

## Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **WORDS**



Here at Memory Matters we have been talking about favourite words and phrases:

**Annie** grew up in Northumberland where “Whey aye man” means “of course!”

**Lynn** likes the word discombobulated, although she’s not sure what it means – she’ll have to look it up! She also likes the word ‘dreckly’ as she’s Cornish and her Mum says ‘Wasson’!

**Clarinda** likes hearing new similes which have probably been said for years. Words that create a vivid picture her mind, like ‘As white as snow’, ‘As warm as toast’, As welcome as a skunk at a lawn party!’

- We wonder if you are familiar with any of the following British Phrases and can tell us what they mean?
  - Bob's your uncle
  - That's codswallop!
  - The children are full of beans
  - It's all gone a bit pear-shaped
  - What a load of poppycock!
  - That's put a spanner in the works

### **The Rhythm of Life by Michael Rosen**

Hand on the bridge  
feel the rhythm of the train.

Hand on the window  
feel the rhythm of the rain.

Hand on your throat  
feel the rhythm of your talk.

Hand on your leg  
feel the rhythm of your walk.

Hand in the sea  
feel the rhythm of the tide.

Hand on your heart  
feel the rhythm inside.

Hand on the rhythm  
feel the rhythm of the rhyme.

Hand on your life  
feel the rhythm of time.  
hand on your life  
feel the rhythm of time  
hand on your life  
feel the rhythm of time.

Rhythm is at the heart of how babies process sounds and build their vocabularies, nursery rhymes and rhythmical poetry help young children to learn language sooner and better - you can put them in touch with the sound of beauty.

- See if you can say the next lines to these Nursery Rhymes:
  - Little Jack Horner sat in a corner, eating a Christmas pie...
  - Hey diddle diddle, the cat and the fiddle...
  - One, two buckle my shoe...
  - Jack be nimble, Jack be quick
  - The grand old Duke of York...
  - Little Miss Muffet sat on a tuffet...

Lots of schoolchildren used to learn poetry “off by heart” Clare, who attends our Bodmin group can still recite all the verses of “Daffodils” by William Wordsworth – much to our delight!

- If you were asked to write a poem, what would you write about?
- Why not listen to a classic poem?  
We like The Tyger! by William Blake and Night Mail by W H Auden

This word category game is a popular warm up with our groups at Memory Matters. You just choose a letter of the alphabet and think of answers for the following categories – here are some examples for the letter A

Boys name - Alfred

Flower or Tree - Ash

Something you wear - Anorak

UK Town or City - Aberdeen

Colour - Amethyst

Things at the beach - Arm bands!

- We wonder how many answers you can think of for the letters, C, S and T?

Have a look at the following pictures and see if you can work out the well-known sayings (answers at the bottom of the next page).

### Say what you see...



## When the name fits the job

Music Teacher called Miss C. Sharp  
Weather Presenter called Amy Freeze  
Head Teacher called Miss Satchell  
Gardeners called Bob Flowerdew and Jonathan Mower  
Belgian Footballer called Mark De Man  
Head of Scottish Avalanche Service called Mr Diggins

What begins with T, ends with T and has T in it?  
A teapot!

### Photo Archive:



Arthur doing a spot of gardening  
at our Liskeard group.

### Say what you see answers:

Let the cat out of the bag  
A stiff upper lip  
A storm in a teacup  
A drop in the ocean  
Pull your socks up!  
The pen is mightier than the sword

**READER ANNOUNCEMENT:** We just wanted to let you all know that this will be the last activity sheet we will be creating. As things start to return to normal and our face to face sessions begin to resume, we have decided to put a pause on our monthly activity sheets. We hope you have enjoyed reading them over the last 12 months.