

## Emotions & Cognition

### An Activity for Dementia

*Exercises observation skills, verbal flow, the understanding of abstract concepts, and of the emotional state of others, enhances positive emotions and their expression (verbally and non-verbally) and promotes the sense of self.*

- We see a text. It has the word 'Happiness' in it many times.
- Still, there are some words 'hidding' there as well. Can we detect the differend words? (17)
  - Beauty, Smile, Laugh, Joy, Hug, Imagination, Excitement, Cheerful, Creativity, Love, Sea, Art, Life, Nature, Family, Light, Inspiration
- Create a sentence with each word:
  - Create sentences that are related to you with the words:
    - Smile, Joy, Hug, Love, Sea, Life, Nature, Family
  - Explain the meaning of the words (or provide examples):
    - Beauty, Laugh, Imagination, Excitement, Cheerful, Creativity, Art, Inspiration
- Find derivatives from the words:
  - Joy (joyful, enjoy)
  - Imagination (imaginative, imagine)
  - Creativity (create, creation)
- Find the words with opposite meaning:
  - Laugh (cry)
  - Joy (sorrow)
  - Love (hate)
  
- What does a crying face look like?
- What does an angry face look like?
- What does a laughing face look like?
- What does a happy face look like?
  
- What kind of emotion are you experiencing now?
- How does this emotion look like? How is it expressed in the face and the body?
- Can we draw that emotion in the face we have before us?
  - What will the eyes look like?
  - What will the eyebrows look like?
  - What will the mouth look like?
  - What kind of colors can we use?

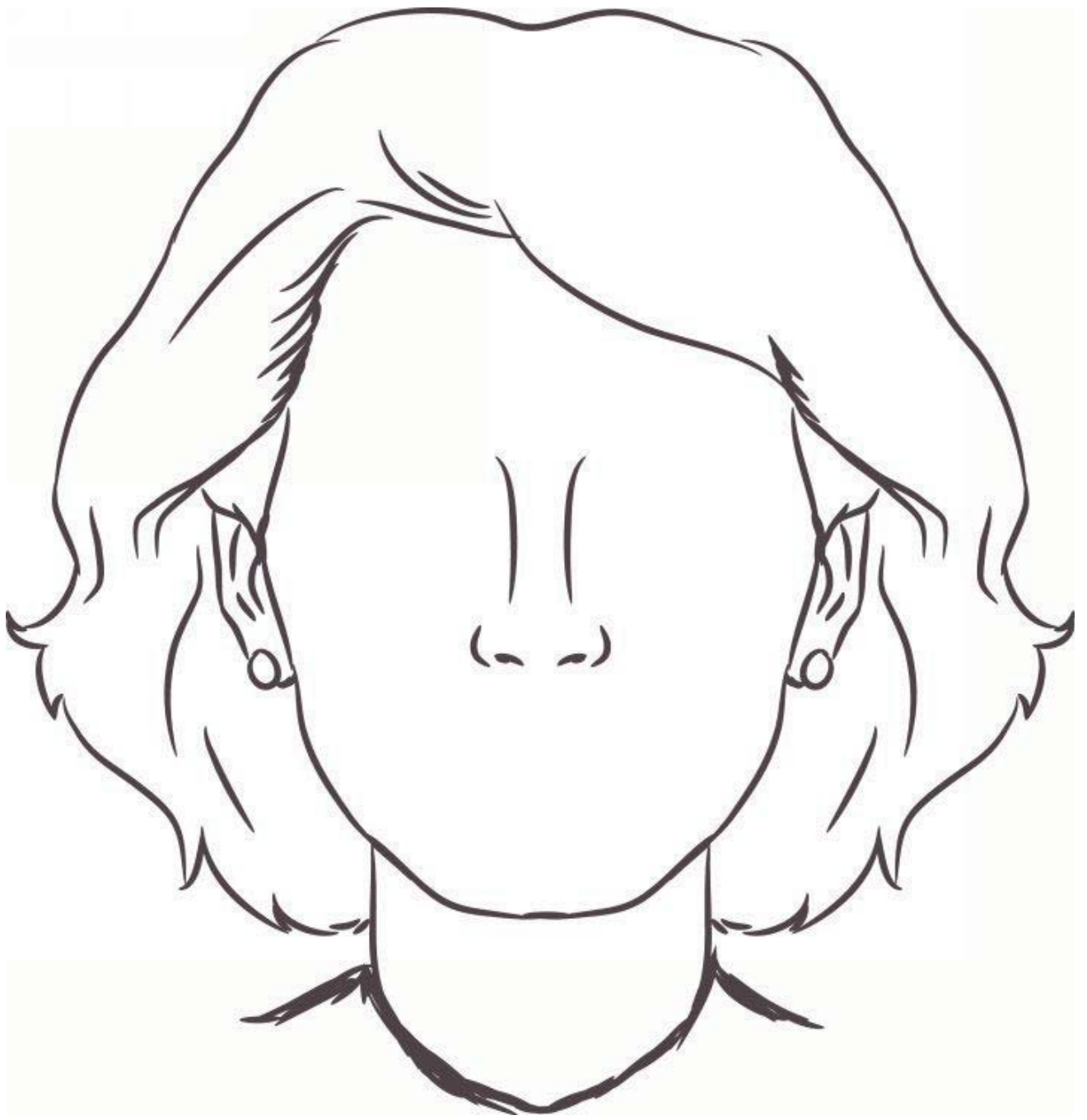
### *Tips:*

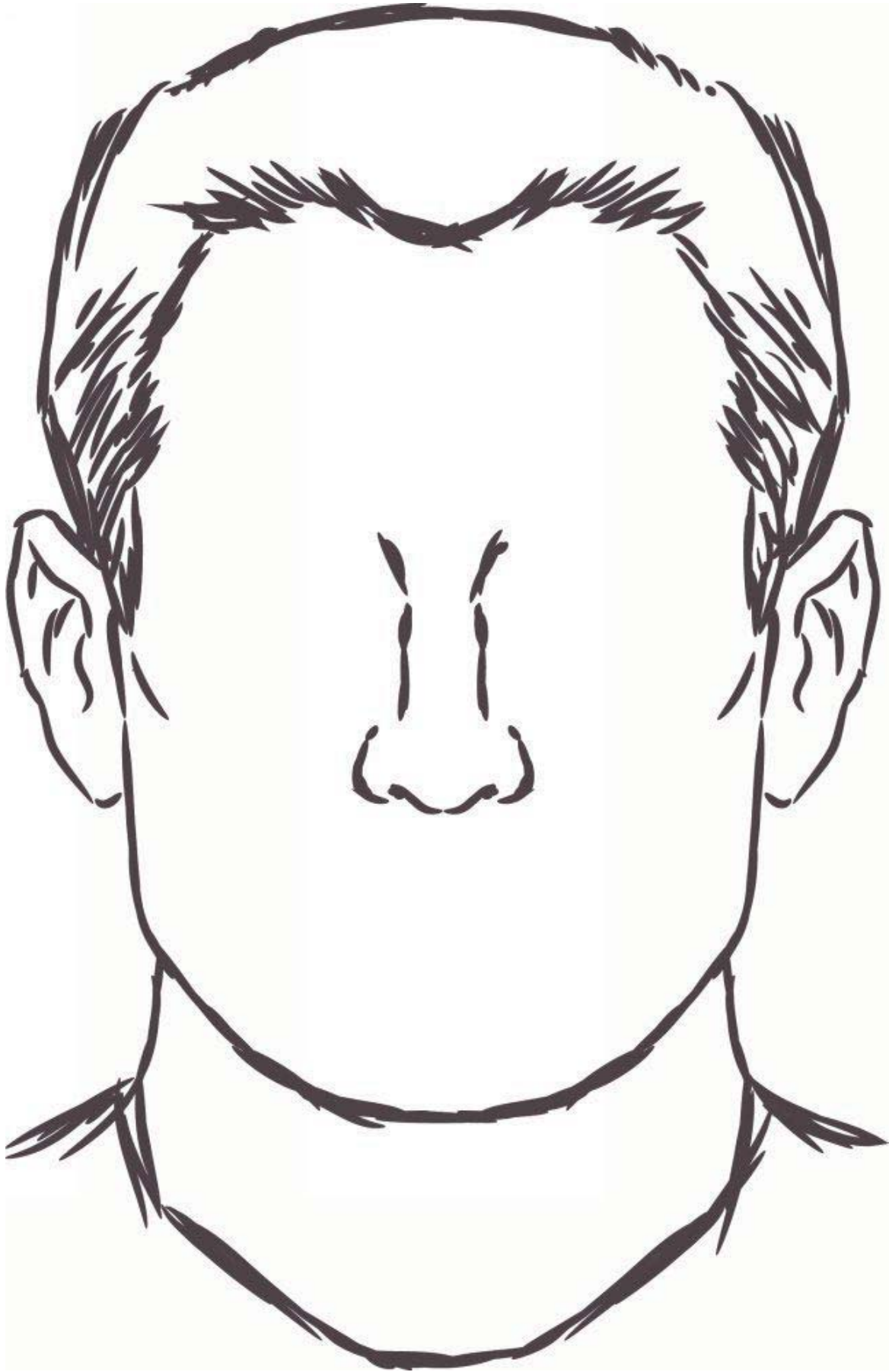
- Appropriate for early and middle stages of dementia.
- Can be conducted individually or to a group.
- The explanation of terms part can be confusing and difficult. We should not have unattainable goals, the point is for the person to have a general sense of the meaning of each word, and be able to generally express that.
- Creating sentences may also pose a challenge- we could help through providing examples and new ideas.
- We promote the emotional expression of the person, yet we do not force it.
- We might show how a crying/ angry/ laughing/ happy face look like, and ask the person to do the same. Focus on the expression, and imagine.
- If there is not enough time, the activity can be broken down into two consecutive sessions (in the second session make sure to remind specifically what was done).
- During the activity we can listen to some music (in low volume).
- The coordinator can have a copy of the activity, and provide another copy to the person (in larger font in order to be easily read). This promotes a sense of agency, and allows the therapeutic dyad (or group) to maintain a folder of all the important things being done during the sessions, and to be able to look back to it.
- Material Necessary:
  - colors (solid preferably- markers, crayons, coloured pencils).
- Potential Homework: Make a few copies of the faces and ask the person/ group to draw different emotions on them. Provide homework if the person is willing- there is no need for pressure.
- The activity is accompanied by a poster.
  - The poster can be hanged in a wall to remind us of our activities, and bring the person/ group to the 'here and now'.
  - This is particularly important for individuals in clinical settings where they have a chance to personalize their space, and show the rest of the staff and residents the importance of their work.
- The face vectors are specifically created for this activity by the artist A. Adamidis.
- The 'Happiness' page is inspired by the artwork of the artist Iakovos Volkov.

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  - Imagination
  - Creativity
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  - Love
  
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- What kind of emotion are you experiencing now?
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Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Beauty Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Smile Happiness Happiness Happiness Happiness Happiness  
Happiness Laugh Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Joy Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness Hug  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Imagination Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Excitement Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Cheerful Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Creativity Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Love Happiness Happiness Sea Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Art Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness Life  
Happiness Nature Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Happiness  
Family Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Light Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Happiness Inspiration  
Happiness Happiness Happiness Happiness Happiness Happiness  
Happiness







# *Exercise for Dementia*

## **EMOTION & COGNITION**

Happiness Happiness Happiness Happiness Happiness  
Happiness Happiness Happiness Happiness Inspire  
Happiness Happiness Happiness Happiness Laugh  
Happiness Happiness Happiness Live Happiness  
Happiness Happiness Happiness Happiness Happiness  
Enjoy Happiness Happiness Happiness Create  
Happiness Hug Happiness Happiness Happiness  
Happiness Happiness Imagine Happiness Happiness

**-detect the different words**

**-use each word in a sentence**

**-find the opposite words: laugh, create, joy**

**-what makes you... inspire, laugh, enjoy,  
create, hug, imagine, live...**