

Pocket ideas

A moment in time

Award-winning project



Pocket ideas – A moment in time

'Pocket ideas' won 'Best Acute Care Initiative' at the Scottish Dementia Awards in 2014. It is a pocket tool designed with the intention that any member of staff in contact with older people could use the prepared prompts to begin a conversation.

Activities are divided into five sections: communication, games, physical activity, music and culture and wellbeing.

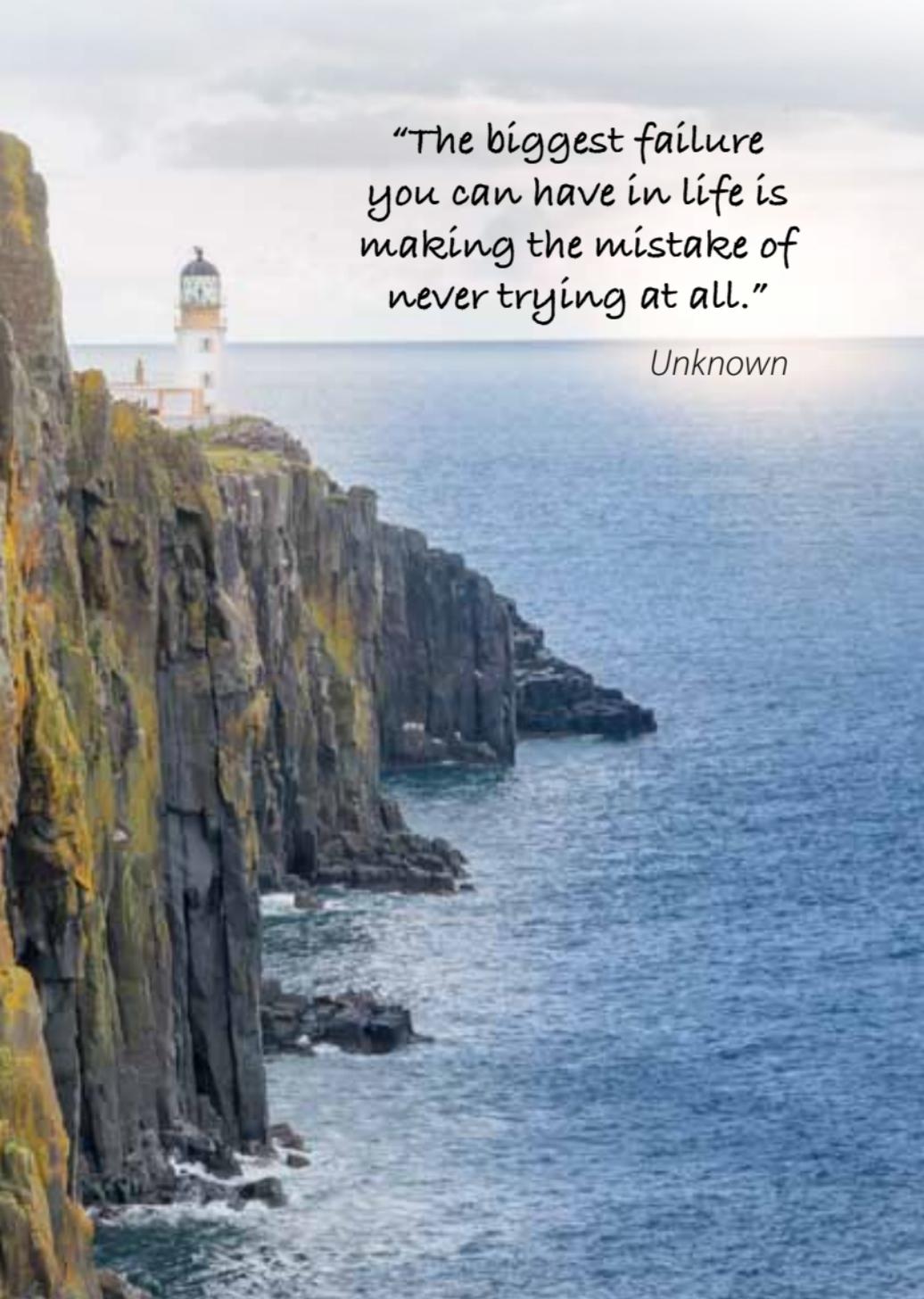
You can choose from pictures, inspirational quotes, simple questions and activities to stimulate discussion. These ideas can be used with an individual or in a group. No preparation is needed, and even five minutes with an older person can enhance their quality of life.

Our Activity Team wanted to develop this tool, not just to begin a conversation, but to think about having a meaningful moment in time. How we approach people matters, and how we help people engage in purposeful activity is important. Every moment we have to offer older people in a meaningful experience is valuable, and essential in our professional practice. It promotes increased self-esteem, reduces risk of low mood, and empowers people to achieve their own person-centred goals.

*Andrea Boyd
Occupational Therapist*

Communication



A scenic view of a lighthouse perched on a dark, rocky cliff overlooking the ocean. The lighthouse is white with a dark top and a small window. The cliff face is rugged and shows signs of weathering. The ocean is a deep blue, and the sky is overcast with grey clouds.

"The biggest failure
you can have in life is
making the mistake of
never trying at all."

Unknown

A moment in time

More
Open
Minds
Experience
New
Tasks

Introducing
New

Thoughts
Inspiring
Memorable
Experiences

Jean Knox

A vibrant landscape featuring a bright sun in the upper left corner, casting rays across a sky filled with colorful, dramatic clouds. A multi-colored rainbow arches across the upper portion of the sky. Below the sky, a vast, rolling green hillside stretches towards the horizon. A winding, light-colored gravel path leads from the bottom center towards the middle ground, curving to the right. The overall scene is bright and hopeful, with a mix of green, blue, and golden tones.

“Forget all the reasons why
it won’t work and believe the
one reason why it will.”

Unknown

Ten top tips for supporting people with communication difficulties to use Pocket ideas

1. Find out from a Speech and Language Therapist what helps. Some people benefit from being given a forced alternative – for example, is it x or y? Other people need a lead-in phrase or sound cue to help. For example, 'You write with a ... pen' or 'It's a p... (pen)'. Everyone is different so it is important to get advice.
2. Establish whether the person can answer yes or no consistently and appropriately. Recap information and check that you both understand.
3. Don't pretend that you understand when you don't. Sometimes you might have to admit that you have not quite got the message. Try paraphrasing the message.
4. Say one thing at a time stressing key points. Use short simple sentences.
5. It may help to write down key words.
6. Use a pen and paper to support the conversation or activity.
7. Draw diagrams or pictures.
8. Relax and be as natural as possible.
9. Don't rush. Slow down and be patient.
10. Reduce background noise if possible.

"Don't wait for extraordinary opportunities. Seize common occasions and make them great."

Orison Swett Marden



Times past

Remember back when
we were young.

To the games we
played, and all the fun.

How many now can
you name?

Let's turn this poem
into a game.

There's hopscotch,
skipping, ropes,
dolls in prams.

Chap door run or
kick the can.

Cluedo, ludo and
snakes and ladders.

For boy or girl it
did not matter.

Brushes for crutches
whilst playing
hospital tig.

Using the sleeves of
your jumper or old
wool for a wig.

Ropes for reins,
sticks for guns.

Cowboy games
were lots of fun.

Too many to
remember.

But a few we
have named.

All the memories
we have.

In our minds
neatly framed.

Jean Knox

Childhood memories

What was your favourite book?

Where did you go on holiday?

Do you remember a favourite food as a child or a meal you really disliked?

Did you have a pet?

As a child, what can you remember about Easter, Christmas, Hallowe'en or Guy Fawkes? (Choose according to time of year).

Do you remember crocheted/knitted dolls on toilet rolls?

Do you remember any street games such as 'peevers', skipping, hopscotch, marbles or conkers?

Did you have a favourite board game?

What comics did you read?

Who were your favourite film stars?

Who were your favourite pop stars?

How much were a 'poke' of sweets and what kind of sweets could you buy?

Did you ever argue with siblings over the radio and TV times at Christmas?

What was the style of clothes you wore as a child?

What were the fashions like at the time?

Did you ever go fruit picking or 'howking for tatties'?

What was school like?

How did your family travel together?
For example, walking, bus, train or car.

How did you spend your school summer holidays?

Did you have a favourite toy?

If you could choose one childhood memory to go back to, what would it be?



Just me

Tell me dear
what do you see?
What are you thinking
when you look at me?

This crabbit auld person
confused or what
by the look on your face
I've got the lot.

Well sit down here
and I'll tell you a story,
my life's long history
full of sadness and glory.

I was young once,
full of dreams
and ambition.

My life-long journey
not always my vision.

The mountains
I've climbed
to be here today,
the people I've met
what can I say?

So remember my dear
we all have a past,
a life before now
with memories that last.

So now may I ask
what do you see?
do you think differently
when you look at me?

Jean Knox

Black diamonds

Bowels of the earth
forever dark,
no sun shines there
as in the park.

A twinkling light
a flicker bright,
can only be,
artificial light.

They go down deep,
each day to seek
the riches set by nature.

While underground
these men are bound
to codes, akin to danger.

While working there
to nature bare,

come sounds that
seldom vary.

With minds alert for
sounds that hurt,
these men are ever wary.

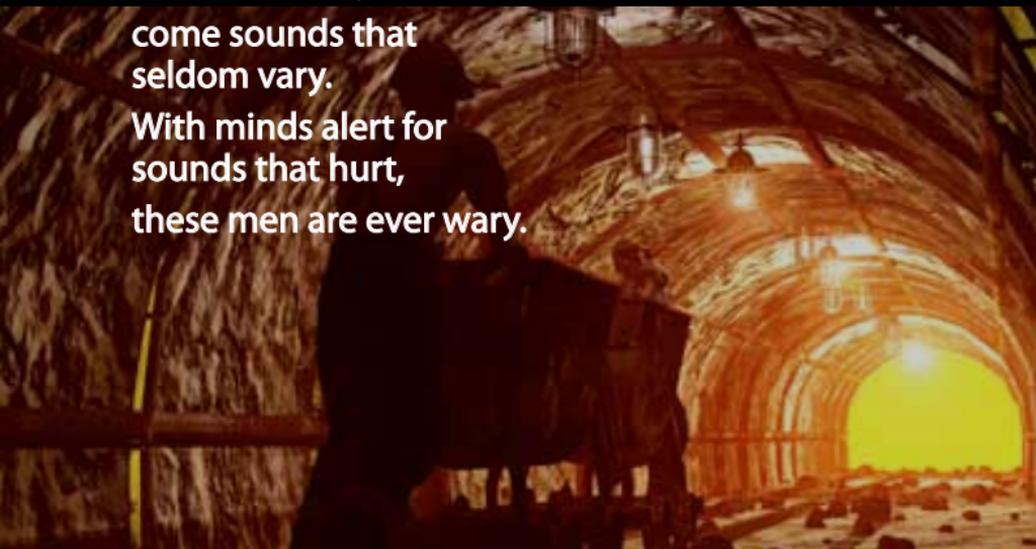
To bring for you a
future bright,
they toil away into
the night.

For riches of the
earth they pay, very
near, a life each day.

Don't raise a cheer,
or buy a beer,
for coal you burn
in winter.

Just raise your hat,
when you next pass
the colours, flying at
half-mast.

Sidney Graham



Patron saints

Artists and creative	St Luke
Cobblers	St Crispin
Florists	St Dorothy
Sculptors	St Castorius
Tailors	St Homobonus
Animals	St Francis of Assisi
Soldiers	St Sebastian
Nurses	St Agatha of Sicily
Bee keepers	St Ambrose
Farmers	St Isidore
Travellers	St Christopher
Domestic servants	St Zita
Miners	St Barbara
Broadcasters	St Gabriel
Hospital workers	St Bridget of Ireland
Dairymaids	St Brigid
Taxi-drivers	St Fiacre
Librarians	St Jerome
Mariners	St Nicholas
Musicians	St Cecilia
Surgeons	St Luke
Bricklayers	St Stephen
Police officers	St Michael

Information may vary

Scottish words and meanings

Auld lang syne – old memories, days gone by

Bairn – child

Balloch – mountain pass

Bawheid – fool

Birl – twirl, spin

Blether – friendly talk

Brae – hill

Brig – bridge

Ceilidh – dance/ social gathering

Deif – deaf

Dizzen – dozen

Drouth – thirst

Foo – full and drunk

Fraucht or fricht – fright

Glaikit – stupid, slow on the uptake

Hauf – half

Inklin – inclination

Jeelie – jelly/jam

Merrit – married

Messages – shopping

Newfangelt – innovative

Oxter – armpit

Peely-wally – pale

Ramie – violent disturbance/ free-for-all

Scunnered – fed up

Sleekit – sly

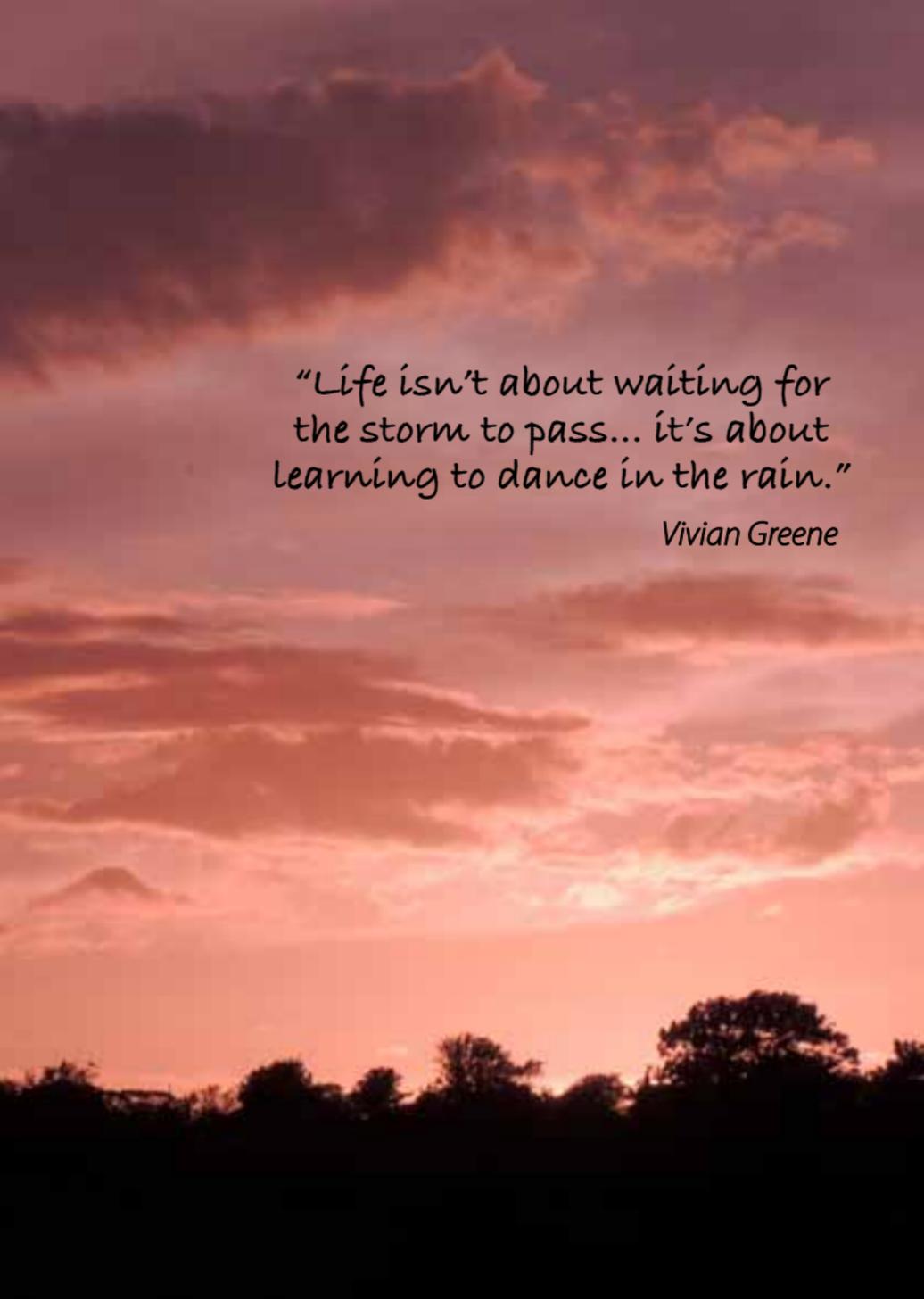
Spicket – tap

Toatie – tiny

Wean – child/baby

Weather proverbs

-  Red sky at night, shepherds' delight,
red sky in the morning, shepherds' warning.
-  March winds and April showers bring forth
May flowers.
-  Clear moon, frost soon.
-  Halo around the sun or moon, rain or snow
is coming soon.
-  One swallow does not a summer make.
-  Dew on the grass, rain shan't pass.
-  Rain before seven, fine by 11.
-  Evening red and morning grey, two sure
signs of a perfect day.
-  The higher the clouds the better the weather.
-  Cold is the night when the stars shine bright.
-  The farther the sight, the nearer the rain.



"Life isn't about waiting for
the storm to pass... it's about
learning to dance in the rain."

Vivian Greene

Smile

When was the last time you visited the dentist?

Have you brushed your teeth/dentures today?

Did someone help you to brush your teeth/
clean dentures?

When/where do you like to brush your teeth/
clean dentures?

How do you feel after you have brushed your
teeth/cleaned your dentures?

Good, better, pretty/handsome, fresh breath,
kissable.

What did you use to clean your teeth/dentures?

Toothbrush, toothpaste, mouthwash, denture
cream, soap, water.

What makes you smile?

Family, jokes, TV programmes, films or music.

What other things are good for your teeth?

Healthy foods and drinks, brushing teeth or
cleaning dentures, visiting the dentist.

Oral Health Team



Famous inventors and innovators

(Just a selection of some famous Scots, a conversation could start with 'Did you know?')

Kirkpatrick MacMillan (1812 - 1878) – **Bicycle.**

William Murdoch (1754 - 1839) – **Gas lighting.**

Charles MacIntosh (1766 - 1843) – **Raincoat.**

James Young (1811 - 1883) – **Discovered Paraffin oil.**

Sir James Black (1924 - 2010) – **Developed Beta-blockers.**

John Boyd Dunlop (1840 - 1921) – **Modern tyre.**

Alexander Graham Bell (1847 - 1922) – **Telephone.**

John Logie Baird (1888 - 1946) – **Television.**

James Watt (1736 - 1819) – **Steam engine.**

Sir Alexander Fleming (1881 - 1955) – **Discovered Penicillin.**

Mary Fairfax Somerville (1780 - 1872) – **Mathematician and astronomer and awarded the Victoria medal.**

Victoria Drummond (1894 - 1978) – **Marine engineer. Goddaughter of queen Victoria. Awarded an MBE and Lloyds war medal for saving a ship in World War II.**

Compassionate clown

Let me tell you a story
of the compassionate clown,
who cheered folk up
when they were down.

From just one word
to a great big smile,
made them feel better
every day worthwhile.

For they say laughter is the best medicine
and I'm sure you do agree,
so go on have a laugh
and fill your heart with glee.

It doesn't take much
to show you care,
a hug, kind word
or just be there.

Now it's your turn
to be that clown,
to cheer folk up
when they are down.

Put a smile back on their face
make this world
a happier place.

Jean Knox

Funny quotes

"Life is never fair, and perhaps it is a good thing for most of us that it is not." [Oscar Wilde](#)

"It's kind of fun to do the impossible." [Walt Disney](#)

"Get the facts first. You can distort them later."
[Mark Twain](#)

"God writes a lot of comedy... the trouble is, he's stuck with so many bad actors who don't know how to play funny." [Garrison Keillor](#)

"A lie gets halfway around the world before the truth has a chance to get its pants on."
[Winston Churchill](#)

"A bank is a place that will lend you money if you can prove that you don't need it." [Bob Hope](#)

"A friend is one who has the same enemies as you have." [Abraham Lincoln](#)

"A rich man is nothing but a poor man with money." [W. C. Fields](#)

"A woman in love can't be reasonable – or she probably wouldn't be in love." [Mae West](#)

"A friend is someone who will bail you out of jail. A best friend is the one sitting next to you saying "boy was that fun." [The Muggles](#)

Ideas to stimulate conversation individually or in a group setting

- 🗨️ What would you do if you had a million pounds?
- 🗨️ If you could travel anywhere in the world, where would you go and who would you go with?
- 🗨️ If you could go back in time, what would you do?
- 🗨️ What is your favourite film and why?
- 🗨️ Do you have a favourite piece of music that is meaningful to you or a friend/relative?
- 🗨️ Where did you get married and what year?
- 🗨️ What was your favourite holiday and why?
- 🗨️ What is your most treasured item at home?
- 🗨️ If you could have one moment in your life back again, what would it be?
- 🗨️ Have you ever done anything adventurous, dangerous or challenging?
- 🗨️ Have you competed in any sport/activity?
- 🗨️ What is your proudest moment?
- 🗨️ Who or what has inspired you in your life?
- 🗨️ Have you ever performed in front of an audience?

Games



"Strength doesn't come from
what you can do. It comes from
overcoming the things you once
thought you couldn't."

Rikki Rogers



Give the word most likely to complete the pair.
There may be more than one possible answer!
Feel free to make your own!

cup and (saucer)
bacon and (eggs)
knife and (fork)
bread and (butter)
salt and (pepper)
fish and (chips)
toast and (marmalade)
cats and (dogs)
bangers and (mash)
pen and (paper)
table and (chairs)
ball and (chain)
apple pie and (custard)
cheese and (biscuits)
cops and (robbers)
tea and (coffee)
haggis and (neeps)



Birthstones

January		Garnet
February		Amethyst
March		Aquamarine
April		Diamond
May		Emerald
June		Pearl
July		Ruby
August		Peridot
September		Sapphire
October		Opal
November		Topaz
December		Turquoise

Information may vary

Landmarks quiz

Taj Mahal

(India)

Statue of Liberty

(New York, USA)

Mount Rushmore

(South Dakota, USA)

Big Ben

(London, England)

Arc de Triomphe

(Paris, France)

Colosseum

(Rome, Italy)

Grand Canyon

(Arizona, USA)

Stonehenge

(Amesbury, England)

Eiffel Tower

(Paris, France)

Tower of Pisa

(Tuscany, Italy)

Empire State Building

(New York, USA)

Sydney Opera House

(Sydney, Australia)

Golden Gate Bridge

(San Francisco, USA)

Easter Island

(South Pacific)



Double name game

Traffic	Light
Bow	Tie
Football	Team
Shoe	Lace
Baked	Beans
Car	Park
Tooth	Brush
Face	Cloth
Book	Case
Super	Market
Mince	Pie
Snow	Ball
Tennis	Racket
Dressing	Table
Hand	Bag
Plant	Pot
Arm	Chair
Bee	Hive
Dust	Pan
Coat	Hanger
Bus	Station

Do you like football (sport)?

Do you have a favourite team?

Do you have a favourite player?

Did you go to support your team?

Did you go with your father to matches?

Did you take your kids/family to games?

Do you recall any memorable games?

What was it like attending games?

What was your favourite ground?

Did you travel by car? Bus? Train?

What were the crowds at football games like?

Did you have a pie and Bovril at the game?

Did you follow Scotland?

Who was your favourite Scotland player?

Did you play football?

Did you play for a team?

What was your position in the team?

Did you win any medals? Trophies?

**Where did you play football? At park/
in street/in fields?**

Complete the names of these items of food

Yorkshire (pudding)

Cooking (apples)

Lemon (curd)

Fish and (chips)

Shortcrust (pastry)

Suet (pudding)

Strawberry (jam)

Belly of (pork)

Scotch (broth)

Cranberry (sauce)

Baked (beans)

Shoulder of (lamb)

Tomato (soup)

Roast (beef)

Fish (fingers)

Spanish (omelette)

Cottage (pie)

Toast and (marmalade)

Victoria (sandwich)

Scones and (jam)

Rice (pudding)

Porridge (oats)

Fruit (salad)

Mince and (tatties)

Ice (cream)

Haggis and (neeps)

Madeira (cake)

Bangers and (mash)

Grated (cheese)

Bread and (butter)

Cod in (batter)

Salt and (pepper)

Drinking (chocolate)

Oranges and (lemons)



Can you complete the last part of these famous places? Group or individual activity.

Westminster ... (Abbey)

The Taj ... (Mahal)

The Eiffel ... (Tower)

The Wallace ... (Monument)

The Statue of ... (Liberty)

Niagara ... (Falls)

Gretna ... (Green)

Loch ... (Ness)

The Rocky ... (Mountains)

Ben ... (Nevis)

Palm ... (Springs)

Buckingham ... (Palace)

The White Cliffs of ... (Dover)

The Albert ... (Hall)

The Houses of ... (Parliament)



True or false questions

Centipedes always have 100 feet.

False.

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

True.

The world record for a human to hold their breath underwater is eight minutes 27 seconds.

False, in May 2012 Stig Severinsen held his breath underwater for 22 minutes.

The world's oldest known tree is more than 9,000 years old.

True – In 2008 a tree calculated to be 9,550 years old was found in Sweden.

In the television series 'Mork and Mindy', Mindy was played by Erin Moran.

False, she was played by Pam Dawber. Erin Moran played Joanie in 'Happy Days'.

According to Scottish law, it is illegal to be drunk in charge of a cow.

True.



'Fauntleroy' is the middle name of Donald Duck.

True.

The 'black box' in an aeroplane is black.

False – it is orange.

Approximately one-quarter of human bones are in the feet.

True – 52 bones in the feet and 206 in the whole body.

The distance, as the crow flies, from London to Edinburgh, is greater than the distance from London to Glasgow.

False – London to Edinburgh = 332 miles,
London to Glasgow = 346 miles.

Virtually all Las Vegas gambling casinos ensure that they have no clocks.

True.

The total surface area of two human lungs have a surface area of approximately 70 square metres.

True.

TRUE

FALSE

The naming game. Used for individuals, teams, or in a group setting. How many can you name?

An American president

A flower

The name of a novel

Something in a sweet shop

Something on a farm

A famous building in Europe

Something you would take to the beach

A British Prime Minister

A language/culture

A means of travelling

Something to drink

A marine animal

A type of fruit

A team sport

A currency

A famous mountain

An electrical appliance

The name of a film

The name of a Shakespeare play

A place to visit in Scotland

An African animal

A famous ship



Physical Activity



A warm, golden-hour photograph of a rural landscape. A dirt road winds through a field, reflecting the bright light of the setting sun. On the left, a wooden well with a bucket is visible. In the background, a barn and trees are silhouetted against the glowing sky.

"It's not the
years in your
life that count.
It's the life in
your years."

Abraham Lincoln

Top tips for physical activity

1. Keeping physically active can add seven years to your life span.
2. Physical activity can help prevent you developing many chronic diseases including heart disease, stroke, depression and some cancers.
3. Remember the tortoise – small amounts of daily activity are more beneficial.
4. No boundaries, no limits – every exercise has benefits so choose an activity or sport that you enjoy.
5. Variety is the spice of life – change your walking route, try a new sport, don't let yourself get bored.
6. All together now – group activities are a great way to socialise, stay motivated and keep fit.
7. The world is your oyster and it's also your gym – exercise for free outside anytime, anywhere.
8. Stand up for your life – take regular breaks from sitting.
9. Stretch yourself – a great way to warm up and cool down and improves your flexibility and balance.
10. Take your breath away – activity that increases your breathing rate is great for the heart and lungs.
11. Calculate the risk – walking is free from cost and free from harm, but be warned; it will improve your health.
12. Elevator pitch? Give your health a regular lift by taking the stairs.

Nathan Stephens

Going on a journey

This little warm-up game can be used in conjunction with a ball-throwing exercise.

We are going on a bus journey. You, the leader, start off with where you would like to go – for example, Glasgow, France, New York or anywhere in the world, then throw the ball to someone in the group asking them to say where they would like the imaginary bus to go.



Actions. Using mimes or charades. The individual is given a card or verbal instruction to follow. It can be done sitting or standing depending on the ability of the individual.

Doing up a tie

Playing the piano

Typing

Writing a letter

Stirring food

Tying a bow

Painting a picture

Cleaning windows

Driving a car

Combing/brushing hair

Hammering in a nail

Telephoning

Slicing bread

Opening a door

Painting a wall

Doing a manicure

Reading a paper

Playing cards

Shaving

Ironing

Gardening

“The garden suggests there might be a place where we can meet nature halfway.”

Michael Pollan

Gardening has many health and therapeutic benefits.

Some medical conditions and physical issues can prevent older people from participating in gardening. However, with planning and a few changes, you can create a safe, accessible and pleasant space. Alternatively, indoor plants, herbs and tropical plants that would require some TLC and maintenance could provide interest for individuals.

Gardening is beneficial for older people because it:

- is an enjoyable form of exercise;
- increases levels of physical activity and helps mobility and flexibility;
- encourages use of motor skills;
- improves endurance and strength;
- reduces stress levels and promotes relaxation;
- provides stimulation and interest in nature and the outdoors;
- improves wellbeing as a result of social interaction; and
- can provide nutritious home-grown produce.

Darrell Line



Guess what game?

This is an idea taken from a Victorian parlour game, where one item at a time is placed in a cloth bag/ pillowcase and the person has to try and guess the item by touch alone passing the bag on in a group until someone guesses what the item is. You can also give this a seasonal feel by doing a Christmas, Hallowe'en or Easter theme. This can also be used on a one-to-one basis to aid with memory/ reminiscence.

Feely bag

Several objects (six to seven) are put in a pillowcase/bag and each person is asked to feel for a named object. The object may be removed once it has been located.



Music and culture



"Remember that the happiest
people are not those getting
more, but those giving more."

H. Jackson Brown, Jr.



Film titles

The leader of the group reads out the beginning of the film title for group to try to guess the end.

- 1 The Longest Day
- 2 The Sound Of Music
- 3 Gone With The Wind
- 4 One Flew Over The Cuckoo's Nest
- 5 The Good, The Bad And The Ugly
- 6 Fiddler On The Roof
- 7 Dr Zhivago
- 8 Mary Poppins
- 9 Ben-Hur
- 10 The Magnificent Seven
- 11 Blazing Saddles
- 12 The Poseidon Adventure
- 13 Lord Of The Rings
- 14 My Fair Lady
- 15 The Ten Commandments
- 16 From Russia With Love
- 17 The Bridge On The River Kwai
- 18 Diamonds Are Forever



Nursery rhymes

Can you complete the popular children's nursery rhymes? Individual or group activity.

Mary had a little lamb

Hickory dickory dock

Old MacDonald had

Pat-a-cake, pat-a-cake

Twinkle, twinkle, little star

Three little kittens

Three blind mice

Jack and Jill

Little Jack Horner

Little Miss Muffet

Little Bo Peep

Incy wincy spider

Hey diddle diddle

Simple Simon

Rub-a-dub-dub

Ring-a-ring-a-roses



Scottish songs

Remembering songs can be very emotive,
and may even lead to a wee sing song!

Ae Fond Kiss

Ally Bally, Ally Bally Bee

My love is like a red, red, rose

Loch Lomond

Caledonia

500 miles

Charlie is my darlin'

Skye Boat song

I belong to Glasgow

Roamin' in the Gloamin'

Donald where's your troosers?

Northern lights of old Aberdeen

Bonnie wee Jeanie McColl

Amazing Grace

Auld Lang Syne

Scots Wha Hae

A Man's a Man for A'That



Traditions

A taste of Britain	British clubs, theatres, shops and cinemas around the world
April fool	Just fooling around
Bank holidays	What is a bank holiday?
Bonfire night	A penny for the guy?
British houses	What is a typical British house like?
British pop music	How much do you know about British pop music?
British television	British television is famous around the world
Burns' night	Each year on 25 January, Robert Burns' presumed birthday, Scots everywhere take time out to honour a national icon
Christmas	Christmas celebrations
Clothes	Fashion and national costumes in the UK
Easter	Who is the Easter Bunny?
Edinburgh festival	One of the largest festivals in the world
Education	The education system in the UK

Food	Food in the UK, from the Great British breakfast to bangers and mash
Hallowe'en or All Hallow's Eve	Spooky! Trick or treat?
Health in the UK	The NHS in the UK
Highland games	Celebrating Scottish and Celtic culture. Caber toss, stone put, weight throw, kilts, music ...
Marriage and weddings	British wedding and marriage customs and traditions
Money	The jangly stuff and the folding stuff
Mother's Day	Also known as Mothering Sunday
New Year	First footing, resolutions?
Remembrance Sunday	A time for peace
Shopping	The changing face of shopping in the UK
Shrove Tuesday	Otherwise known as Pancake Day
Valentine's Day	A celebration of love
Work	Working in the UK

Let's have a 'Sing-a-long'

Pick a song per day to learn. Does anyone play a musical instrument to accompany the singer(s)?

Oh, what a beautiful morning.

Oh, I do like to be beside the seaside.

Pack up your troubles in your old kitbag.

If you were the only girl in the world.

My old man, said follow the van.

Oh, Dear! What can the matter be?

My bonnie lies over the ocean.

It's a long way to Tipperary.

You are my sunshine.

Amazing Grace.

We'll meet again.

Daisy, Daisy.

Danny Boy.

Rock of Ages.

Home on the range.

When the saints go marching in.

Swing low sweet chariot.

Oh my darlin' Clementine.

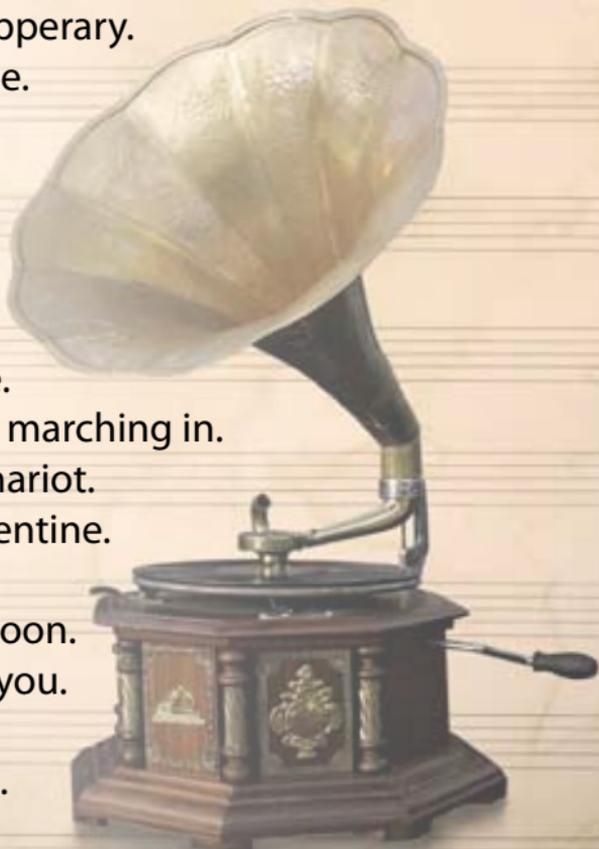
Bye-bye blackbird.

Shine on harvest moon.

You made me love you.

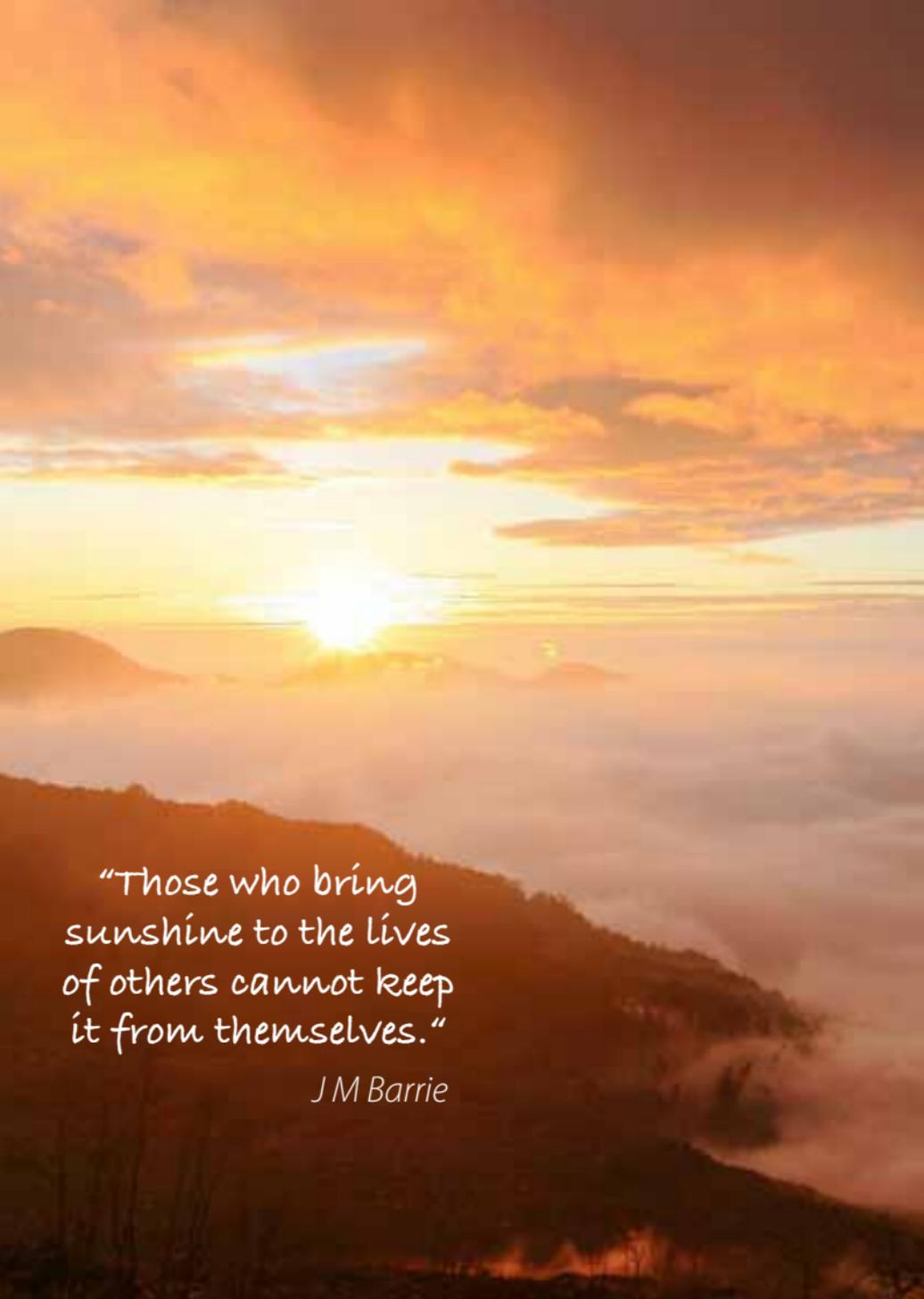
For me and my girl.

How great Thou art.



Health and Wellbeing



A vibrant sunset scene over a mountain range. The sun is low on the horizon, casting a warm, golden glow across the sky and the clouds. The clouds are thick and layered, creating a sea of clouds effect. The mountains in the foreground are silhouetted against the bright light of the sun. The overall mood is peaceful and inspiring.

*“Those who bring
sunshine to the lives
of others cannot keep
it from themselves.”*

J M Barrie

Feeling stressed or worried, busy mind?

Take a pause ...

Allow your attention to take in what is happening in your mind and body.

Then see if it is possible just to allow your attention to settle in your body, perhaps noticing how you are sitting or standing.

You may then choose to move your attention to lightly focus in on the breath, noticing the sensations of the breath wherever you feel this the most (nostrils/chest/back).

You may find the mind wanders into thinking, as best you can just notice and gently bring the attention back to the breath.

See if it is possible to allow things just to be as they are, even just for this moment.

Gillian Agnew

Tension in the body

Bring attention to how you are sitting or lying and make any necessary adjustments needed to make you comfortable.

You can start off by doing some mindful breathing if you have been practising this.

As you breathe in, imagine the breath travelling to any areas of discomfort or tension. Saying 'soften' in your mind and imagining the muscles releasing and relaxing.

When you want to finish, just bring your attention back to how your body is positioned and begin to move gradually, perhaps your fingers and toes, then larger parts of your body.



"How wonderful it is that nobody
need wait a single moment before
starting to improve the world."

Anne Frank



Cultivating positive emotions and sense of wellbeing

Bring attention to how you are sitting or lying and make any adjustments needed to make you comfortable.

If you are able, perhaps bring to mind something, could be a special place, person or pet that brings you a sense of happiness.

Notice how this feels inside when you think of them. Is there a warm feeling around your heart? Do you notice a smile at your lips?

Spend some time simply focusing on this feeling, as best you can allow thoughts just to come and go, allowing you just to sit with this feeling.



Mindful breathing to support relaxation

Bring attention to how you are sitting or lying and make any necessary adjustments needed to make you comfortable.

Taking a few deeper breaths in and out and then allow your attention just to remain on the breath as it returns to normal.

Place your hands on your belly and notice if your belly expands on the in breath then settles on the out breath. Spend a few moments here perhaps breathing a little deeper to feel this movement.

Allow your attention now to have more of a focus on the out breath. You may notice how the body relaxes as it lets go of the breath? Spend a little time just simply focusing on the out breath and how this feels in your body. If your mind is busy, don't worry. Just gently refocus your attention on the out breath.

*“Do what you can,
with what you have,
where you are.”*

Theodore Roosevelt

Further information

Pocket ideas – A moment in time was written by the Occupational Therapy team at NHS Ayrshire & Arran.

For further information or how to get copies please contact:

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Please visit the NHS Ayrshire & Arran website for more activity ideas:

www.nhsaaa.net/activelyengaged



Scotland's Dementia Awards – 2014

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I'm so proud of what the team have achieved and all their hard work will benefit many older people.

Billy McClean

Associate Director for AHPs



Pocket ideas – A moment in time is a pocket activity tool. It has been specifically designed to encourage the use of meaningful activity in a simple format to promote conversation, reduce boredom, improve social stimulation and support therapeutic relationships for older people. The pocket tool is small enough to fit into the pocket of a uniform. It is quick and easy to use and an intervention can take no more than five minutes. The simplicity of the tool is important to help facilitate meaningful activity when there may be time limitations. The book has a Scottish theme but can be adapted for your area.

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