

**My Activity  
Booklet**

# How to use this booklet

This booklet has been designed for carers looking after people living with dementia from a South Asian 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.

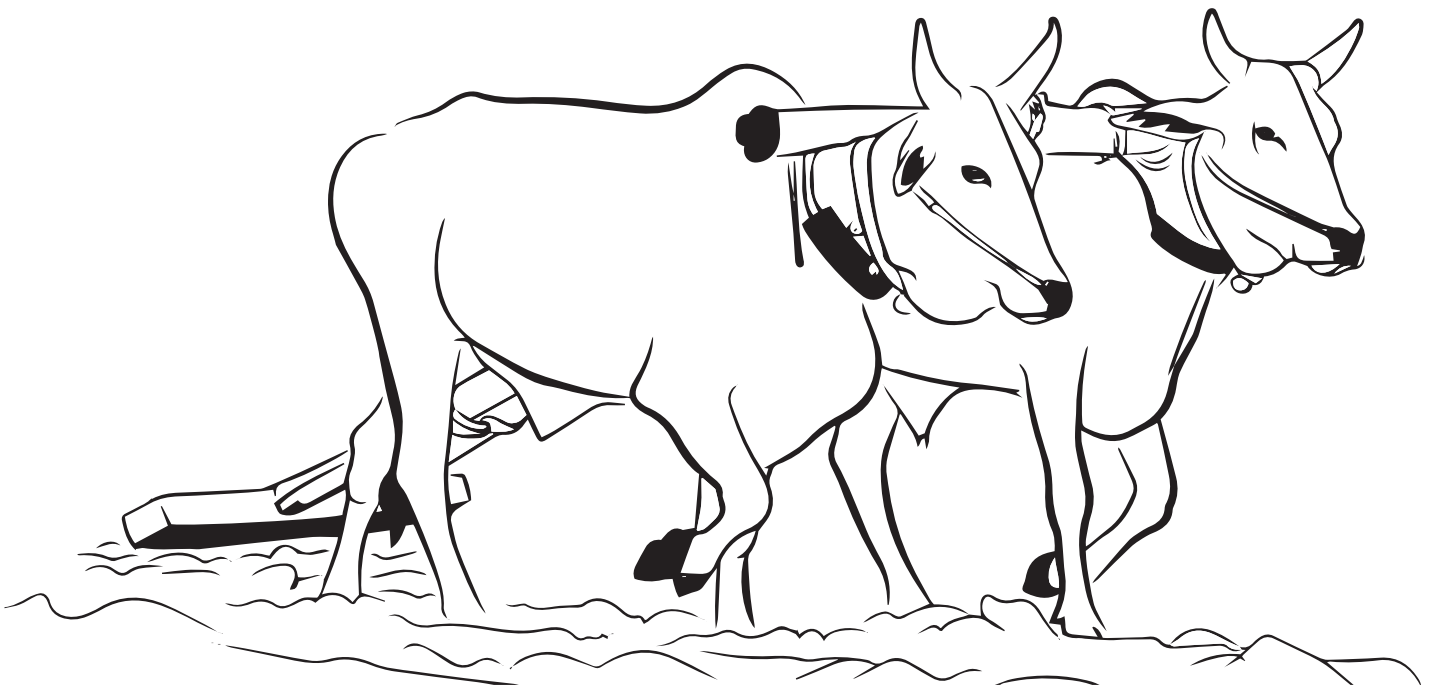
*The front of this booklet was designed by  
Phool Patti, Pakistan's Truck Art Team.*

in partnership with



Can you colour in these bulls?

Do you think these bulls are working on a farm?





What colours do you want to use to colour in this peacock?

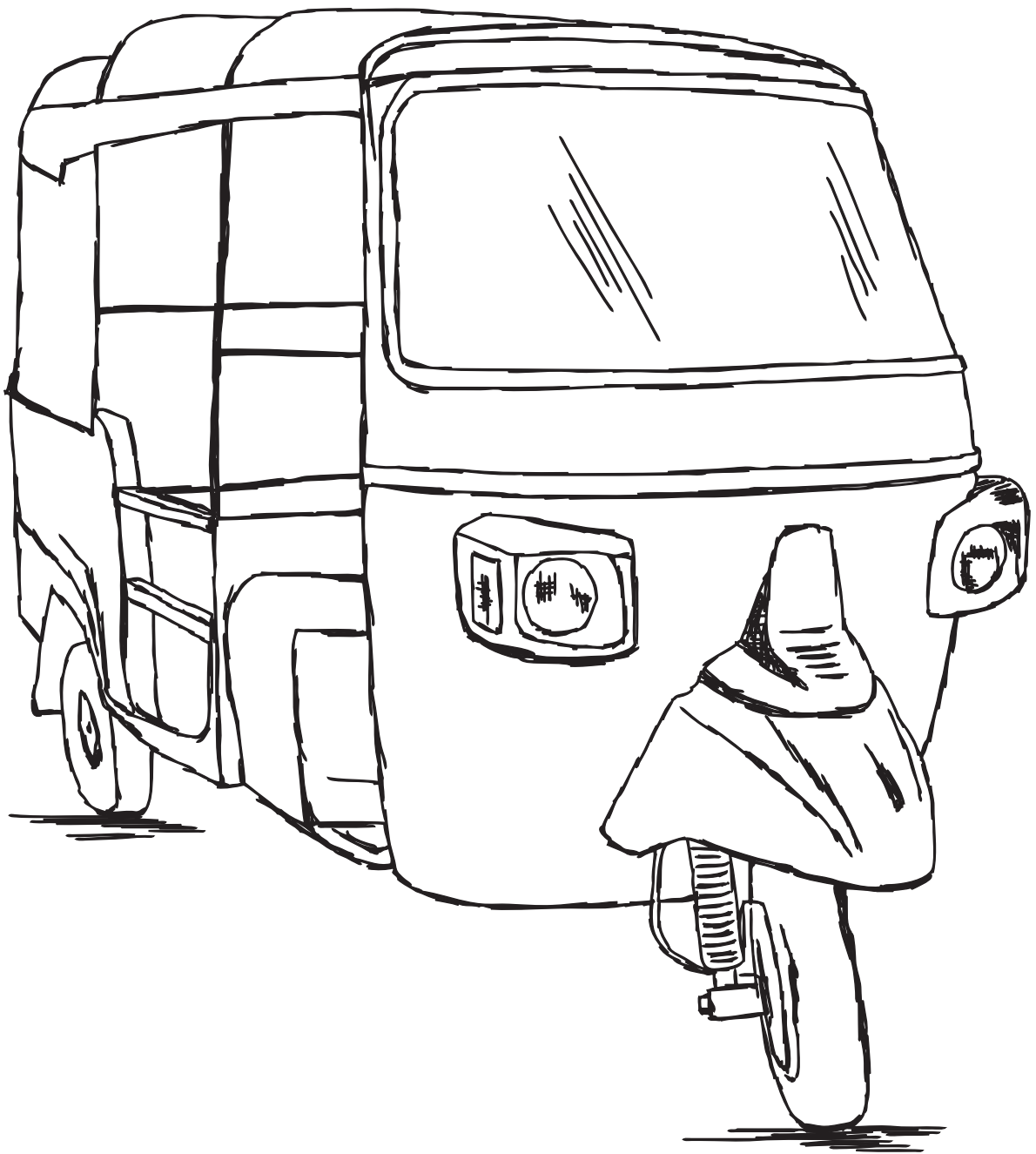
Have you ever seen a peacock?



Do you know anyone that has worked in a textile mill?

Do you know what this is?

Do you remember sitting in a rickshaw?



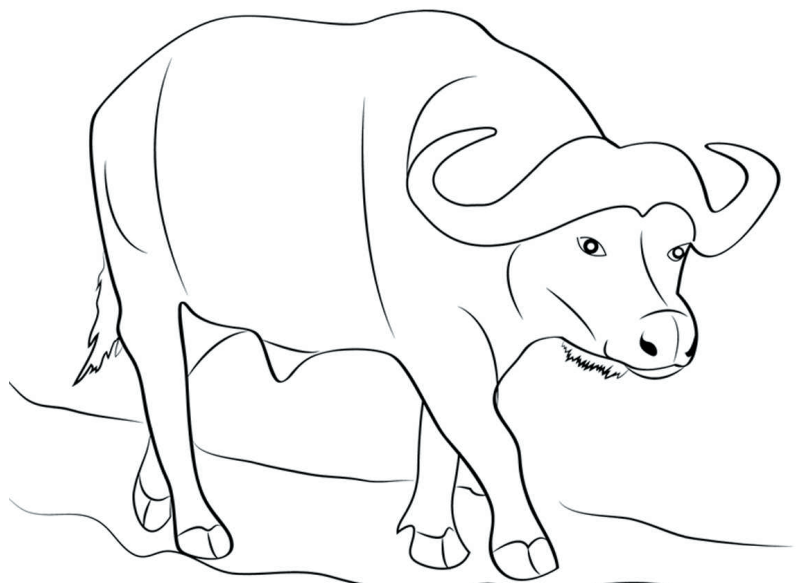
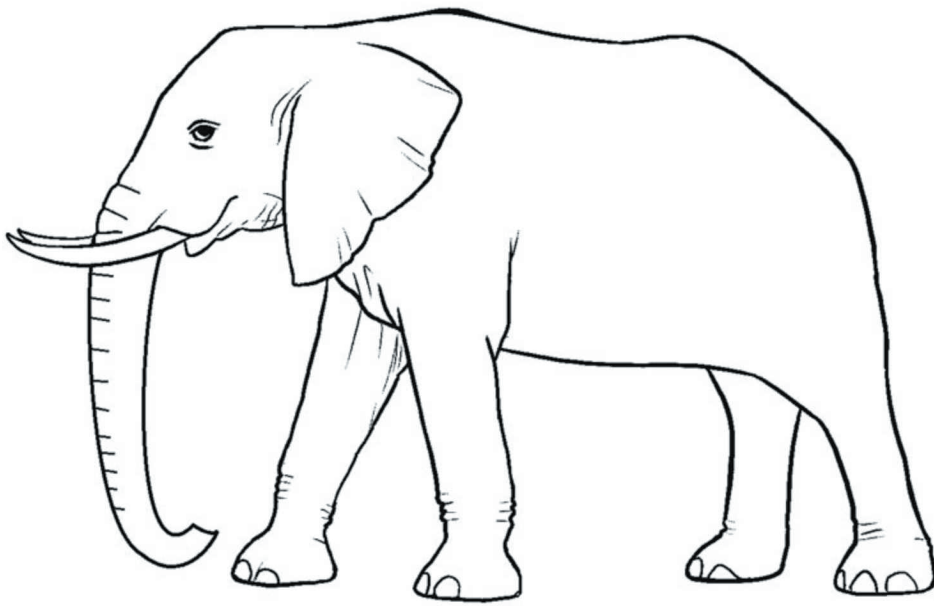
How many roses can you count?

What colour do you want to use for the flowers?



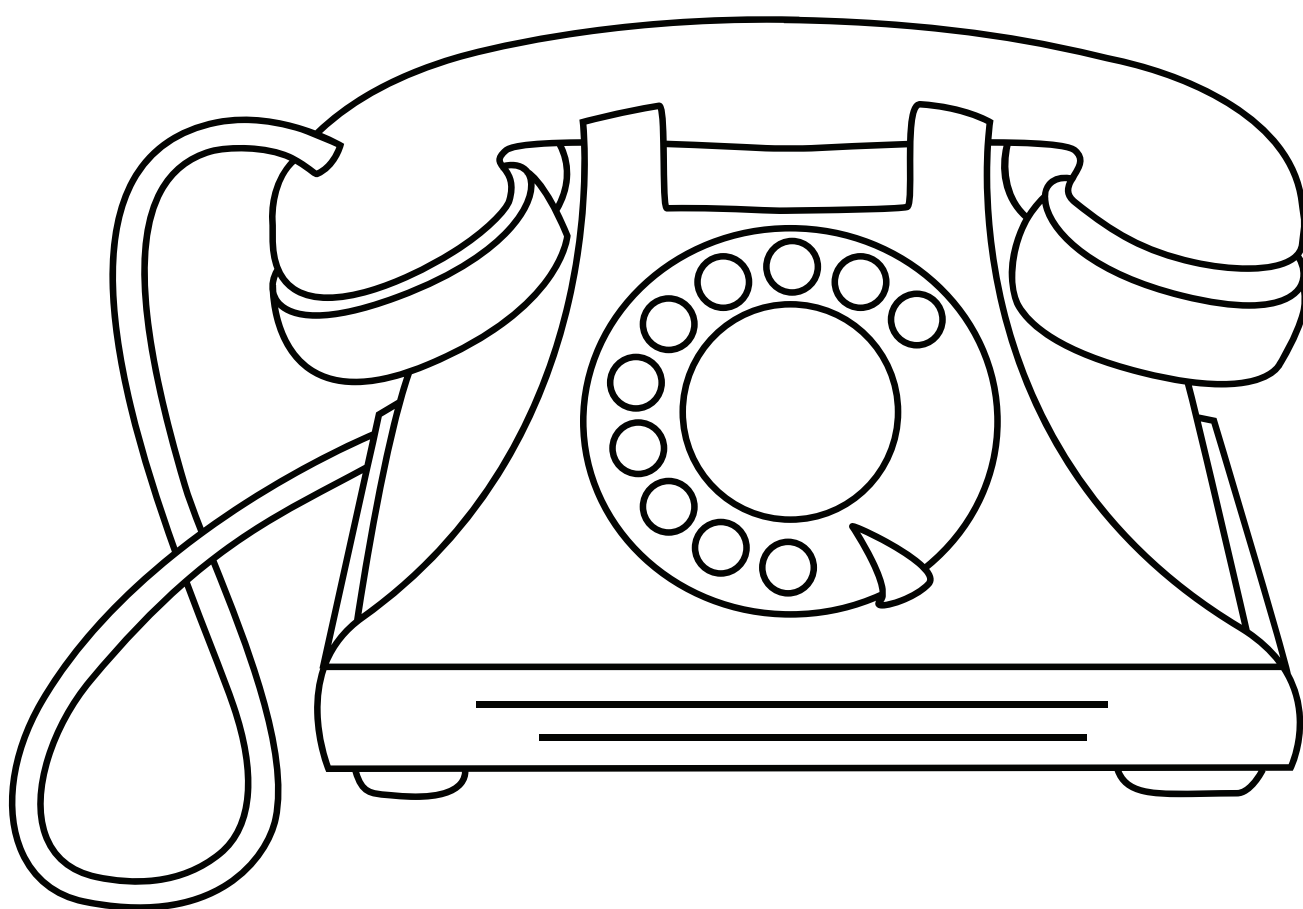
Can you colour the Indian elephant?

What colour do you want to use for the buffalo bull?

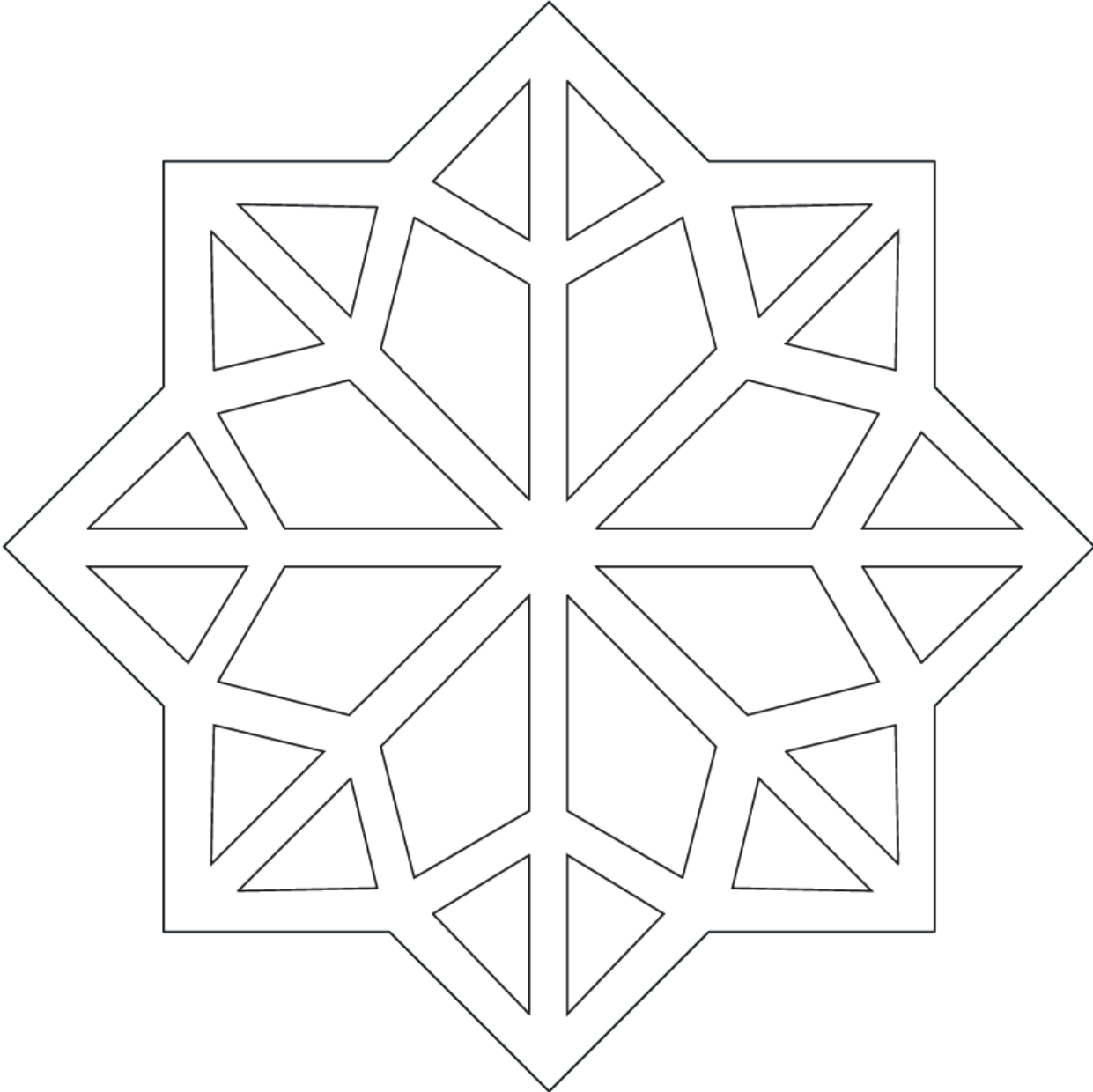


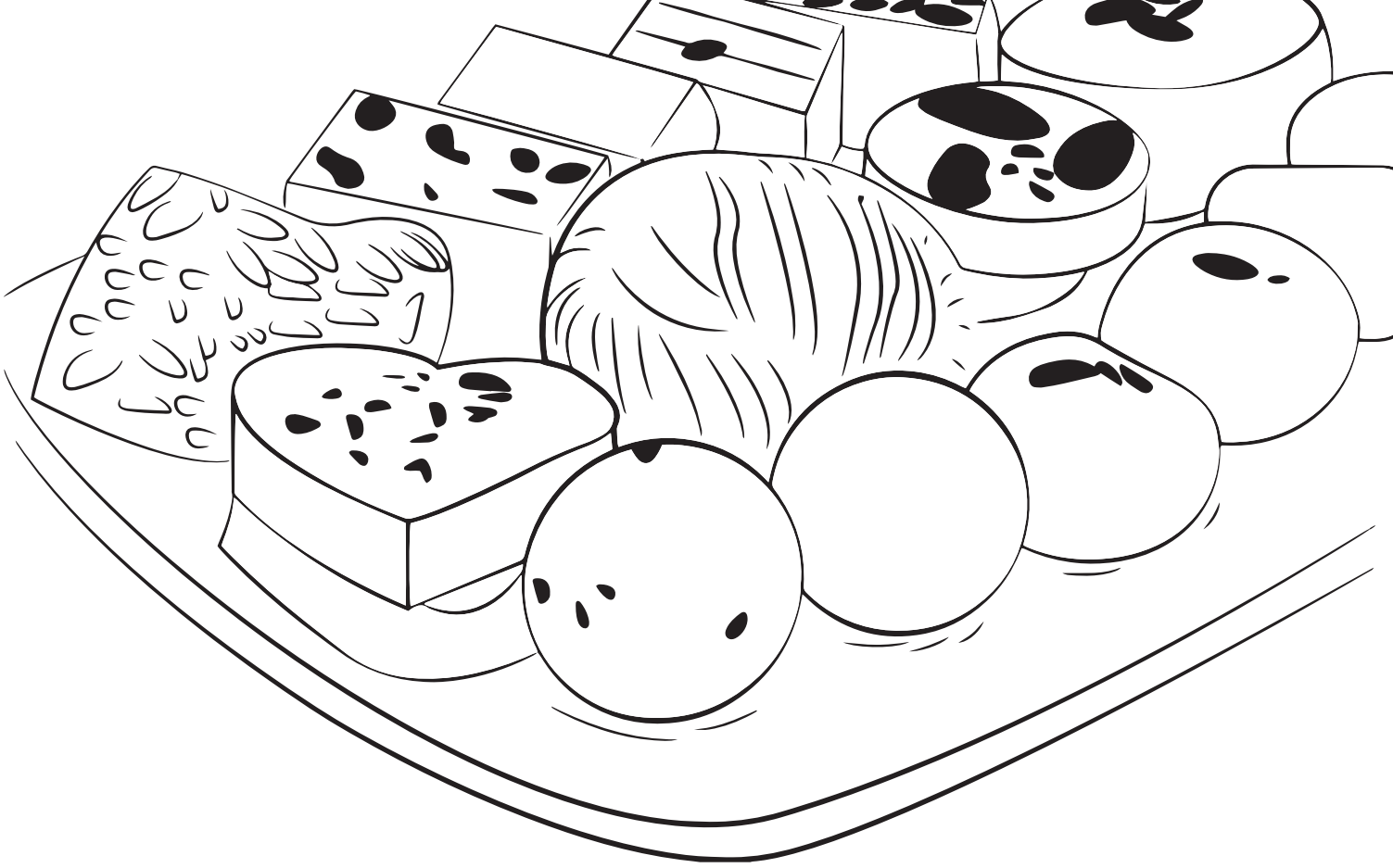


Do you remember using  
a phone like this?



Can you colour in this pattern?



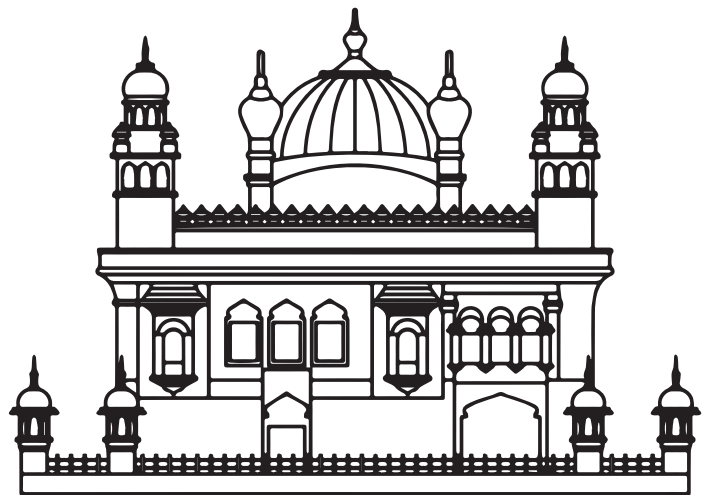
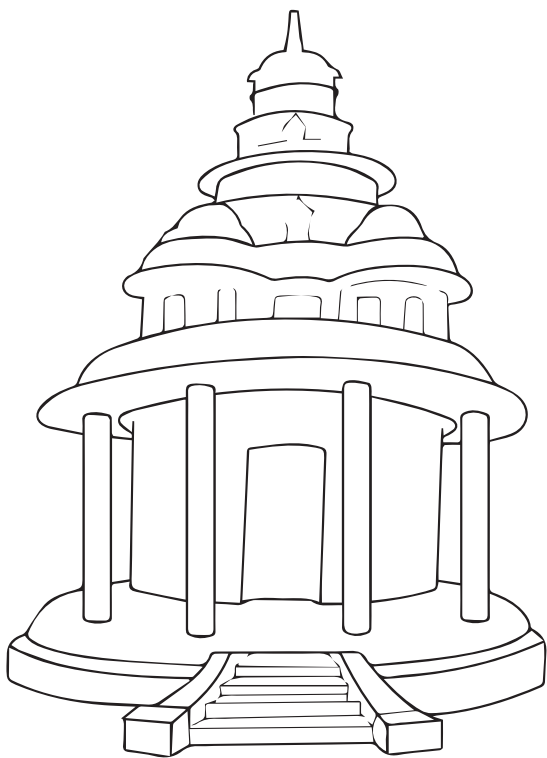
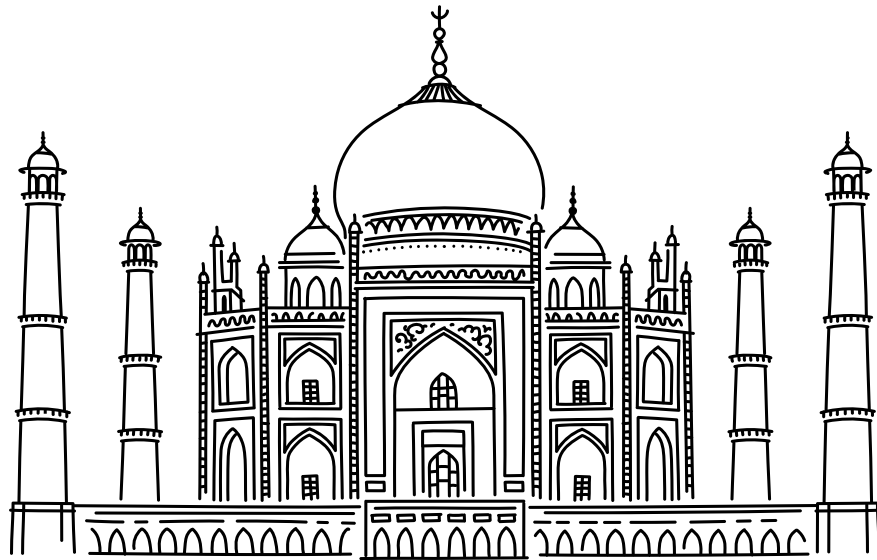


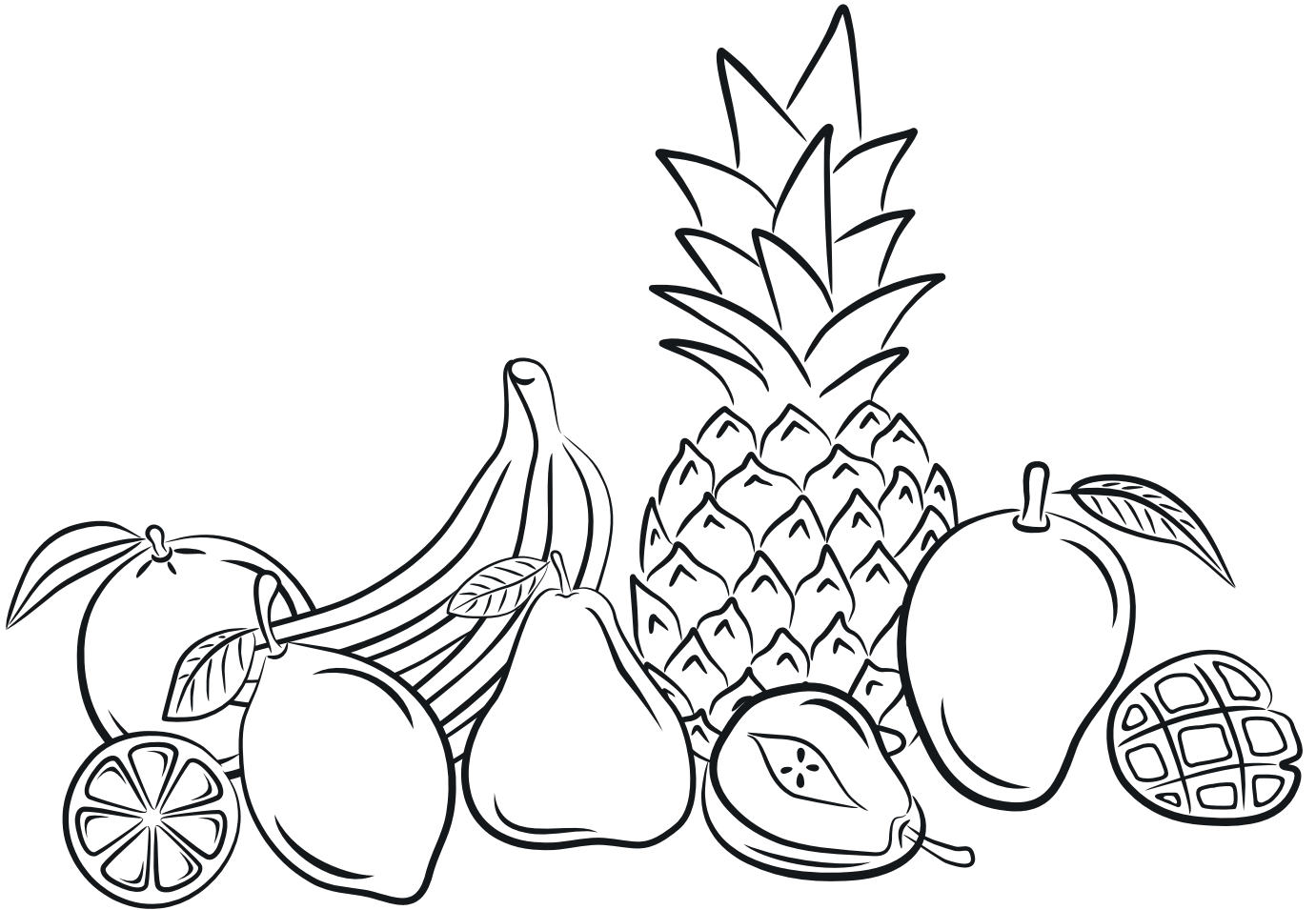
Can you colour in lots of different mitae?

Did you ever have these sweets at parties?

Can you name some mitae sweets?

Do you recognise these places of worship?





What can you recognise in this photo?

How many fruits can you count?

What fruits do you like?

Can you colour in this pattern?

How many different colours can you use?



Do you recognise these flags?

Can you colour them in with some help on which colours to use?

Flags of Pakistan, India and Bangladesh

