



Activity sheet

Let's talk about dementia

Here is a list of suggested activities to support the 'Understanding dementia' presentation and the 'Let's talk about dementia' animation.

Please select the activities you think will be most appropriate for the children you are working with and the time you have available for the session (we suggest one or two activities from the list below).

Activity 1

Before showing Slide 2 (the 'Let's talk about dementia' animation), ask the children in small groups or as a whole class to think about one or all of the following questions. You could ask them to write down some ideas on paper in small groups.



- What is dementia?
- What might you notice about someone with dementia (ie what are the symptoms?)
- What causes dementia?
- How do you think it might feel to have dementia?

Activity 2

Watch the animation 'Let's talk about dementia'.



Activity 3

Ask the children to think about who they might talk to if they had worries or questions (parents, grandparents, guardian, friends or teacher).



Activity 4: Memory game

Place ten small objects on a tray. Ask one of the children to volunteer. Give them a minute to memorise them and then ask them to turn their back while one or two objects are removed. Can they work out which ones are gone? (this can also be carried out in small groups).

Alternatively, place ten small objects on a tray per group, and give each group a minute or so to memorise them. Then cover the objects and see how many they can recall. This can be made more challenging by using

background noise (music, laughing or chatting). Ask them how they felt about it. (Easy? Frustrating when they forgot? Annoyed by background noises?)



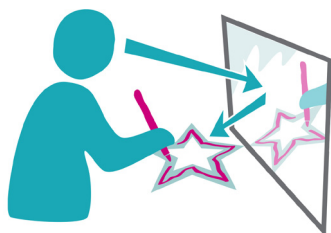
Aim: to demonstrate that we can all struggle to remember, especially when distracted by noises or under pressure. People with dementia can forget things, which can cause them to be frustrated and worried. This shows us to give the person with dementia more time to remember, and to not expect them to remember too many things at the same time.



Activity 5: Drawing a star

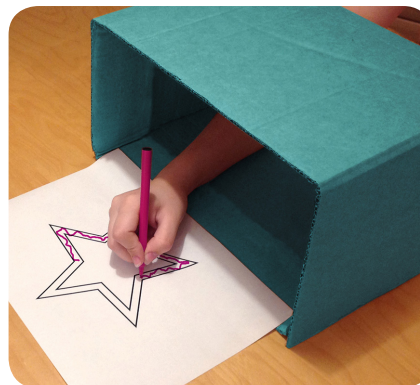
You will need a small mirror, a pen and a blank sheet of paper (an empty shoe box with both ends cut out, so the child has to put their hand through the holes, works even better).

In pairs, ask one of the children to hold the mirror so it is upright on the table, on the edge of the paper, facing the other child. Ask this child to draw a star but **only looking at the mirror**, NOT at the piece of paper, or their hand. See the diagrams for further guidance.



(Ask them how they feel: Frustrated? Silly?)

Aim: To demonstrate the difficulty in moving normally when the way you understand the world changes. Some people with dementia have changes in a particular part of the brain that affects their



movements in this way. This helps us to understand how people might feel when they can't carry out what feels like a simple task.

Activity 6



Ask the children to remember when they needed help with something (riding a bicycle, swimming, homework, reading) and then ask them to think about activities they don't need help with anymore, and can now do on their own (dressing, eating, cycling, swimming).

How do they feel when they've achieved it (clever, independent, proud?)

How would they feel if someone said they couldn't do it and wanted to interfere or help them? (Frustrated, annoyed, want to show them that they can?)

Aim: To help them appreciate the importance of achieving things on our own. This helps us think about supporting someone with dementia to do something – instead of doing it for them. Sometimes people with dementia don't think they need help as they've already achieved so much in their life. They can forget the condition affects their abilities to do those tasks we take for granted now. It can be kind to offer to help, and then do the task together.

Activity 7

Think about some of the things they do with parents or grandparents (reading, gardening, baking, games). They can write them down or discuss. Ask them how doing some of those activities might affect the person if they had dementia.

Get them to think about and discuss ways that they could still enjoy doing activities together eg:

- Give them more time to read or read to them
- Bake cakes with simple instructions to follow
- Watch cooking programmes together or look through old cookery books
- Do small jobs in the garden together or look through colourful gardening books



- Make a scrap book with them of their memories and hobbies