

# ACTIVITY PACK

## Dementia Friendly

February 2025

### Number Puzzles

The total of each row and column add up to 21, can you fill in the missing gaps?

7		5	21
	3		21
6			21
21	21	21	

	3	7	21
5		14	21
5			21
21	21	21	

4		8	21
	10		21
13		6	21
21	21	21	

# Three things

What do the groups of each set of three words have in common?

1. Green, Yellow, Blue \_\_\_\_\_

2. Car, Bus, Train \_\_\_\_\_

3. Ash, Maple, Oak \_\_\_\_\_

4. Salmon, Haddock, Cod \_\_\_\_\_

5. Sunday, Tuesday, Thursday \_\_\_\_\_

6. Carrot, Broccoli, Swede \_\_\_\_\_

7. Giraffe, Lion, Zebra \_\_\_\_\_

8. Wood, Metal, Plastic \_\_\_\_\_

9. Spring, Summer, Winter \_\_\_\_\_

10. Rain, Cloud, Sun \_\_\_\_\_

# World Flags

Name the Country of each flag below.

1.



2.



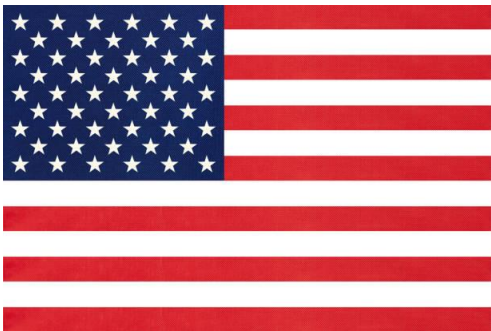
3.



4.



5.



6.



# Wordsearch

Charles Darwin Day is celebrated on the 12<sup>th</sup> February. Can you find ten words in the grid below, all are associated with Charles Darwin.

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

**Author**  
**Charles**  
**Darwin**  
**Evolution**  
**Fossil**

**Natural Selection**  
**Origin of Species**  
**Science**  
**Scientist**  
**Wildlife**

# Complete the saying

Complete the sayings below:

1. There's no time like the \_\_\_\_\_
2. A leopard never changes its \_\_\_\_\_
3. Never look a gift \_\_\_\_\_ in the mouth
4. What goes up, must come \_\_\_\_\_
5. \_\_\_\_\_ speak louder than words
6. Two \_\_\_\_\_ don't make a right
7. A poor workman blames his \_\_\_\_\_
8. Birds of a feather, flock \_\_\_\_\_
9. Variety is the \_\_\_\_\_ of life
10. It takes one to know \_\_\_\_\_

# Alphabets

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 by 3 square.

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

# Valentine's Day Quiz

All of the questions below relate to Valentine's Day.

1. What date is Valentine's Day celebrated?

\_\_\_\_\_

2. If you openly show your feelings, you are said to wear your heart on your \_\_\_\_\_?

3. Who are Shakespeare's star crossed lovers?

\_\_\_\_\_

4. According to Disney, what animal do you kiss to turn it into a Prince? \_\_\_\_\_

5. What is the symbol of Valentine's Day?

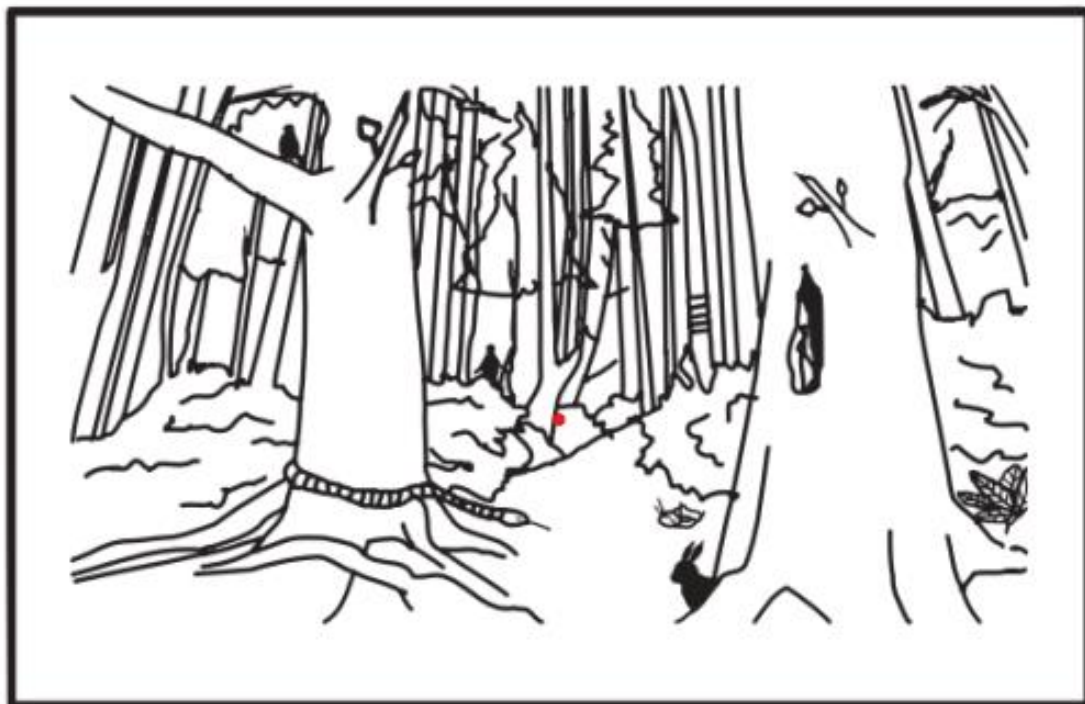
\_\_\_\_\_

6. Who is Valentine's Day named after?

\_\_\_\_\_

# True or False Quiz

Can you spot 10 differences between the two pictures below?





## Fill in the blanks!

Fill in the blanks of the cooking actions and food items below, the first letter gives you a clue.

1. Measure the I \_\_\_\_\_
2. Scramble the E \_\_\_\_\_
3. Toast the B \_\_\_\_\_
4. Grate the C \_\_\_\_\_
5. Knead the D \_\_\_\_\_
6. Whip the C \_\_\_\_\_
7. Melt the B \_\_\_\_\_
8. Sift the F \_\_\_\_\_
9. Boil the W \_\_\_\_\_
10. Ice the C \_\_\_\_\_

# Answers

## Page 1. Number Puzzles

7	9	5	21
8	3	10	21
6	9	6	21
21	21	21	

11	3	7	21
5	2	14	21
5	16	0	21
21	21	21	

4	9	8	21
4	10	7	21
13	2	6	21
21	21	21	

## Page 2. Three things

1. Colours
2. Modes of transport
3. Types of tree
4. Types of fish
5. Days of the week
6. Vegetables
7. Animals
8. Materials
9. Seasons
10. Types of weather

## Page 3. World Flags

1. Wales
2. Australia
3. Jamaica
4. Poland
5. USA
6. Scotland

## Page 4. Wordsearch

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

# Answers

## Page 5. Complete the saying

1. Present
2. Spots
3. Horse
4. Down
5. Actions
6. Wrongs
7. Tools
8. Together
9. Spice
10. One

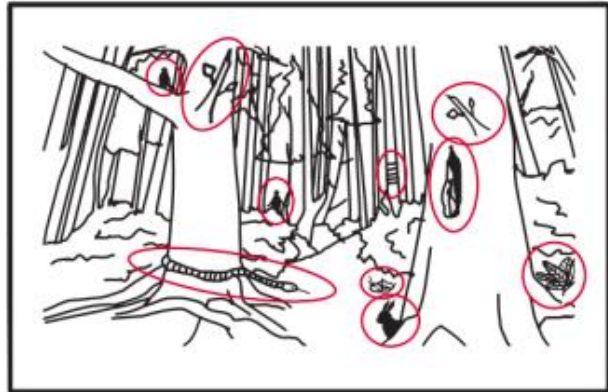
## Page 6. Sudoku

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

## Page 7. Valentine's Quiz

1. 14<sup>th</sup> February
2. Sleeve
3. Romeo and Juliet
4. Frog
5. Heart
6. Saint Valetine

## Page 8. Spot the Difference



## Page 9. Fill in the blanks!

- |                |          |
|----------------|----------|
| 1. Ingredients | 8. Flour |
| 2. Eggs        | 9. Water |
| 3. Bread       | 10. Cake |
| 4. Cheese      |          |
| 5. Dough       |          |
| 6. Cream       |          |
| 7. Butter      |          |

# 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:

<b>Scottish Borders:</b>	<a href="mailto:scottishbordershub@royalvoluntaryservice.org.uk">scottishbordershub@royalvoluntaryservice.org.uk</a>
<b>Northumberland:</b>	<a href="mailto:northumberlandhub@royalvoluntaryservice.org.uk">northumberlandhub@royalvoluntaryservice.org.uk</a>
<b>Kirklees:</b>	<a href="mailto:kirkleesdementiasupport@royalvoluntaryseaddrvice.org.uk">kirkleesdementiasupport@royalvoluntaryseaddrvice.org.uk</a>
<b>Doncaster:</b>	<a href="mailto:doncasterdementiasupport@royalvoluntaryservice.org.uk">doncasterdementiasupport@royalvoluntaryservice.org.uk</a>
<b>Staffordshire:</b>	<a href="mailto:stdementiasupport@royalvoluntaryservice.org.uk">stdementiasupport@royalvoluntaryservice.org.uk</a>
<b>Leicestershire:</b>	<a href="mailto:leicestershiredementiasupport@royalvoluntaryservice.org.uk">leicestershiredementiasupport@royalvoluntaryservice.org.uk</a>
<b>Birmingham:</b>	<a href="mailto:birminghamdementiasupport@royalvoluntaryservice.org.uk">birminghamdementiasupport@royalvoluntaryservice.org.uk</a>
<b>South Wales:</b>	<a href="mailto:dementiaclubwales@royalvoluntaryservice.org.uk">dementiaclubwales@royalvoluntaryservice.org.uk</a>
<b>Oxfordshire:</b>	<a href="mailto:oxdementiasupport@royalvoluntaryservice.org.uk">oxdementiasupport@royalvoluntaryservice.org.uk</a>
<b>Dundee:</b>	<a href="mailto:dundeedementiasupport@royalvoluntaryservice.org.uk">dundeedementiasupport@royalvoluntaryservice.org.uk</a>
<b>Sussex:</b>	<a href="mailto:lancingdementiasupport@royalvoluntaryservice.org.uk">lancingdementiasupport@royalvoluntaryservice.org.uk</a>
<b>Leeds:</b>	<a href="mailto:leedsdementiasupport@royalvoluntaryservice.org.uk">leedsdementiasupport@royalvoluntaryservice.org.uk</a>

**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](mailto: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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