

Brain

HEALTH ACTIVITIES

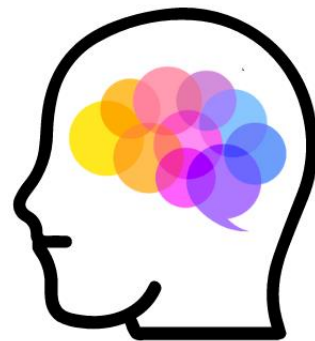


Episode Guide

Celebrations



Brain Boost



Brain Health 101

FOR MORE INFORMATION ABOUT HEALTHY BRAIN AGING AND CLINICAL TRIAL RESEARCH CALL:

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Program Description:

Brain Boost

Activities designed for those with Mild Cognitive Impairment (MCI) and those with mild Dementia

Brain Health 101

Activities designed for those with mild to moderate Dementia and those who care about them

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Making a Trifle Cake Dessert



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Supplies Needed

Biscuit Cutter
Cutting Board
Glass or Cup
Spoons
Smaller bowls

Ingredients

Pound Cake
Chocolate Pudding
Strawberries
Whipped Cream

Instructions

Use a biscuit cutter to slice the cake into a smaller piece.

Place cake slice into glass.

Add a layer of pudding to the cake in the glass.

Add some strawberries to the glass.

Use a biscuit cutter to slice the cake into a smaller piece.

Place cake slice into glass on top of other ingredients.

Add a layer of pudding.

Add some strawberries to the glass.

Modifications

This activity can be fun for everyone. The layers do not have to be precise, so there is a lot of variability and opportunity for success!

Use a different type of cake if you prefer. Other options might include angel food cake or vanilla cake. Use other fruits and flavors of pudding if you prefer.

This can be made in individual bowls or cups, but could also be made into a large bowl for several people. Large bowls may also be easier for individuals with less hand-eye coordination.

If layering is a challenge, eating each ingredient one by one is okay! It's the process of doing rather than the finished product!

Crafting a Decorative Fall Vase



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For this craft activity, you will need a table to set everything on.

Supplies

- Vase or bowl to decorate
- Clear liquid glue, or Mod podge
- Plastic or real leaves
- Tissue paper or crepe paper
- Paint brush

Instructions

To make your own Mod-podge, place 6 ounces of glue in $\frac{1}{2}$ pint jar. Add water. Screw lid on top of jar. Shake it to mix.

Using a paint brush, spread Mod-podge onto the outside of the vase. Place leaves on to the Mod-Podge on the vase. Spread Mod-Podge over the leaves.

Using a paint brush, spread Mod-podge onto the outside of the vase. Place pieces of tissue paper or crepe paper on to the Mod-Podge on the vase. Spread Mod-Podge over the tissue paper or crepe paper.

Modifications

If using real leaves, the walk to collect the leaves is an activity in itself. Pay attention to your surroundings as you walk and notice the colors. You could ask, “what kind of tree did this leaf fall from?”

You could sing as you collect the leaves. There are several songs that have the words “tree” in them.

“Don’t Sit Under the Apple Tree”

“Tie a Yellow Ribbon Round the Ole Oak Tree”

“What a Wonderful World”

As you walk, you could reminisce about trees you climbed as a child, notice the breeze or sunshine on your face as you walk, the smells in the air, and maybe crunchy leaves below your feet.

You could use a plastic vase or cup rather than a glass one.

Use larger handled paint brushes if needed.

Do the activity together or with children to make it intergenerational.

The person could watch someone else decorate the vase and critique the finished product.

Sing-a-Long



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Rock Around the Clock

One, two, three o'clock, four-o'clock rock
Five, six, seven o'clock, eight-o'clock rock
Nine, ten eleven o'clock, twelve o'clock rock
We're gonna rock around the clock tonight.
Put your glad rags on and join me, hon'
We'll have some fun when the clock strikes one
We're gonna rock around the clock tonight
We're gonna rock, rock, rock, 'til the broad daylight
We're gonna rock, gonna rock, around the clock tonight
When the clock strikes two, three and four
If the band slows down we'll yell for more
We're gonna rock around the clock tonight
We're gonna rock, rock, rock, 'til the broad daylight

We're gonna rock, gonna rock, around the clock tonight
When the chimes ring five, six and seven
Me and my baby, in seventh heaven
We're gonna rock around the clock tonight
We're gonna rock, rock, rock, until the broad daylight
We're gonna rock, gonna rock, around the clock tonight
When it's eight, nine, ten, eleven too
I'll be goin' strong and so will you
We're gonna rock around the clock tonight
We're gonna rock, rock, rock, until the broad daylight
We're gonna rock, gonna rock, around the clock tonight
When the clock strikes twelve, we'll cool off then
And we'll rock around the clock again
We're gonna rock around the clock tonight
We're gonna rock, rock, rock, 'til the broad daylight
We're gonna rock, gonna rock, around the clock tonight
When the clock strikes twelve, we'll cool off then
And we'll rock around the clock again
We're gonna rock around the clock tonight
We're gonna rock, rock, rock, 'til the broad daylight
We're gonna rock, gonna rock, around the clock tonight
Gonna rock, gonna rock around the clock tonight.
Gonna rock, gonna rock around the clock tonight.



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Home on the Range

Oh, give me a home

Where the buffalo roam

Where the deer and the antelope play.

Where seldom is heard, a discouraging word

And the skies are not cloudy all day

Home, home on the range

Where the deer and the antelope play

Where seldom is heard, a discouraging word

And the skies are not cloudy all day.

Home, home on the range

Where the deer and the antelope play.

Where seldom is heard a discouraging word

And the skies are not cloudy all day.

You are My Sunshine



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You are My Sunshine, my only sunshine
You make me happy when skies are gray
You'll never know, dear, how much I love you.
Please don't take my sunshine away.
The other night, dear, as I lay sleeping,
I dreamt I held you in my arms.
When I awoke, dear, I was mistaken,
So I hung my head and cried.
You are My Sunshine, my only sunshine
You make me happy when skies are gray
You'll never know, dear, how much I love you.
Please don't take my sunshine away.
Please don't take my sunshine away.



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This Little Light of Mine

This Little Light of Mine

I'm gonna let it shine

This Little Light of Mine

I'm gonna let it shine

This Little Light of Mine

I'm gonna let it shine

Let it shine, let it shine, let it shine.

In my neighborhood, I'm gonna let it shine

In my neighborhood, I'm gonna let it shine

In my neighborhood, I'm gonna let it shine

Let it shine, let it shine, let it shine.

Everywhere I go, I'm gonna let it shine.

Everywhere I go, I'm gonna let it shine.

Everywhere I go, I'm gonna let it shine.

Let it shine, let it shine, let it shine.

All around the world, I'm gonna let it shine.

All around the world, I'm gonna let it shine.

All around the world, I'm gonna let it shine.

Let it shine, let it shine, let it shine.

This Little Light of Mine

I'm gonna let it shine

This Little Light of Mine

I'm gonna let it shine

Let it shine, let it shine, let it shine.