



United Against Dementia Games



Welcome to the Alzheimer's Society United Against Dementia Games!

We've put together a booklet of everything you need to get started on your fundraising journey. On each page you'll find an activity and then additional resources at the back of the pack. We'd love to see all the fantastic photos from your events. Email them over to community@alzheimers.org.uk.



Blindfold Explorer

Everybody gets into teams of two: one is an explorer and the other is the guide. Everybody helps move items around to make an indoor obstacle course. When the obstacles are ready the explorer enters the room blindfolded and tries to make their way over the course, while their guide shouts instructions to help them and records how long it takes them.

Once each team has had a turn, the team who crossed the room the quickest wins.

Want to make it even harder? Incorporate the 'floor is lava' rules - make sure you don't touch the floor as you try to cross the room as quickly as possible!



Stack it!

Build the biggest tower that you can in 60 seconds (you could use plastic cups, Lego, boxes, books, cushions or anything that you can safely stack!)

Target Practice

Use a water pistol to shoot a target. The person who hits the target first wins the point. Whoever has the most points at the end of three rounds wins the game!

Target cut out on page 12



Bird Watching



Over a week, see how many different types of birds you can spot in and around your garden. Make a note of the different birds, and whoever has spotted the highest number of different species wins!

Touchy Feely and the Memory Tray

Touchy Feely: Cut a hole in a cardboard box big enough to fit your hand through. One at a time, put items in the box and each contestant has to put their hand through and guess what they are by touch, winning a point for every correct item.

Memory Tray: Put a selection of items on a tray. The contestant gets 30 seconds to look at it before it's covered back up. Whoever remembers the most items wins!

Blow Football Cup



All you need is a table tennis ball, two reusable straws, a surface to be your mini football pitch and a bit of puff! Make goal posts out of anything from salt and pepper shakers to toilet roll. Try to get the ball into the goal by blowing it through your straw - it's harder than it looks!

To get a little more competitive, colour in your football strips in your team colours and have a tournament for that real football fix.

Football pitch and strips on pages 13 and 14



Self Portrait Challenge

Each person draws themselves, then all the drawings are put into a hat. As you pull out each one, try and guess whose is whose!

Alternatively, players can draw a famous person (ideally one that everybody can guess!). Using this and by asking yes or no questions, the other players have to guess who the famous person is. This game works well with any size group, but the larger the group, the more fun the game becomes.

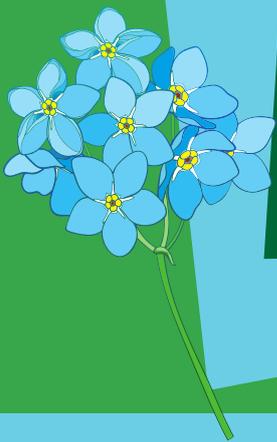
Blank portrait on page 15

Protect Your Balloon



This is a great activity for larger groups of 5 or more. Give each competitor a balloon and a length of string, approximately a metre long. Have them blow up their balloon, tie it to the string and tie it around one of their ankles. The aim is to protect their balloon while trying to burst everyone else's by stomping on it, with the winner being the last balloon standing. Supervision and a safe environment is essential for this one!

Forget Me Not Hunt



Hide forget-me-not flowers around your house/garden. The first person to come back with 10 is declared the winner. Go to the back of this pack to find your flowers ready to be coloured in and cut out!

Want to take the contest up a notch? You could hide a prize and use the flowers to make clues that will lead to the special treasure.

Find forget-me-nots at the back of this pack on page 16

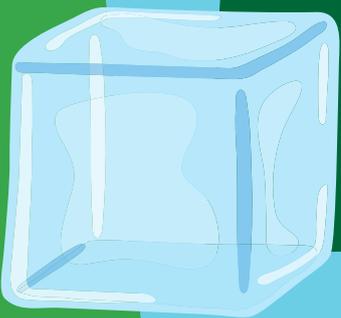
Box Racers



Cut off the lids/flaps off an old box, add a couple of straps and decorate it to make your very own racing car! Have a series of races in the back garden. You could even mow the lawn to create your very own racetrack design!



Freeze! or Jelly Fingers!

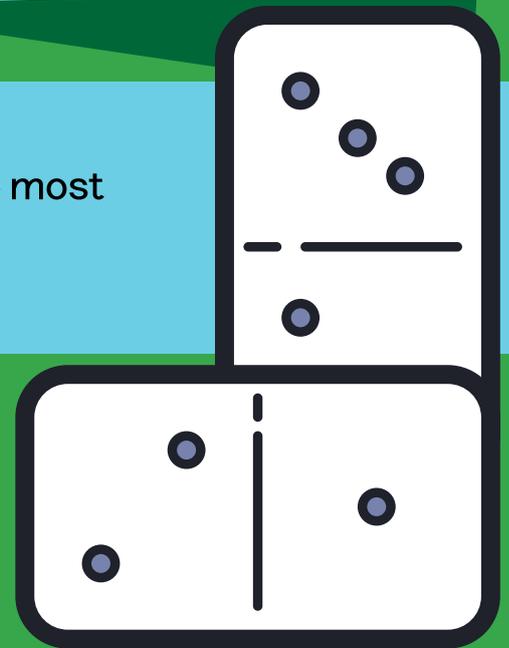


Freeze some toys in ice cubes or larger items in bowls. Players can use a selection of tools to get them out, (think spoons, water pistols or toy hammers) and whoever frees their toy first wins. To make it extra tricky, ban running the ice under tap water or trying to eat it!

For even messier fun, set some toys in jelly instead- whoever digs them out first is the winner.

Dominoes

How long can you line them up for? What's the most interesting shape you can make?



The following pages are printable resources for your United Against Dementia Games.

If you need anything else please don't hesitate to get in touch at community@alzheimers.org.uk and we will be happy to help!



Scoresheet

Name

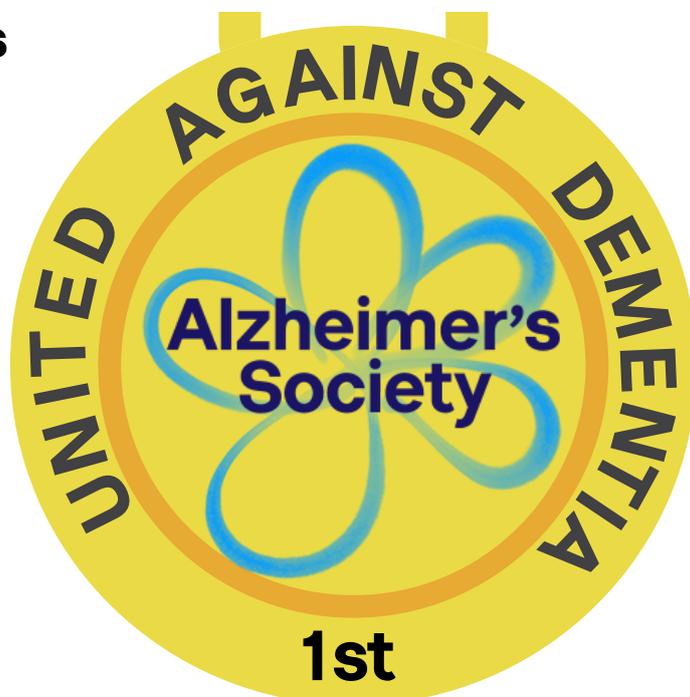
Printable Medals

Ask an adult to help
you cut out your
medals



Printable Medals

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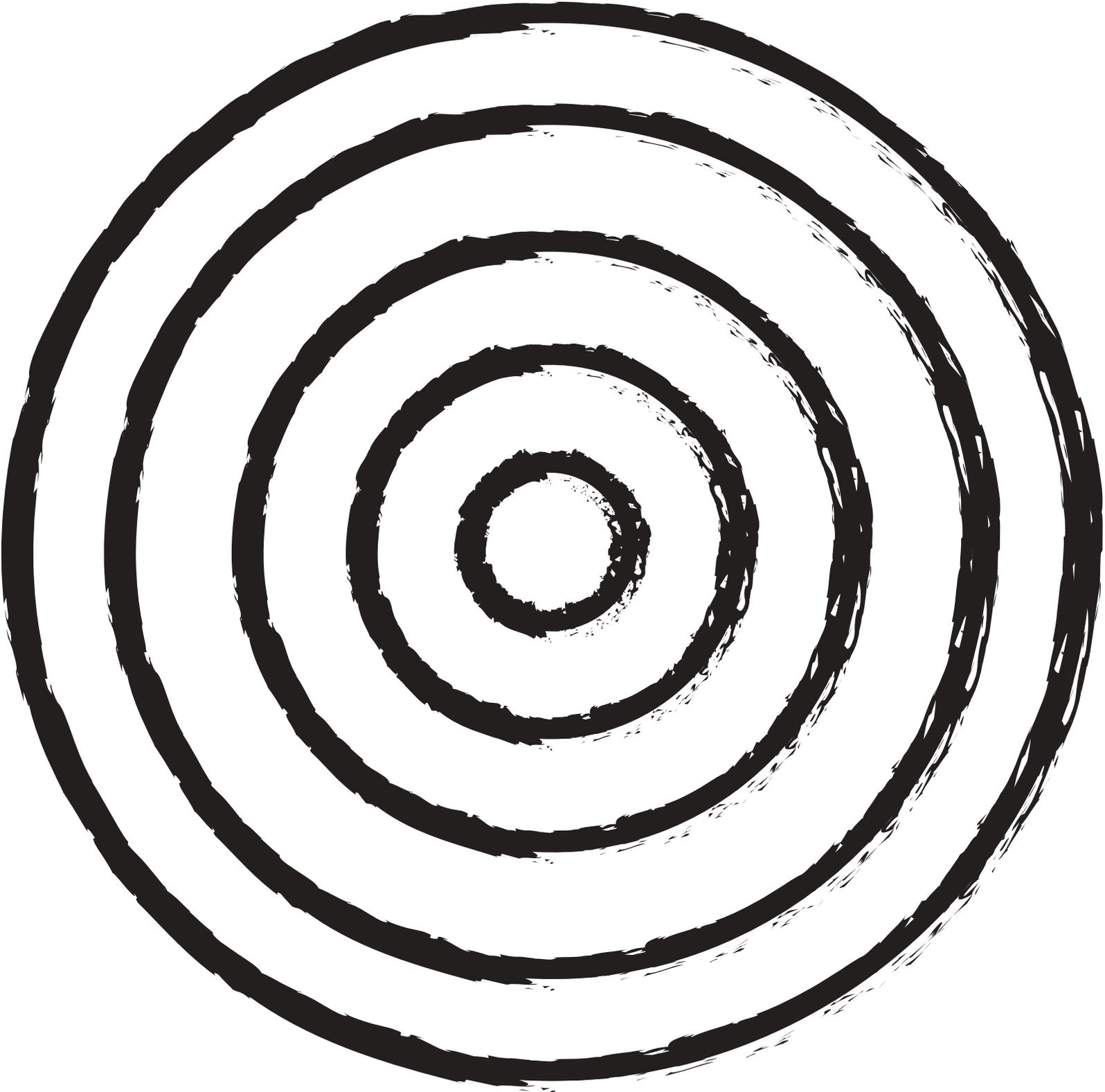
**Printable colour in torch
flames for a collection tin or
box**

Ask an adult to help you cut
out these Olympic torch
flames

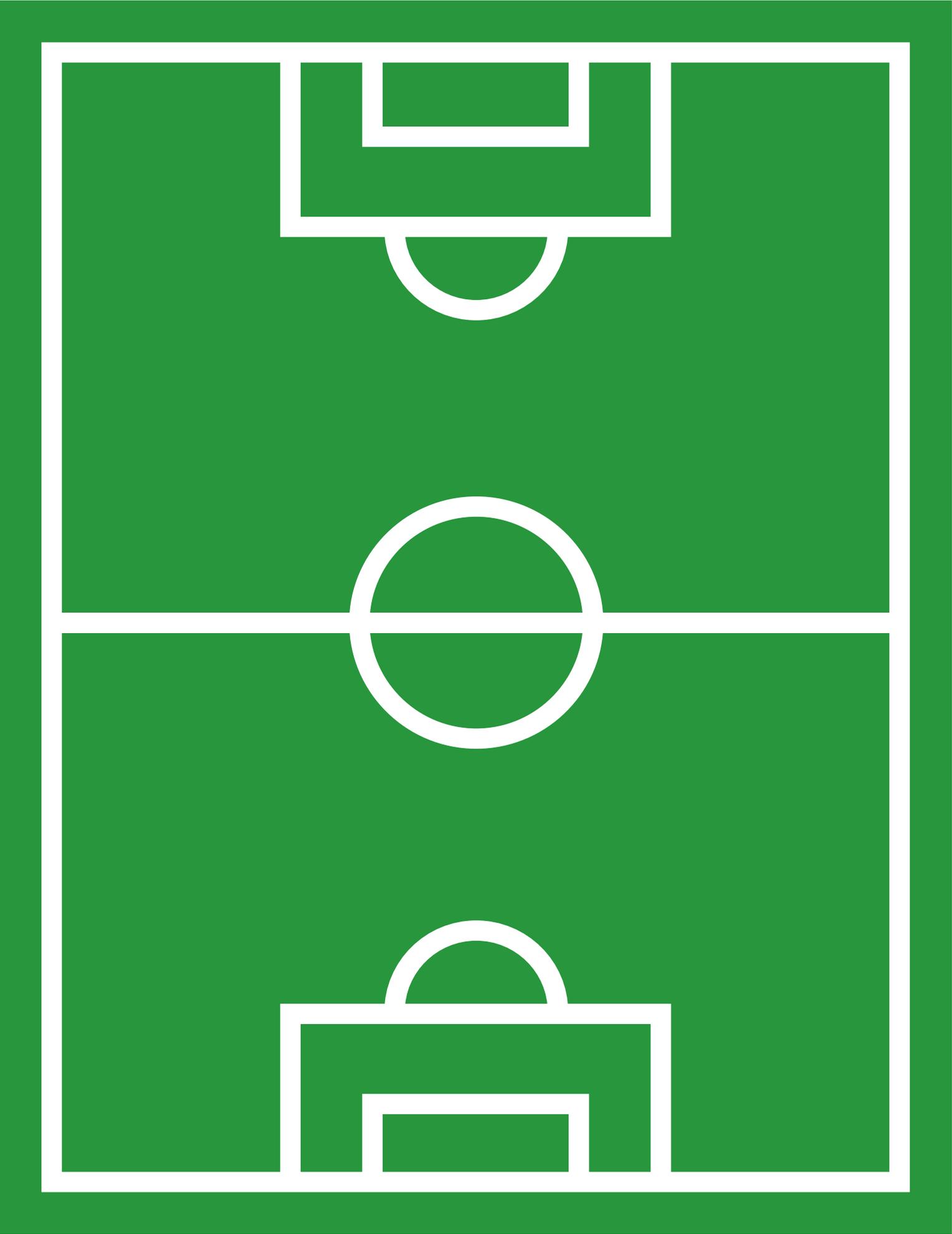


Printable Target for Target Practice Challenge

Ask an adult to help you cut out
your target



Printable Football Pitch



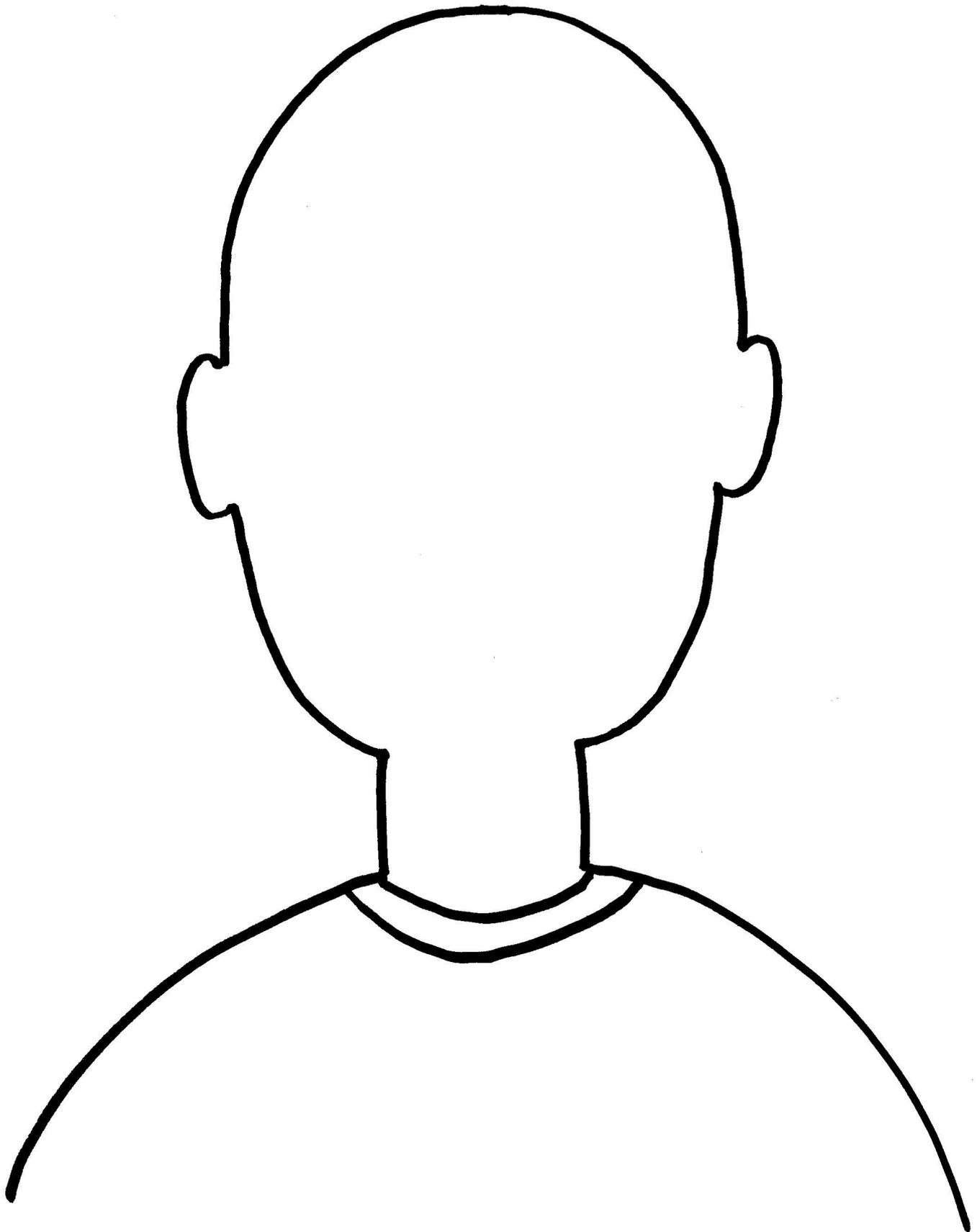
Printable Colour in Football strips



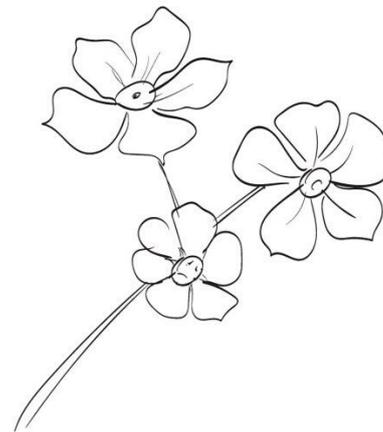
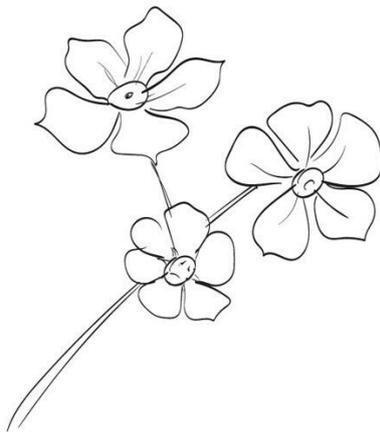
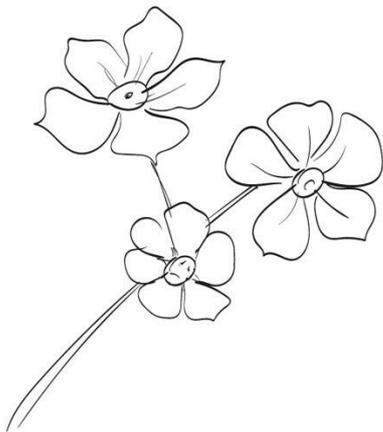
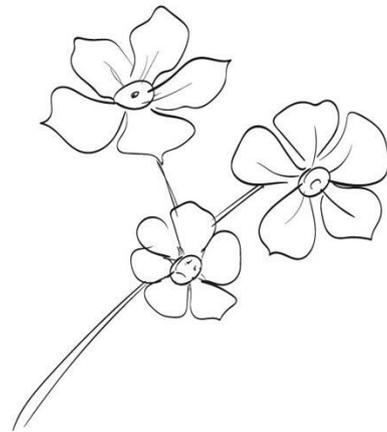
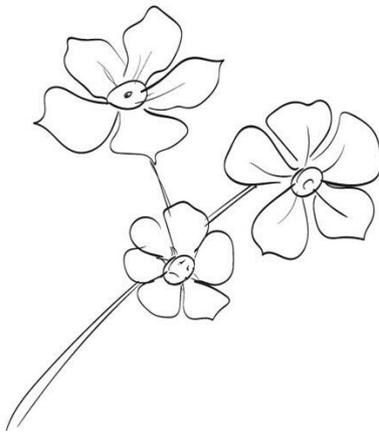
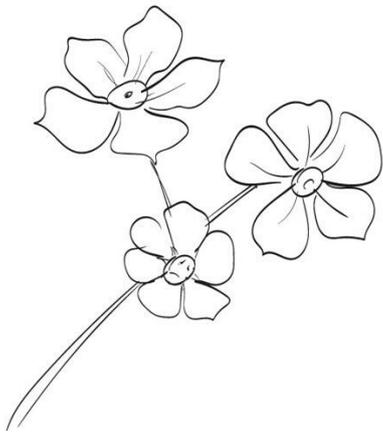
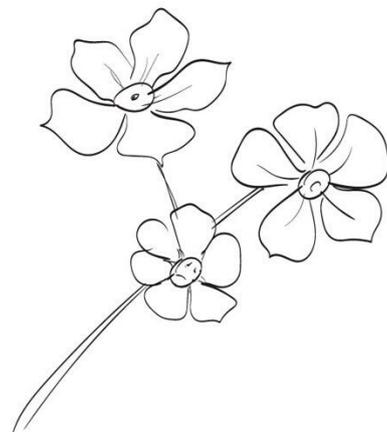
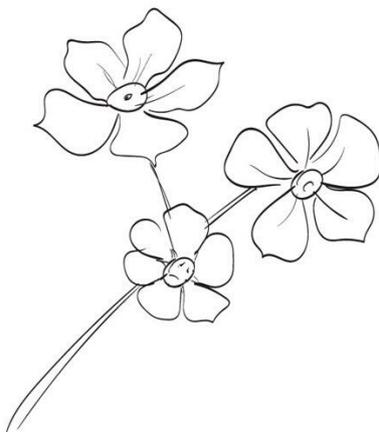
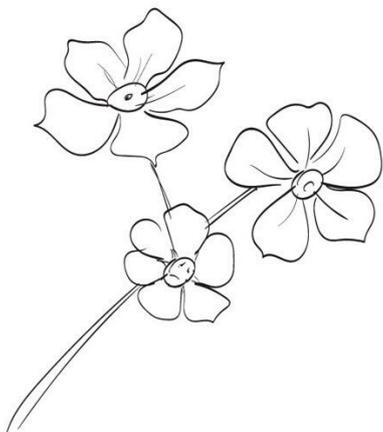
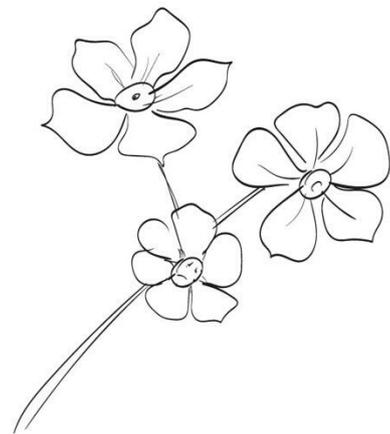
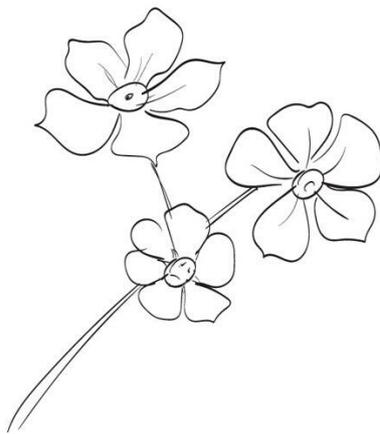
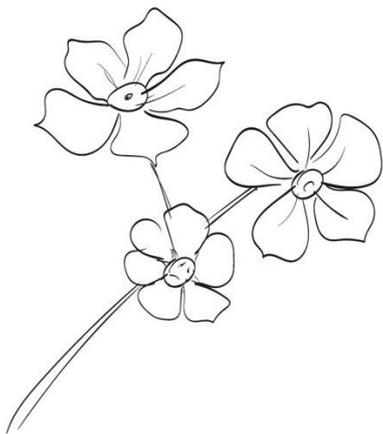
Ask an adult to help you cut out your football shirts



Printable Portrait



Printable forget-me-nots



Ask an adult to help you cut out your forget me nots

Your help during this difficult time means that we can keep supporting people affected by dementia.

We can't thank you enough for being part of our amazing dementia-busting team!

0330 333 0804

Find out more information about fundraising on our website.

www.alzheimers.org.uk/makeitmatter



Alzheimer's Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland

