

The Sunny Windowsill **Activity Book** **Free Sample Pages**

Five pages from the book: a note for the caregiver, a word search, a maze, a conversation page, and a sayings page.

Answers are on page 7.

Large print, one activity on each page, made for adults living with memory loss and the people who sit with them.

Free to print and share with family, residents, or clients.

You don't need to ask us first. Please keep the slowcoffeenotes line at the bottom of each page.

This is an activity book, made for enjoyment. It is not a medical product and makes no claim to improve memory or to prevent, treat, or slow dementia.

For the Caregiver

This book is for doing together. It has large print, one activity on each page, and plenty of white space. The activities start very easy and change a little as you go, but there is no order you must follow. Skip around and choose what looks fun today.

Go for enjoyment, not scores. A page does not need to be finished, and nothing here is a test. If an answer is different from the one in the back, that is fine. Talking about a picture or a word counts as a good time.

Sit side by side. Read the instructions out loud. Point to where to start. Offer to hold the pencil, find the first word, or draw part of the line. Share the work as much as feels right.

Keep sessions short. Ten or fifteen minutes is plenty. Stop while it is still pleasant, and come back another day. Good light, reading glasses, and a thick, dark pen or marker help a lot.

Garden Words

Find each word in the letters. Words go across (left to right) or down. Circle a word when you find it, then tick its box.

L	V	N	G	M	S
R	O	R	O	S	E
A	S	O	I	L	E
K	S	I	M	F	D
E	V	V	B	E	E
D	F	A	U	M	E

☐ ROSE☐ SEED☐ RAKE☐ SOIL☐ BEE

Remember When

Talk about this together, or write a few words. There are no wrong answers.

Tell about the street where you grew up.

- What could you see from the front door?
- Who lived next door?

Finish the Saying

Read the start of each old saying. Tick the box next to the ending that fits. Say it out loud if you like.

1. An apple a day ...

- ☐ keeps the doctor away
- ☐ like home

2. A penny saved ...

- ☐ is a penny earned
- ☐ a silver lining

3. Better late ...

- ☐ than never
- ☐ it pours

4. Birds of a feather ...

- ☐ a thousand words
- ☐ flock together

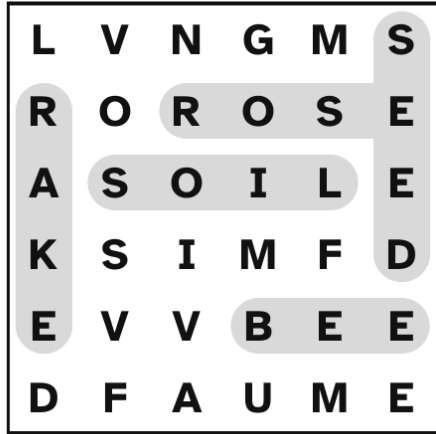
5. Actions speak louder ...

- ☐ easy go
- ☐ than words

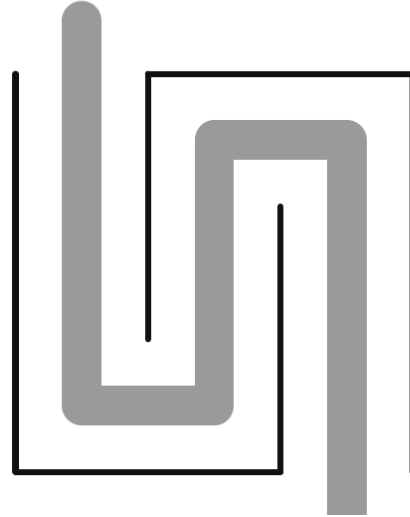
Answers

If an answer is different from this one, that is fine.

Activity 1



Activity 2



Activity 5 (sayings)

1. An apple a day keeps the doctor away
2. A penny saved is a penny earned
3. Better late than never
4. Birds of a feather flock together
5. Actions speak louder than words

Activity 4 (Let's Talk) has no wrong answers.

Want the whole book?

These pages come from **The Sunny Windowsill Activity**

Book: 88 large-print activities (word searches, mazes, shape and number grids, sayings, matching, patterns, counting, sorting, coloring and conversation pages) with answers at the back, as a printable PDF.



Scan the code, or go to:

**[slowcoffeenotes.gumroad.com/l/
sunny-windowsill-activity-book](https://slowcoffeenotes.gumroad.com/l/sunny-windowsill-activity-book)**

Printing for a care home, memory care, or adult day program?

The **Care Home Activity Library Vol. 1** comes with a one-location facility license for unlimited printing. It includes this book and the Front Gate Activity Pack:

slowcoffeenotes.gumroad.com/l/care-home-activity-library-vol1

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