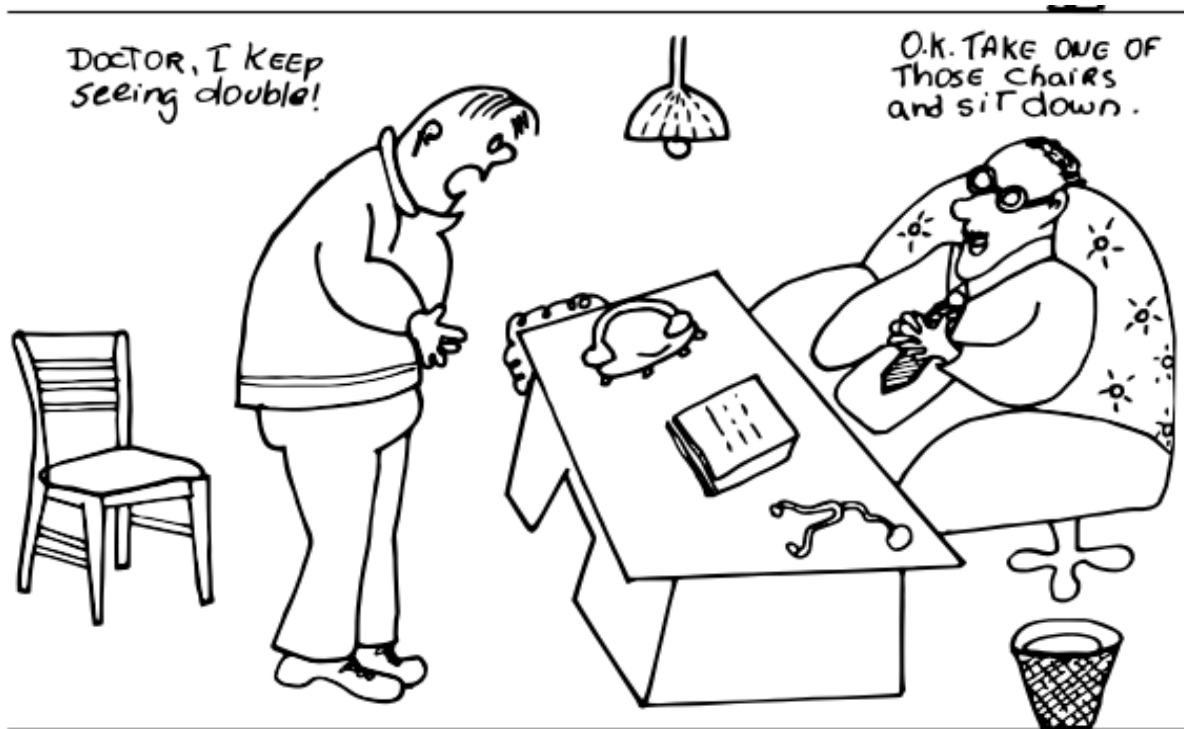
8. Microwave Oven Coffee Fryer

9. France Thailand Spain Flute

10. Door Train Bike Car

Spot the difference

Can you find ten differences between the two pictures below?



It's all about Wales

All of the answers to the questions below have a link to Wales.

1. What colour is the dragon on the Welsh flag?

2. Which Welsh children's author wrote James and Giant Peach?

3. How many sheep are there for each person living in Wales?

a) 200

b) 3

c) 90

4. Which yellow flower is the symbol of Wales?

5. Which famous Welsh singer sings 'What's new Pussy Cat'?

6. How many Castles are there in Wales?

a) 7

b) 600

c) 81

Codebreaker riddle

The clues will leave one word in the word grid below to answer this riddle:

“What has a head, a tail, is brown and has no legs?” A _____

Cross out the words within the grid that answer the clues below:

- 5 types of birds
- 4 board games
- 6 colours
- 5 dance styles / types
- 4 food items or meals

Black	Monopoly	Yellow	Curry	Canary
Sparrow	Cha Cha	Tap	Cluedo	Tango
Red	Pizza	Eagle	Green	Salad
Penny	Heron	Foxtrot	Penguin	Scrabble
Chess	Irish	Blue	Pie	Purple

Answers

Page 1. What am I?

1. A Tree
2. A Flower
3. Cat or Dog

Page 2. The missing word

1. Bull
2. Knees
3. Tongue
4. Ants
5. Horses
6. Pours
7. Sleeping
8. Bird
9. Beans
10. Cucumber

Page 3. Sudoku

1	5	2	6	4	3	9	8	7
9	8	7	5	2	1	3	6	4
3	6	4	8	7	9	1	5	2
7	9	5	1	6	2	4	3	8
4	3	8	9	5	7	2	1	6
2	1	6	3	8	4	7	9	5
8	4	9	7	1	5	6	2	3
6	2	3	4	9	8	5	7	1
5	7	1	2	3	6	8	4	9

Page 4. Matching Pairs

1. Parrot - c
2. Chicken -d
3. Flamingo - a
4. Owl - b

Answers

Page 5. Alphabets

1. Banana
2. Blueberry
3. Cherry
4. Grapes
5. Lemon
6. Mango
7. Melon
8. Orange
9. Peach
10. Plum
11. Strawberry
12. Tomato

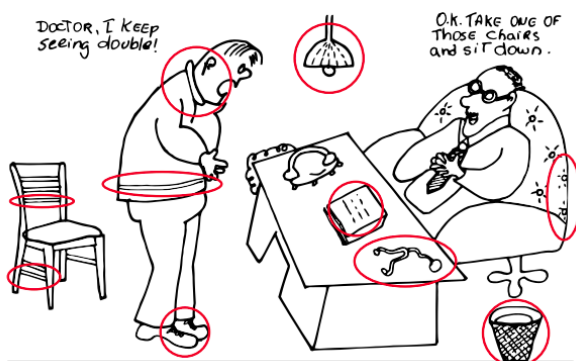
Page 6. Odd Word out

1. Fly
2. Plate
3. Orange
4. Paper
5. Cake
6. Carrot
7. Hand
8. Coffee
9. Flute
10. Door

Page 8. It's all about Wales

1. Red
2. Roald Dahl
3. 3
4. Daffodil
5. Tom Jones
6. 600

Page 7. Spot the difference



Page 9. Code Breaker Riddle

Penny

Help and support

Royal Voluntary Service runs groups for people living with dementia and their carers, family and friends, in the following areas, to find out more please get in touch with the team in your area:

Scottish Borders:	scottishbordershub@royalvoluntaryservice.org.uk
Northumberland:	northumberlandhub@royalvoluntaryservice.org.uk
Kirklees:	kirkleesdementiasupport@royalvoluntaryservice.org.uk
Doncaster:	doncasterdementiasupport@royalvoluntaryservice.org.uk
Staffordshire:	stdementiasupport@royalvoluntaryservice.org.uk
Leicestershire:	leicestershiredementiasupport@royalvoluntaryservice.org.uk
Birmingham:	birminghamdementiasupport@royalvoluntaryservice.org.uk
South Wales:	dementiaclubwales@royalvoluntaryservice.org.uk
Oxfordshire:	oxdementiasupport@royalvoluntaryservice.org.uk
Dundee:	dundeedementiasupport@royalvoluntaryservice.org.uk
Sussex:	lancingdementiasupport@royalvoluntaryservice.org.uk

If you need urgent support, the following organisations have support lines:

Dementia UK - A free dementia helpline

Telephone:	0800 888 6678
Email:	helpline@dementiauk.org
Monday – Friday:	9:00am-9:00pm
Saturday – Sunday:	9:00am-5:00pm

Alzheimer's Society

England:	0333 150 3456
Welsh speaking:	0330 0947 400
Scotland (24hours):	0808 808 3000
Monday – Wednesday:	9:00am – 8:00pm
Thursday – Friday:	9:00am – 5:00pm
Saturday – Sunday:	10:00am – 4:00pm

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