

ACTIVITY PACK

National Dementia Project

February 2024



Number Puzzles

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

7		5	21
	8		21
6			21
21	21	21	

4	3		21
10		2	21
			21
21	21	21	

5		6	21
		4	21
	8		21
21	21	21	

The letter D

Name something that fits in the categories below, all of your answers should start with the letter D.

1. Type of clothing _____

2. Animal _____

3. Name _____

4. Country _____

5. Food _____

6. Flower _____

7. Tool _____

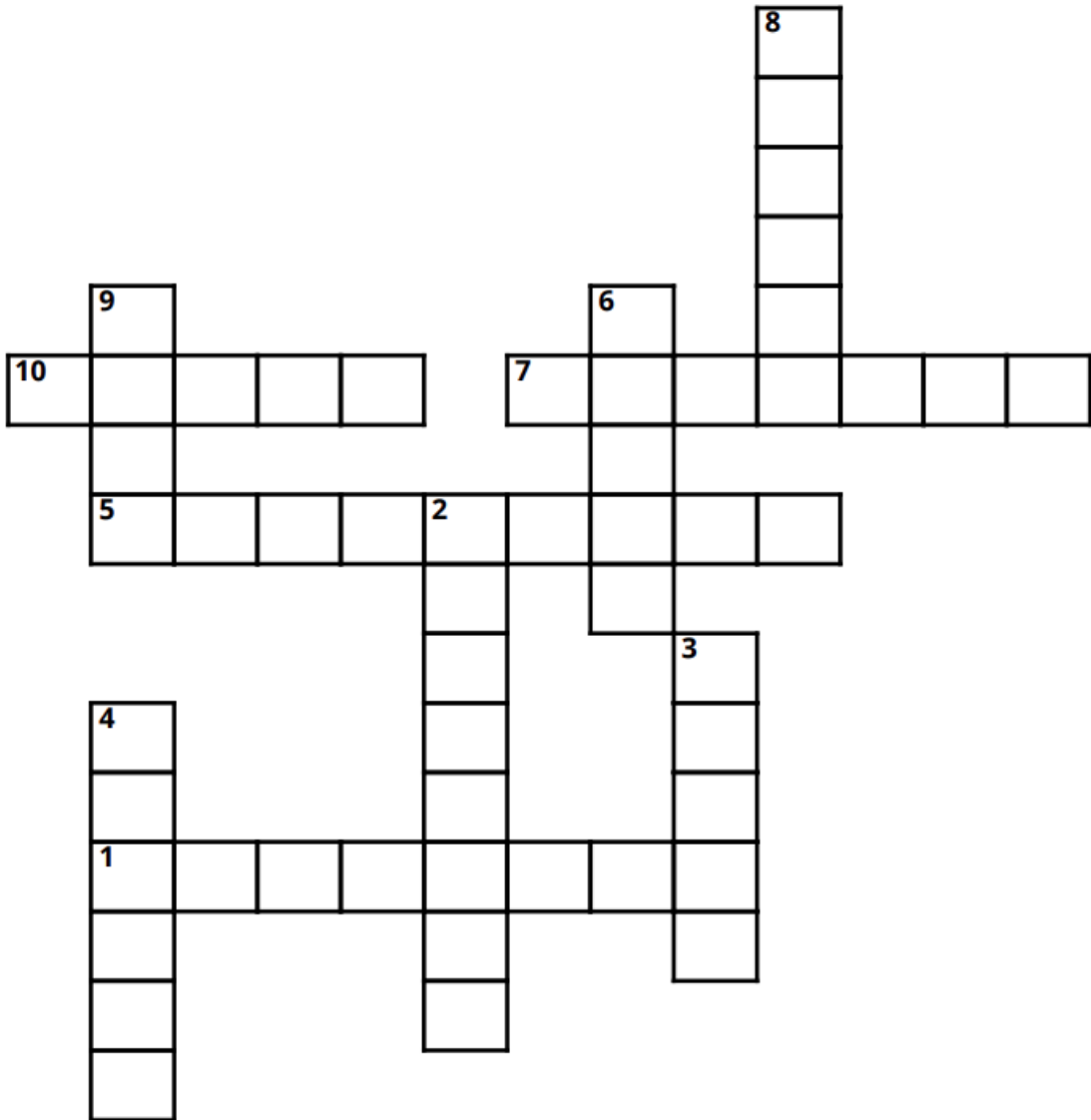
8. Furniture _____

9. Sport _____

10. Occupation _____

Crossword

All the answers to the crossword are Capital cities of the countries below.



Across

1. India (3,5)
5. Scotland (9)
7. Wales (7)
10. Japan (5)

Down

2. Belgium (8)
3. France (5)
4. England (6)
6. Egypt (5)
8. Spain (4)
9. Italy (4)

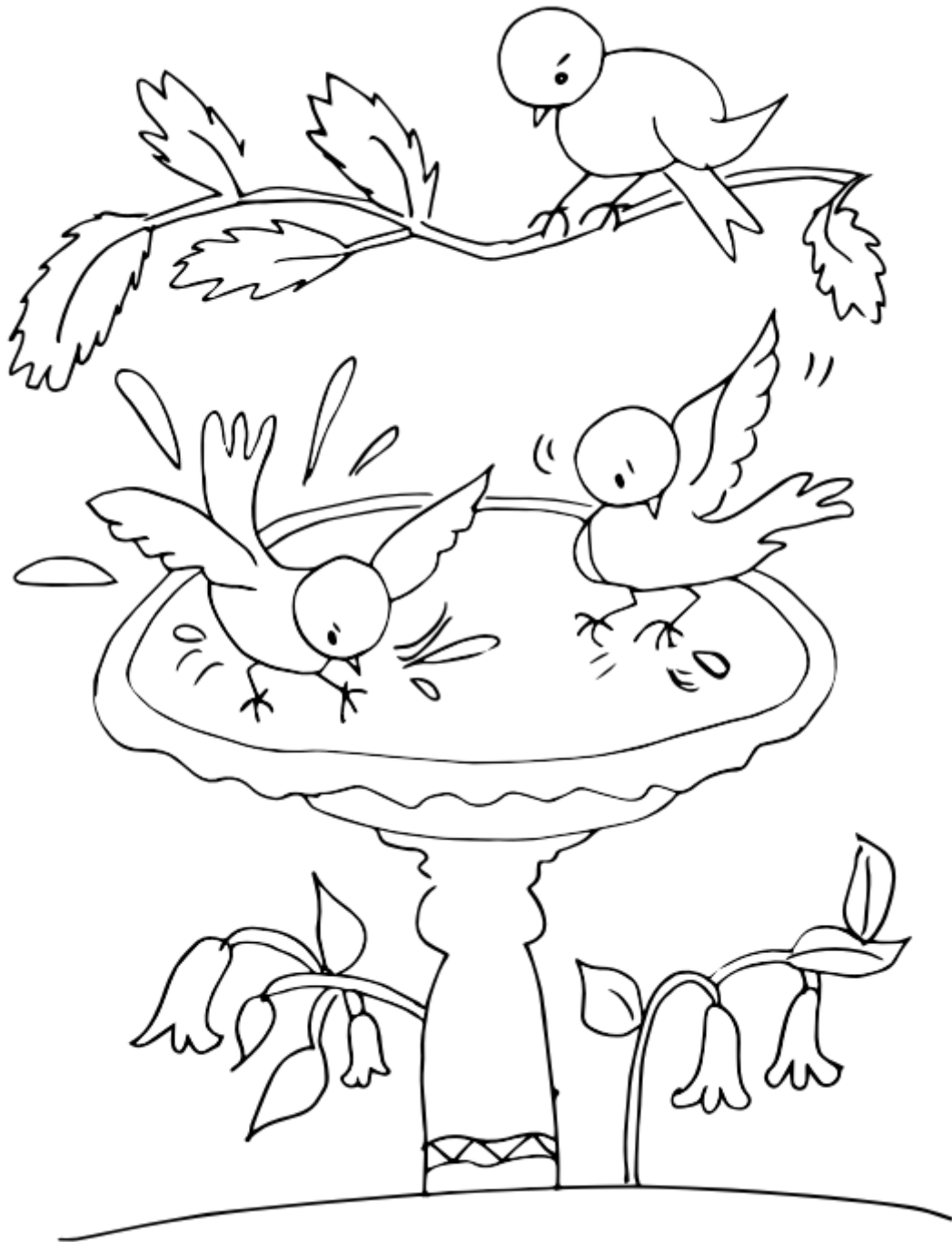
Finish the movie title

Fill in the missing word to complete the title of the movie.

1. The King and _____.
2. Chitty Chitty _____.
3. The Great _____.
4. Top _____.
5. Diamonds are _____.
6. Mrs D _____.
7. Indiana _____.
8. Star _____.
9. The Lion _____.
10. Pirates of the _____.

Colouring

Colour in the picture below in anyway you like!



Matching Pairs

Match the animal to their babies. The first one has been done for you.

1. Dog

2. Kangaroo

3. Sheep

4. Swan

5. Horse

6. Deer

7. Duck

8. Pig

9. Cow

10. Goat

Foal

Fawn

Joey

Piglet

Puppy

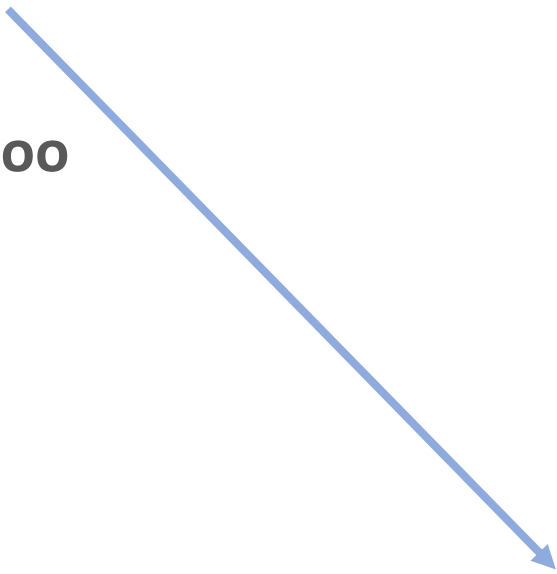
Calf

Kid

Cygnet

Lamb

Duckling



Wordsearch

As it is Pancake Day soon, the wordsearch below is filled with some popular pancake toppings

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

Bacon
Banana
Blueberries
Cream
Chocolate

Ice Cream
Lemon
Strawberries
Sugar
Syrup

Name the musical instrument

Can you name the instrument in each photo? Put your answer in the box below each image.

1.



2.



3.



4.



True or False

Are the following questions, True or False?

1. Chickens lay eggs? _____
2. Paper is made from trees? _____
3. China is the biggest country? _____
4. Lightning can't strike in the same place twice? _____
5. An Octopus has three hearts? _____
6. One pound(is made of 100 pennies? _____
7. Vatican City is a country? _____
8. The battle of Hastings took place in 1570?
_____.
9. Henry VIII had nine wives? _____
10. The Olympics are held every 4 years?

Answers

Page 1. Number Puzzles

7	9	5	21
8	8	5	21
6	4	11	21
21	21	21	

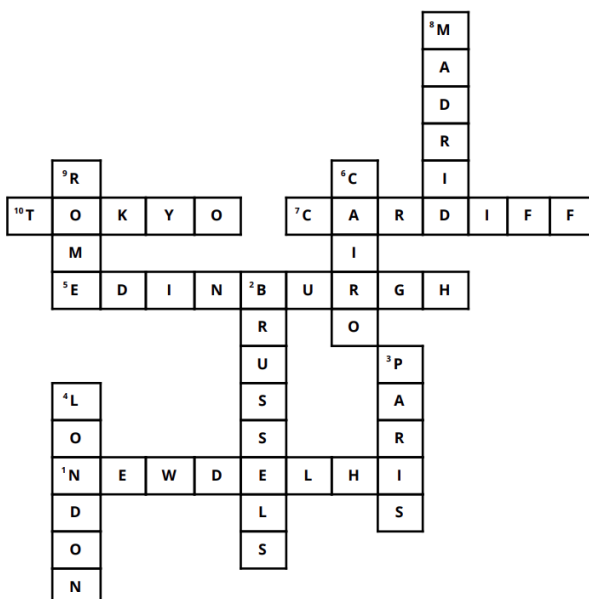
4	3	14	21
10	9	2	21
7	9	5	21
21	21	21	

5	10	6	21
14	3	4	21
2	8	11	21
21	21	21	

Page 2. The letter D – here are a few answers, there are many more!

1. Dress, Dungarees
2. Duck, Dung beetle
3. David, Diane
4. Denmark, Dominican Republic
5. Dates, Doughnut
6. Daffodil, Dahlia
7. Drill
8. Desk, Drawers
9. Diving, Dodgeball
10. Doctor, Dressmaker

Page 3. Crossword



Page 4. Finish the Movie title

1. I
2. Bang Bang
3. Escape
4. Gun
5. Forever
6. Doubtfire
7. Jones
8. Wars
9. King
10. Caribbean

Answers

Page 6. Matching Pairs

1. Dog – Puppy
2. Kangaroo – Joey
3. Sheep – Lamb
4. Swan – Cygnet
5. Horse - Foal
6. Deer - Fawn
7. Duck - Duckling
8. Pig - Piglet
9. Cow - Calf
10. Goat - Kid

Page 7. Wordsearch

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

Page 8. Name the musical instrument

1. Piano / Keyboard
2. Accordion
3. Recorder
4. Saxophone

Page 9. True or False Quiz

1. True
2. True
3. False
4. False
5. True
6. True
7. True
8. False
9. False
10. True

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

Royal Voluntary Service is a company limited by guarantee registered in England and Wales with company number 2520413. Registered office: Hanley Centre, 29 Charles Street, Stoke-on-Trent, Staffordshire ST1 3JP.
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