

Elf Day activity plan

Subject:	PSHE/Social Action in the community		
Topic:	Dementia and the community		
Lesson title:	Memories with Grandma Elf		
Level:	Key Stage 1-2	Duration:	90-120 minutes
Activity pack:	Available at alzheimers.org.uk/elfschools		

Lesson Objective:

Activities in this Elf Day activity plan will help young people understand:

- How dementia affects someone's ability to do day-to-day tasks
- The five key messages about Dementia Friends

Learning outcomes:

- Young elves will become Dementia Friends. Free badges will be available for each young person on completion of the lesson plan.
- Young elves will commit to an 'Elf-less act' with their community
- Young elves will understand:
 - The types of difficulties people with dementia may experience
 - Ways in which they can support someone living with dementia

Summary of task/actions:

Activity 1: 15 minutes What do you already know about dementia?

This activity will introduce the word 'dementia' and the character of 'Grandma Elf'. It will also establish a baseline of learning for the lesson.

Activity 2: 10 minutes Play the 'Memories with Grandma' animation

Play the animation video to the class/group. Showing the story of 'Memories was Grandma'. This animation was voiced by Diane, a person living with dementia.



Summary of task/actions:

Activity 3: 30 minutes What happens next?

Using the story board of the animation and a follow on template, this activity uses creative writing to embed the new information about dementia.

Activity 4: 15 minutes What do you now know about dementia?

This activity will encourage young people to reflect on their learning and discuss in groups about what they have learnt about dementia so far

Activity 5: 20 minutes What will your 'elf-less act' be?

This activity will introduce the idea of an 'elf-less act', where the young elves will decide on a social action (an elf-less act) to help their community. On the elf-less act action card they can write down their chosen action and colour in the hat which then can be displayed all together to create a colourful and festive display.

Download the activity pack online at www.alzheimers.org.uk/elfschools

Materials and resources

In order to run the Memories with Grandma Elf lesson you will need:

- Copies of the 'Storyboard worksheet' for every young person found within the Memories with Grandma Elf activity pack
- Copies of the 'Elfless Acts' colouring in action card
- Copies of the 'Grandma worksheet' for every young person found within the Memories with Grandma Elf activity pack
- Access to the internet and the Memories with Grandma animation

All resources are available at alzheimers.org.uk/elfschools

Additional resources you might want for your lesson are:

- Colouring in pens or pencils for the Elves
- Plain paper
- Elf day hats available from www.alzheimers.org.uk/shop

Important Elf Day note: By completing this lesson plan young people have become Dementia Friends. In order to receive the free Dementia Friends badges for each young person to show they're a friend you will **need to complete the Elf Day survey at: <https://www.smartsurvey.co.uk/s/ElfDayDementiaFriends/>**

For more information about what Dementia Friends is visit: www.dementiafriends.org.uk

