



**My Activity
Booklet**

How to use this booklet

This booklet is designed to help carers supporting people living with dementia from a Black Caribbean/African background. Try talking about the photos, and encourage them to colour in the images.

You do not have to ask any questions if it makes the person with dementia uncomfortable. However, there are some example questions that you can ask if you think it is ok to do so.

We have asked several people about the images used in the booklet and how we think they should use them. We have had good feedback, but we would still encourage you to use your judgement on how best to use the booklet depending on the mood of the person in your care.

We hope you will enjoy doing these activities. Why not look on the internet for other images or puzzles that you can print and use with the person in your care.

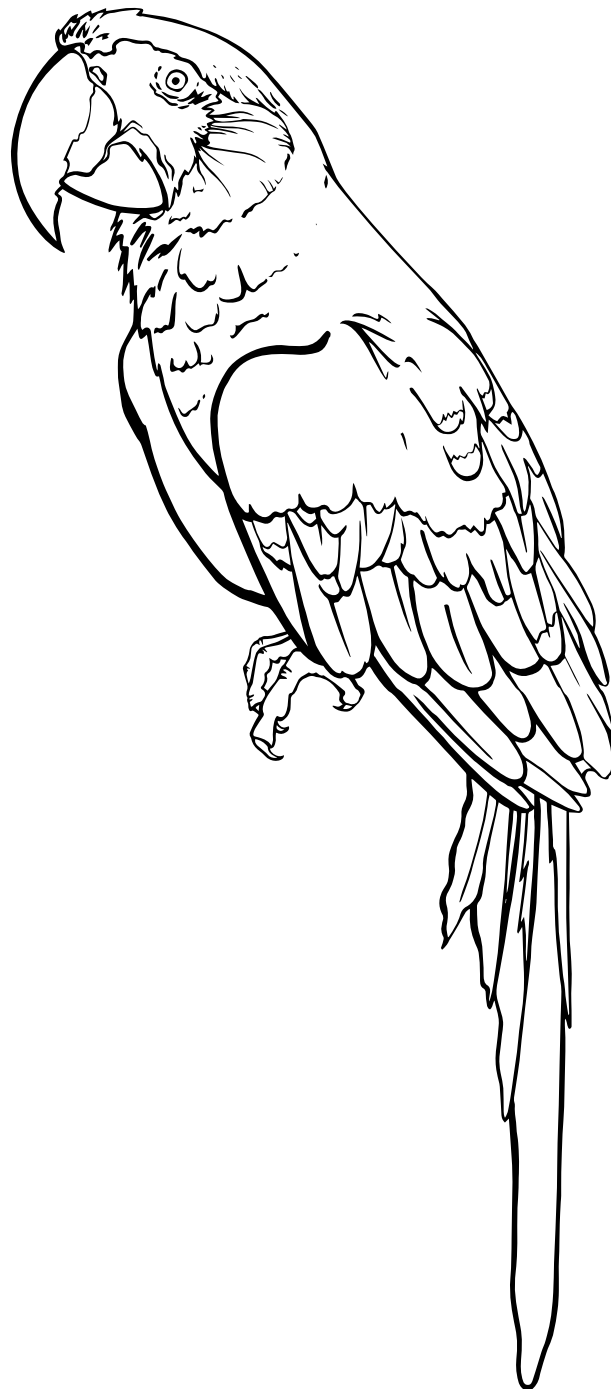
The front cover was designed by Marcia Brown, a Multi-disciplinary Community Artist and Qualified Art Teacher based in West Yorkshire. She has a master's degree in Contemporary Fine Arts Practices from Leeds Beckett Park University. She is also a recipient of the Edna Lumb Travel Scholarship and the Black Achievers awards for her contributions to community arts.

in partnership with



Can you colour in this parrot?

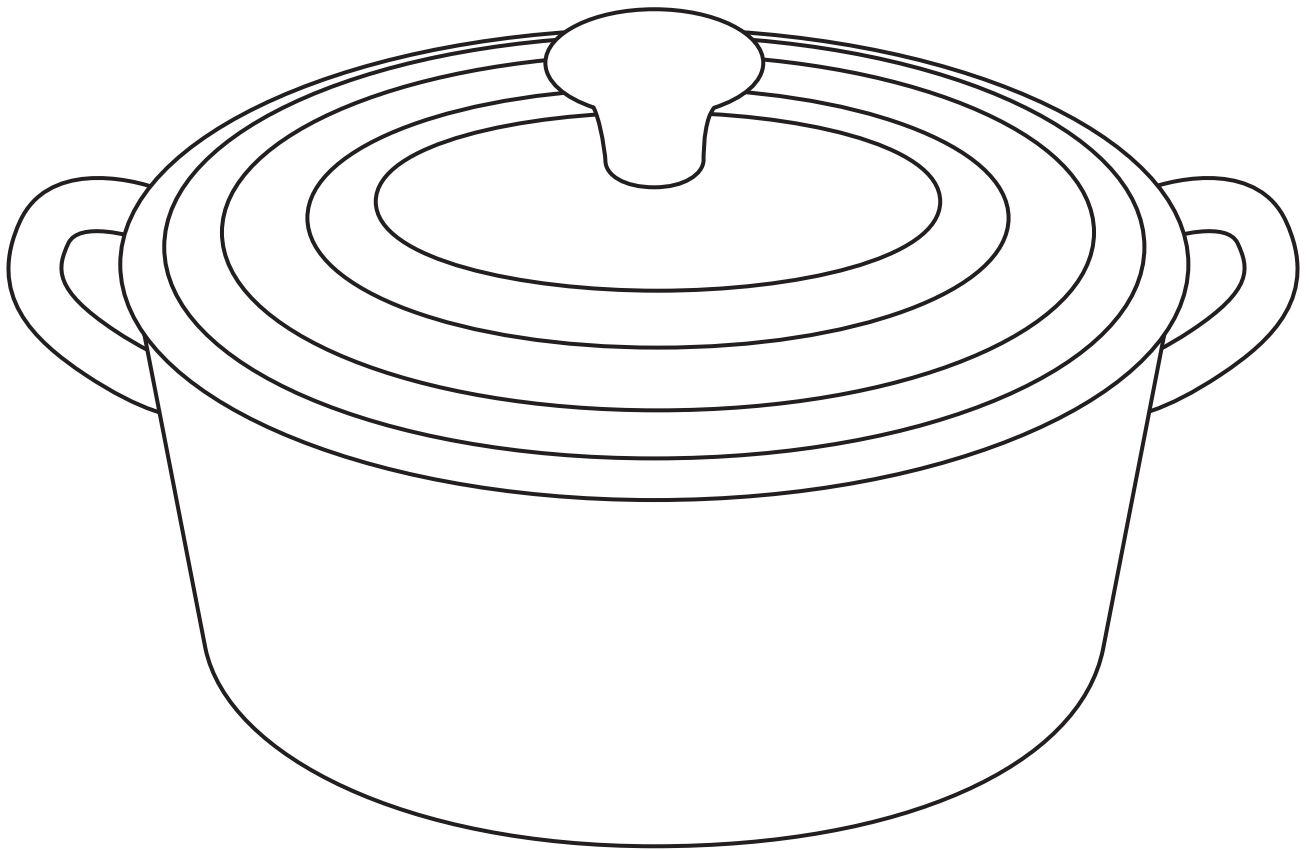
Have you ever seen a parrot
in the wild?



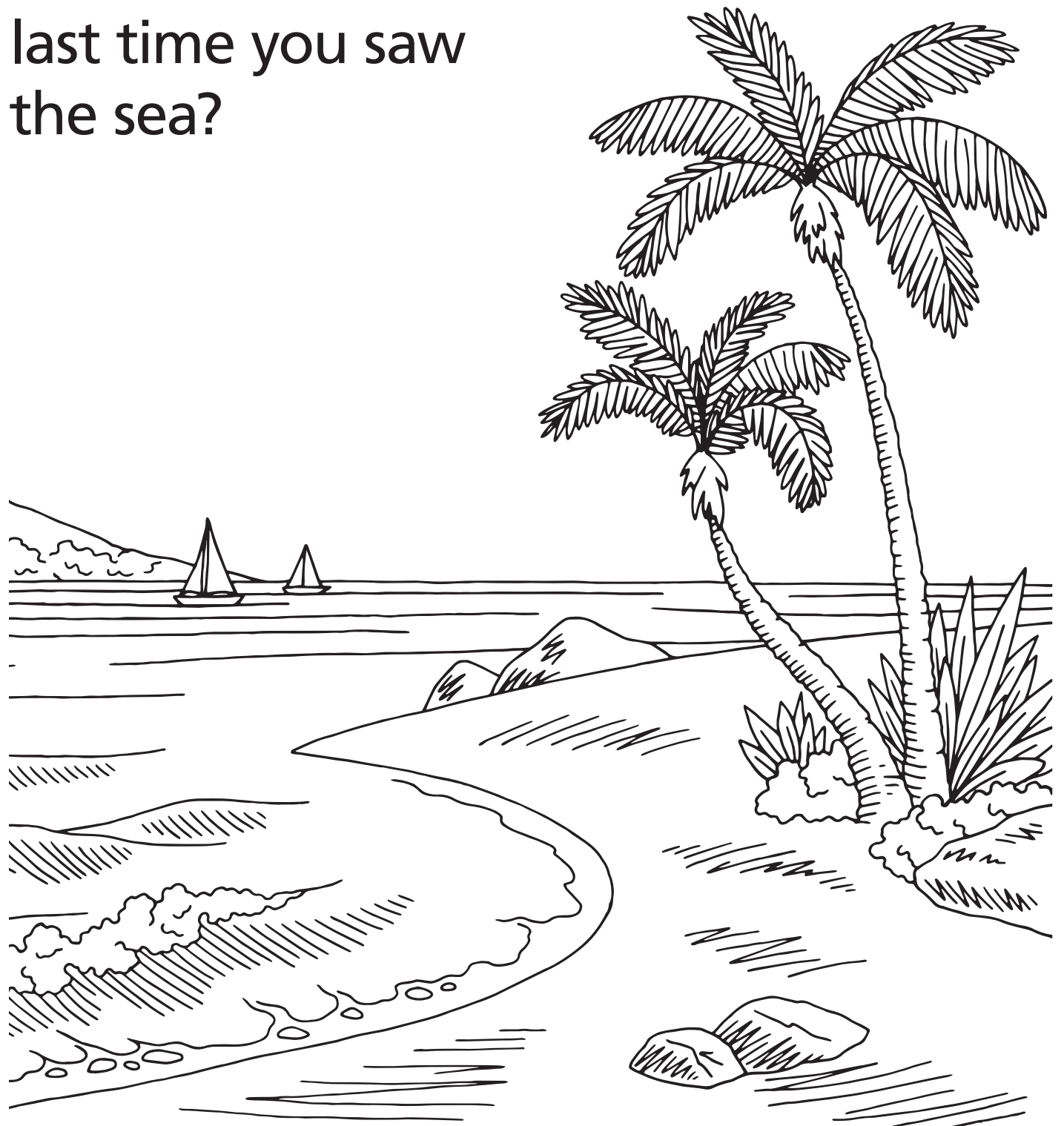
What do you think these women are carrying?



What could be cooking in this pot?



When was the
last time you saw
the sea?



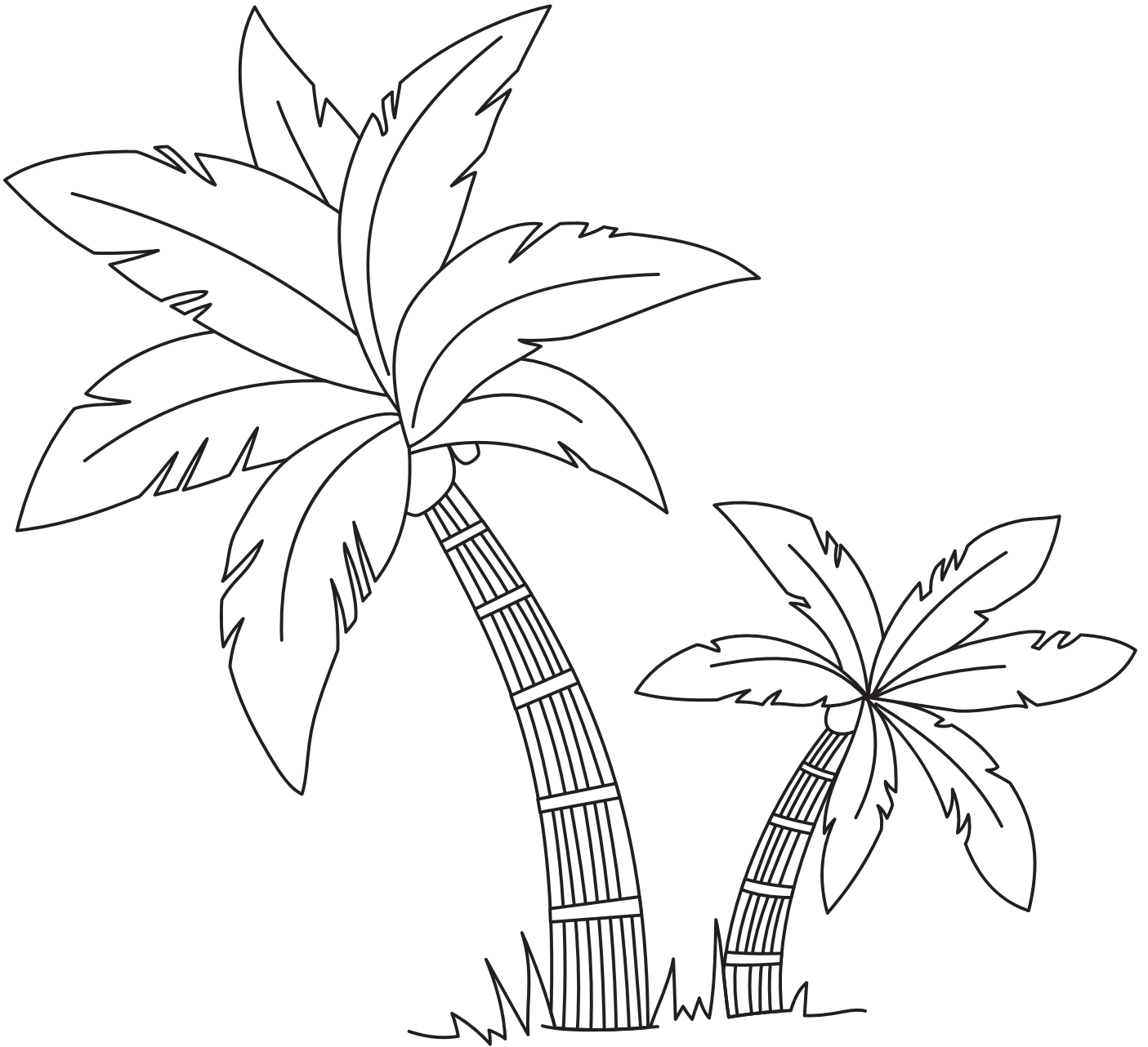
Have you ever been to a carnival?

What music might you hear at a carnival?



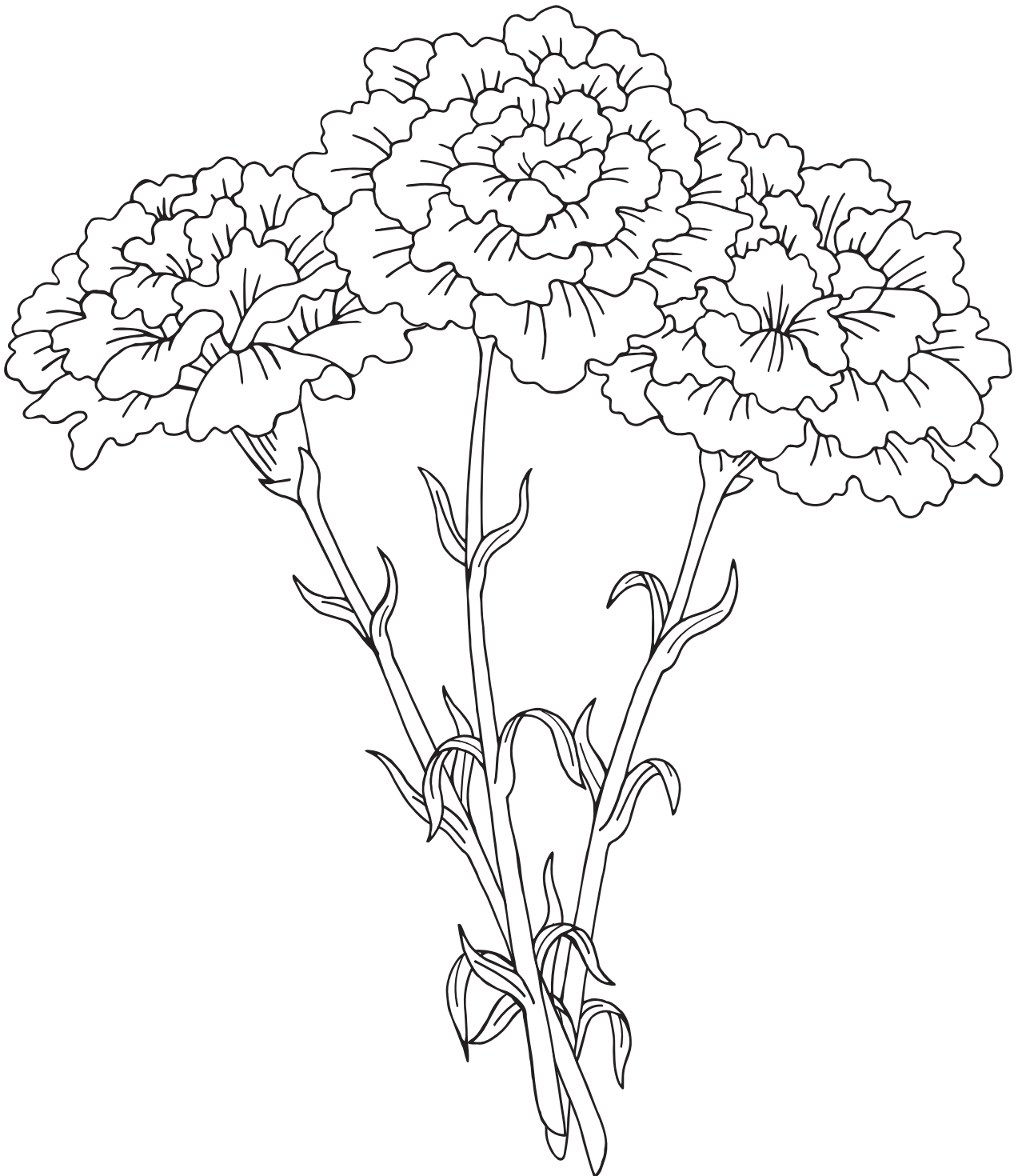
Do you know what these trees are?

Where do these types of tree grow?



Do you recognise this flower?

What different colours can these flowers be?



Which continent is this?

Can you name any countries?



Where do you think this island could be?



Do you know what this lady is doing?

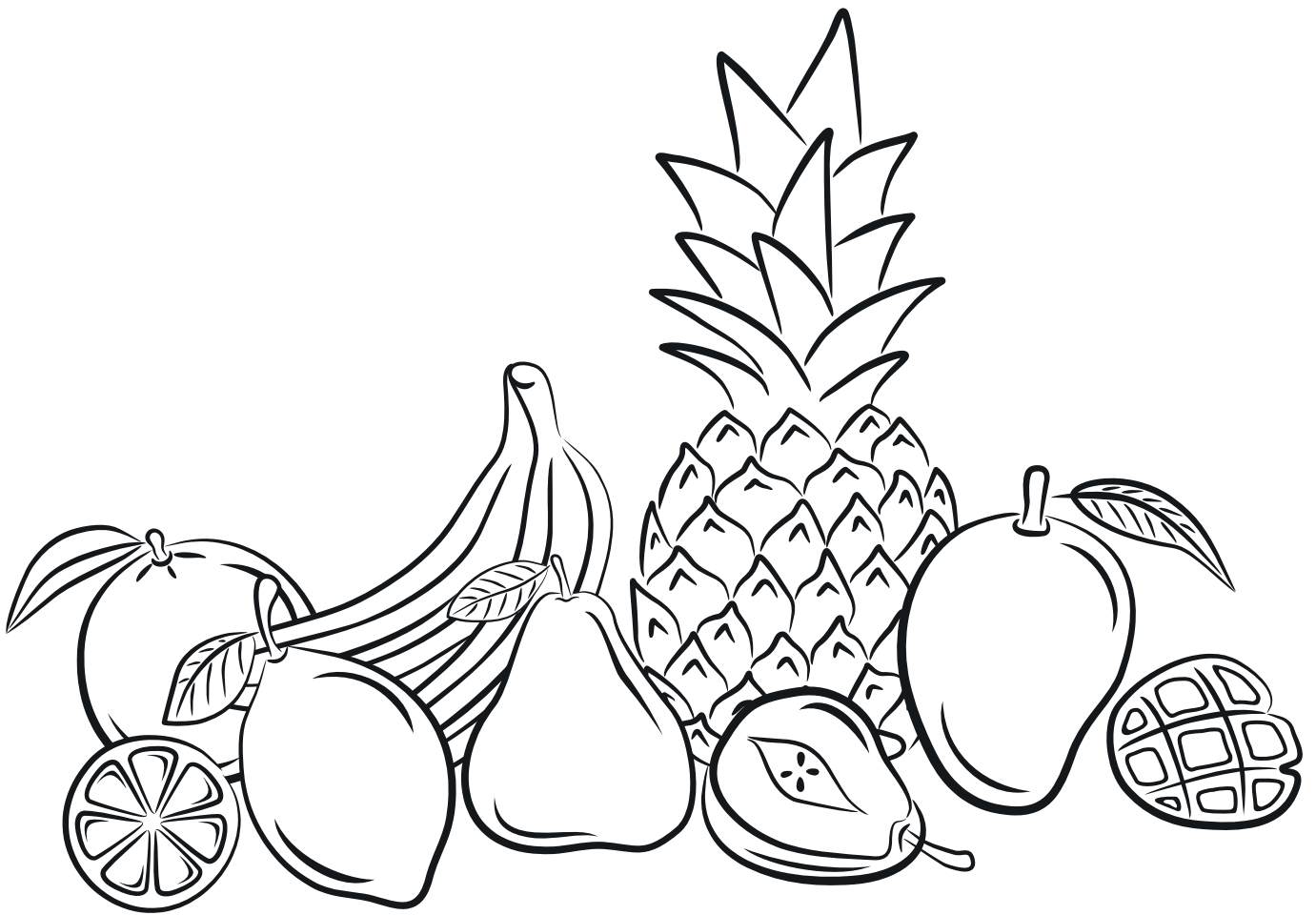
How do you like to style your hair?



What can you recognise in this photo?

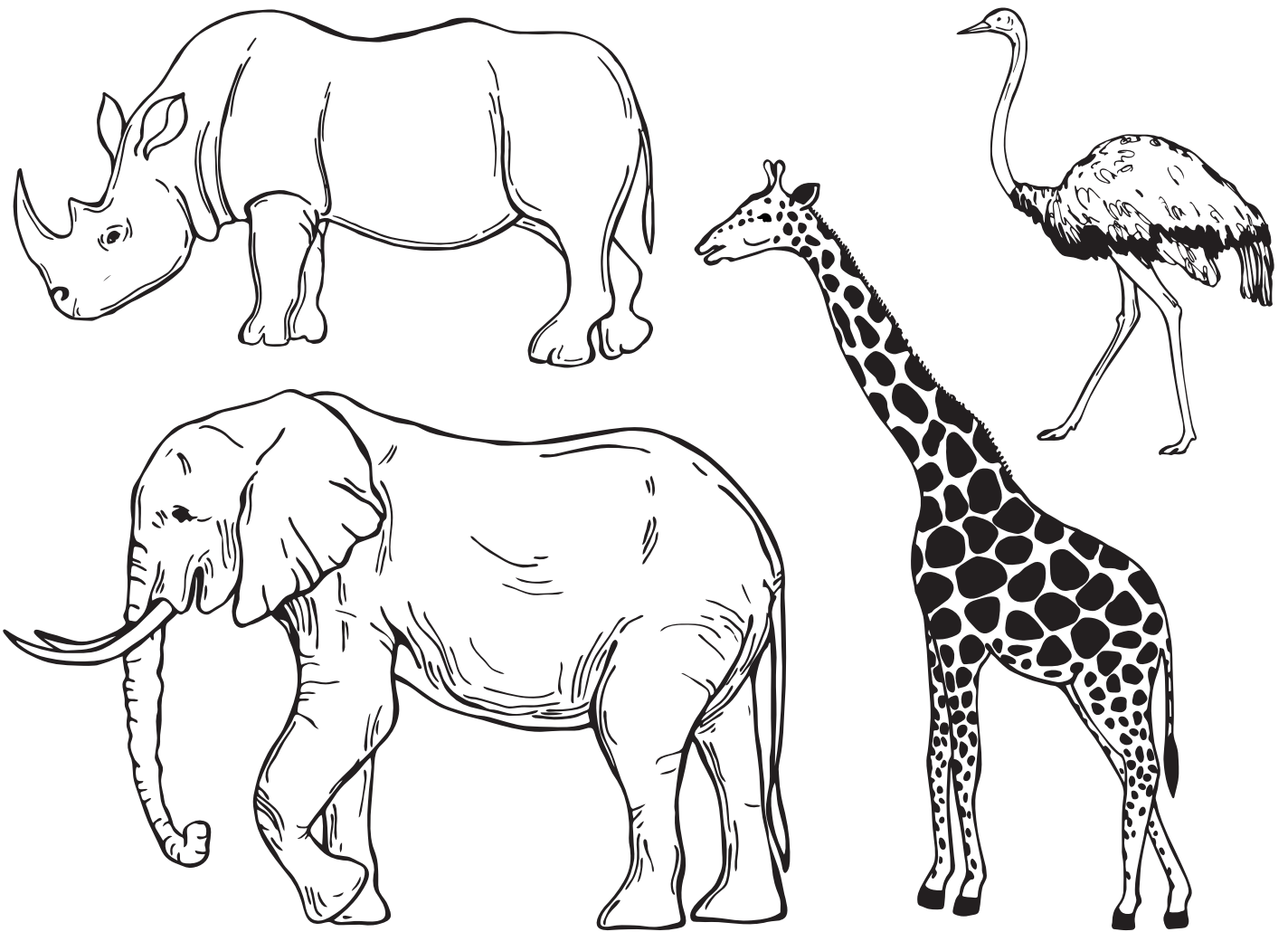
How many fruits can you count?

What fruits do you like?



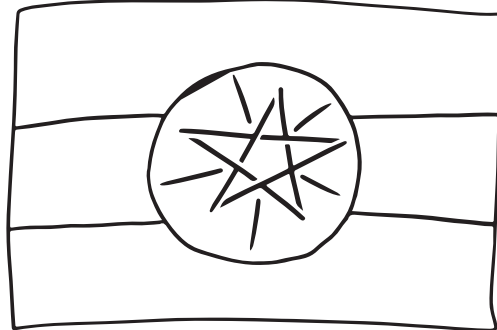
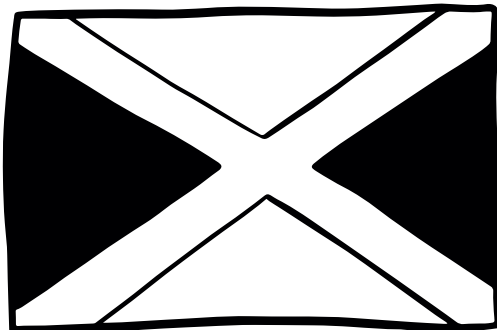
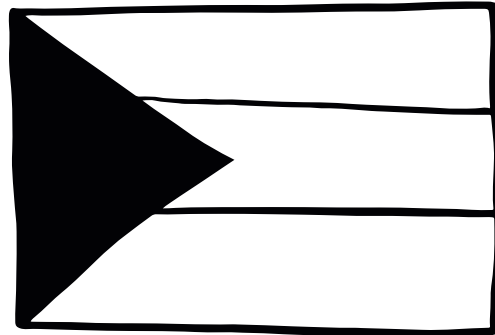
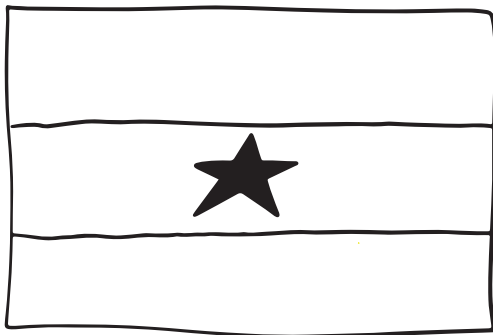
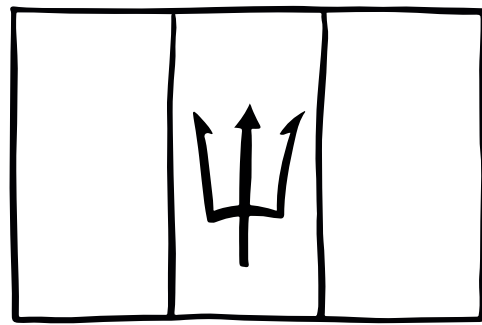
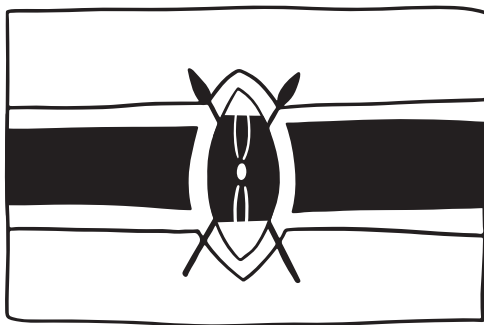
How many different animals can you see?

Do you know what they are?



Which flags do you recognise?

Can you colour them in with the correct colours?

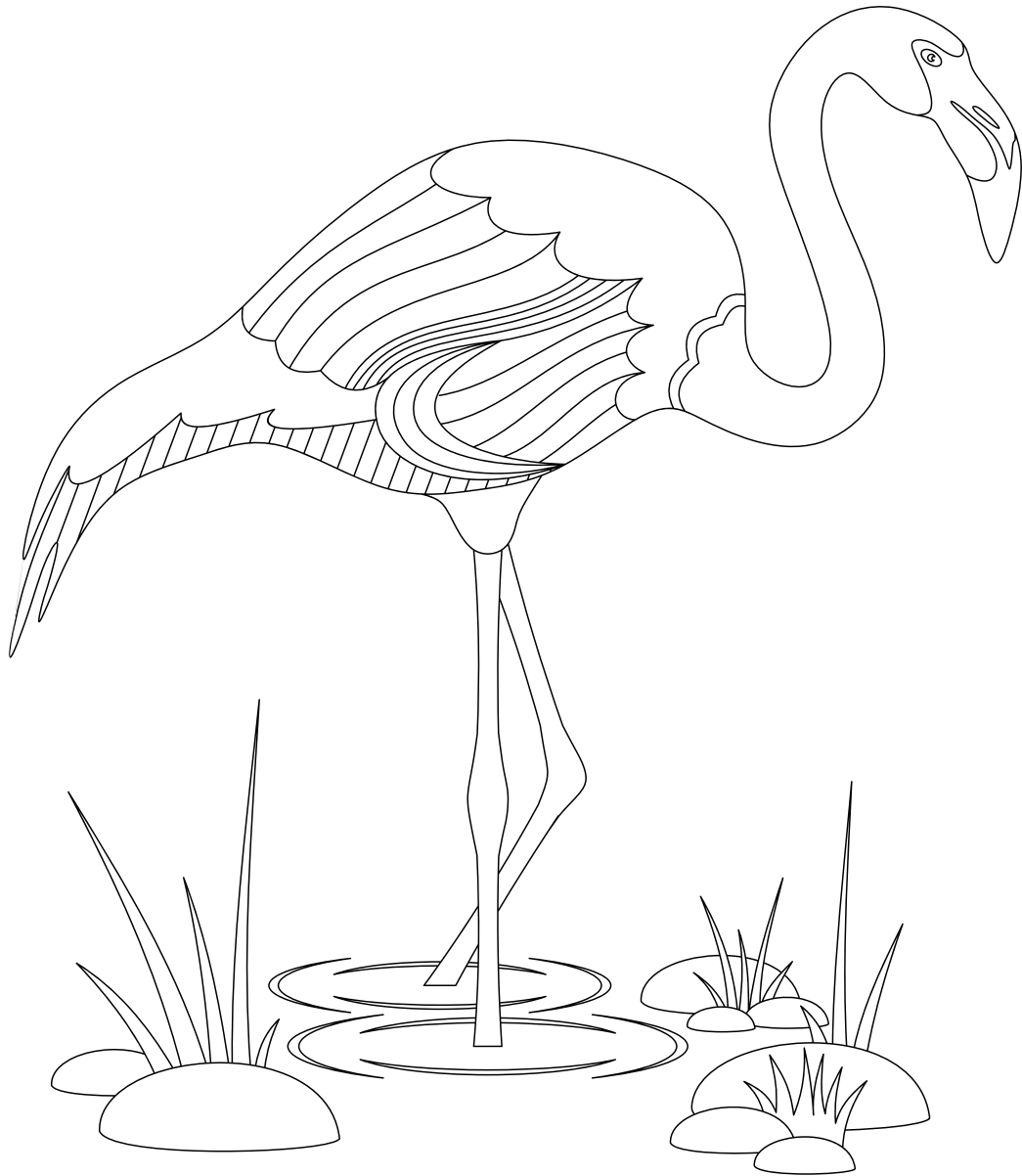


Top left: Kenya
Middle left: Ghana
Bottom left: Jamaica

Top right: Barbados
Middle right: Bahamas
Bottom right: Ethiopia

Do you know what this animal is?

Can you make her colourful?



Can you colour in this pattern?

How many colours can you use?

