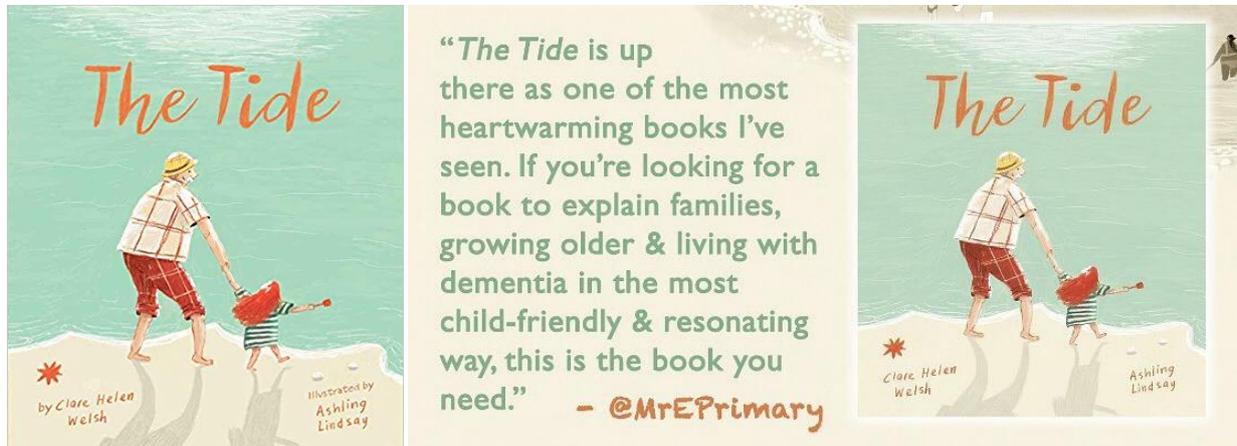


PICTURE BOOK RESOURCES- THE TIDE



Conversation starters:

- *What is memory? What do you know about memory?*
- *Have you ever forgotten something? How did it feel and who helped you?*
- *Memory is sometimes defined as ‘the information that tells us who we are, what to do and how to behave’. How do you think it would feel not to know these things?*
- *Have you ever heard of dementia?*

Bring a memory to life - Imagine your memory is like a bookshelf. Every day more and more memories are made and added to your shelf. They start on the bottom shelf and fill up, up, up all the way to the top. The bookshelves of people with dementia sometimes get rocked so that the most recent memories fall, which explains why they get confused. Suddenly what happened long ago, now feels recent. Pick a memory from your bookshelf. It could be a recent one or one from long ago. It could be a memory that makes you feel happy or something else. Try drawing it, writing it or bringing it to life in some way, so that you can share it with someone. If you want to, you could keep or even frame your memory.

'Sand Clay' Keepsakes– collect some beach or outdoor treasures and preserve them in sand clay as a keepsake. When your clay has come out of the oven, decide whether to keep it for yourself or whether you will give it to someone you love. You can find a recipe for sand clay here: <https://www.dalail.net/2019/11/sand-clay-recipe-and-handprint-keepsakes.html>



'Memory Boxes and Collages' – use photos, sketches and artwork to create a 2D or 3D collage for a friend, family member or group of older people in your community. What identifies where you live? What would they like to see?



Beach inspired artwork – Ashling uses a strong colour palette in her illustrations, which aren't necessarily true to real life. Why do you think she chose the colours she did in this picture? Create your own representation of a seaside scene. Experiment using different colours to create atmosphere.



Beach inspired writing - Spending time at the beach is very special for many people. Imagine building in the sand, jumping in the waves, and soaking up the sun. If you haven't been to the seaside recently, look at some videos, sounds clips and photos. Write about the seaside using as many senses as you can.

Help others understand Dementia - If you know someone living with dementia, it can be a very scary time. But it doesn't have to be. With an adult, research what dementia is and create a poster or film to help educate people about dementia awareness. Here is an example from the children of USK CIW Primary School.

<https://www.youtube.com/watch?v=YLAUWN7ICxI>

