

Poetry Activity

Reading poetry can be a very relaxing and comforting activity for people with dementia. Research shows that participants in poetry based activities have positive reactions, showing positive facial expressions, laughter and social interaction within the group. Here's a fun activity that can be done with one to four participants.

Preparation

Print two copies of the attached page and if possible, laminate them. Cut one of the copies into strips so that one line of the poem is on each strip. Cut the other copy in half so that there are three lines on each half page template.

Activity One

Read the first line of the poem out loud and have the participants repeat it. Do this for each of the lines of the poem. When finished, encourage discussion about the poem and any memories that the participants may have about it.

Activity Two

Distribute the strips to the participants randomly. As you read the poem out loud, have the participants offer up the matching line.

Activity Three

Hand each person in the group one of the half page templates, along with the corresponding strips. Have them put the strips over the corresponding line on the template. For more challenge, give the participant more than one template at a time, or give them more strips than match the template.

Other Resources

If the person enjoys the activity, you can find more poems and ideas at <http://www.alzpoetry.com/book/>

For more information about poetry and dementia, there is an interesting video at <https://www.youtube.com/watch?v=ky-4KVk6Jdw> and an article at http://www.huffingtonpost.com/marc-middleton/alzheimers-caregivers_b_5664287.html

Questions?

If you have any questions or comments, please do not hesitate to contact us. We would love to hear from you.

donna.ray@keepingbusy.com

www.keepingbusy.com

800-834-8290

"M" Is for the Many things she gave me,

"O" Means only that she's growing Old.

"T" Is for the Tears she shed to save me,

"H" Is for her Heart of purest gold.

"E" Is for her Eyes with love light shining,

"R" Means Right and Right she'll always be.

Put them all together, They spell "MOTHER".
A word that means the world to me.