



**Dementia Support Works**  
Compassion. Care. Community.

# **Gentle Minds**

## **Thoughtfully Designed Activities**

### **for People Living with Dementia**

**Connection over correction.  
Engagement without overwhelm.  
Dignity at every stage.**

# Introduction

## Welcome to the Gentle Minds Activity Book

This book was created by **Dementia Support Works** with a simple goal: to provide moments of joy, connection, and gentle mental stimulation.

When living with dementia, the world can sometimes feel overwhelming. This book is designed to be a "no-fail" zone. There are no timers, no trick questions, and no "wrong" answers. Whether you complete one page or ten, the value lies in the engagement and the quiet focus it brings.

**For the Caregiver:** We know your time and energy are precious. These activities are designed to be self-explanatory, allowing your loved one to work independently or for both of you to share a meaningful conversation.

**Remember: \* Focus on the process, not the result.** If they want to color the word search rather than find the words, that is perfectly okay.

- **Offer encouragement.** A little praise goes a long way in building confidence.
- **Keep it relaxed.** If they seem frustrated, set the book aside and try again another time.



# **Section 1**

## **Word Search Classics**

### **The Benefit**

**This activity stimulates visual search and recognition of nature-themed vocabulary, promoting a sense of calm and outdoor connection.**

# Activity 1: The Garden

**The Benefit:** This activity stimulates visual search and recognition of nature-themed vocabulary, promoting a sense of calm and outdoor connection.

**Instructions:** Look at the grid of letters. Find and circle the following words: **ROSE, TULIP, DAISY, SEED, WATER, SUN.** They may be hidden horizontally or vertically.

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

# Activity 2: The Kitchen

**The Benefit:** Identifying everyday objects helps maintain "functional vocabulary," keeping familiar household items top-of-mind.

**Instructions:** Scan the letter grid to find hidden kitchen items. Look for: **SPOON, PLATE, BOWL, FORK, KNIFE, CUP.** Circle each one when you find it.

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