

Session Data

Fit Minds Cognitive Engagement Scale™: Beside each activity you will see an engagement scale. This scale is an assessment on engagement levels which is a good way to determine cognitive interaction. Circle the appropriate number: **1** (Not Very Engaged) thru to **5** (Very Engaged). This is a good way to track which activities are engaging the group and which activities are not.

Physical Warm-up [3-5 minutes]

Warm-up exercises: Deep breathing is important to improve oxygen levels in the blood. Focus on breathing in and out through the nose if possible with mouth closed. Place hands on the belly and breathe out to a five count and in to a five count. The belly should expand on inhale and flatten on exhale. Placing the hands on the belly will help raise body awareness and give a point of focus. **Repeat 5 times.**

Back of Leg (Achilles) Stretch – The Achilles tendon stretches along the back of each leg from the heel to the calf muscle. Stretching this tendon is important for lower leg flexibility.

From sitting – lift the right leg slightly off the ground and flex the foot, pushing the heel away from the body. Hold this position for a count of 5 to 10 seconds and relax. Repeat. Switch to the left leg and repeat the stretch.

Language Warm-up [3-5 minutes]

Opposite Words: Read the word and ask the individual to respond with the opposite of each word given – you can also do this as a group.

First [Last]; **Floor** [Ceiling]; **Fold** [Unfold]; **Forget** [Remember]; **Friend** [Enemy];
Guilty [Innocent]; **Happy** [Sad]; **Hard** [Soft]; **Here** [There]; **Heavy** [Light]; **Inside** [Outside]

Soft/Hard: Say the word to the individual and ask them to respond as to whether or not the object is soft or hard. **Bunny** [soft]; **Bike** [hard]; **Tree** [hard]; **Feather** [soft]; **Pillow** [soft];

Hammer [hard]; **Book** [hard]; **Kitten** [soft]; **Fur Coat** [soft]; **Car** [hard]; **Table** [hard];

Calendar (Orientation) [3-5 minutes]

With the calendar available ask the following questions:

1. What day of the week does the 21st fall on this month?
2. How many days of the week start with “S”?
3. How many days until the end of the month?
4. What day of the week is the first day of this month? The last day of the month?

Visual/Spatial Orientation [5-7 minutes]

Around the Neighbourhood (kit)

Set up the board on the magnetic dry erase board. Hand out the magnets to the group. Starting with one of the square on the board read out the description and ask them ‘Who has the answer for this?’ They can then place the magnet on that particular box.

Engagement Scale: 1 2 3 4 5

Memory and Critical Thinking [5-7 minutes]

Event Sequencing Cards. (kit)

Lay out an event sequence in front of each person and explain that they have to put the cards in order - identifying which event came first and which event came second and so on.... When they have completed the event sequence have them pass the event sequence to the right and have the next individual lay out the new sequence. Have each individual complete three or four sequences.

Engagement Scale: 1 2 3 4 5

Computation [3-5 minutes]

Time Problems. (paper and pencil)

On a piece of paper (or an easel) draw a circle and mark the numbers on a clock face or use/create a clock face that you can move easily. Set (or draw) the time at 3 o'clock and ask them to identify the time.

Ask them what time supper is at and draw that time on the clock.

Draw 9 o'clock and ask them to identify that time.

If possible have them draw a clock and put a time on it – ask them to tell you what time they are drawing on the clock.

Engagement Scale: 1 2 3 4 5

Language and Music [10-15 minutes]

Activity: Word Search – Olympic Sports (download)

Distribute the Olympic sports word search and see how quickly they can find the different Olympic sports listed.

Discussion: Best Advice Ever(download)

Distribute the download sheet with the best ever advice quotes on it. Have each individual think about the best advice they ever received.

Ask the group what they think of the advice that Richard Branson, Brian Moore and Peter Barron received. You may wish to read the advice to the group and let them follow along on the handout. Have them compare the advice on the handout to the advice they received and ask them to identify which piece of advice they like best.

If they were giving a piece of advice to their younger self – what would it be?

Wrap-up [3-5 minutes]

A wrap-up ritual is an important framing piece for helping individuals with dementia end activities. Moments of transition can cause anxiety, so we've created a wrap-up ritual for you to use. Feel free to augment it with music or time for tea.

To wrap-up the activity tell them the session is ending and you want to give them a little something to take away from the session. Give each individual an affirmation card. Tell them what is happening next on the schedule and tell them when their next Interact session is scheduled.



WORD SEARCH—Instructions & Answers

Give the individual the puzzle sheet. Ask him or her to find the words within the word search grid.

The answers are indicated below for your reference.

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

Boxing
Canoe

Diving
Judo

Shooting
Triathlon

**WORD SEARCH—Instructions & Answers**

Find the words in the box below

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

Boxing
Canoe

Diving
Judo

Shooting
Triathlon



ADVICE—Instructions

Give the individual the download sheet with the quotes from Richard Branson, Brian Moore and Peter Barron and ask them what was the best piece of advice they ever received. Have them write it down in the space provided.

Use the following questions to prompt discussion:

1. Who gave you the best advice? Did you listen to them?
2. What do you think about the advice quotes from Branson, Moore and Barron?
3. Which piece of advice do you like best and why?



BEST ADVICE EVER

What was the best advice you ever received?

Here are some examples:

Sir Richard Branson, entrepreneur

My mother, Eve, always taught me never to look back in regret but to move on to the next thing. A setback is never a bad experience, just another one of life's lessons.

Brian Moore, former England rugby player

An admonishment from Mr Hoyle, my English teacher: "Moore, there are two sorts of people in life, those that do and those that sit on the sidelines and snigger. Do I have to tell you which one is more worthy?"

Peter Barron, head of external relations for Google

All the best advice I received was from my father, and I even took some of it. My favourite is: "The man who never made a mistake never made anything."

I Am A
Good Friend



Angels Watch
Over Me



I Am
Not Alone



I Have Friends



I Am A Giver
of Good Gifts



I Am Like A Tree
Planted By The
Water



God Is My Strength
and Shield



The Lord Is My
Shepherd, I Shall Not
Want.

