



PROJECT HOPE'S

Big Book of Health Boosters

A COLLECTION OF ACTIVITIES FOR THE HEAD, HEART & HANDS



*Brought to you by the students of
University of New Brunswick-Humber College,
Bachelor of Nursing Program, in collaboration with the
Active Adult Centre of Mississauga*



GOOD NEWS!

There are many simple ways to maintain your mental, social and physical health. This booklet includes a variety of activities you can use to exercise your mind, body and soul. Try incorporating some of these activities into your daily routine.

**Keep your head up,
your heart strong and your hands active!**

TABLE OF CONTENTS

KEEP YOUR HEAD UP!

WORD SCRAMBLE.....	4
WORD SEARCH.....	7
RIDDLES.....	9
SUDOKU.....	13
SPOT THE DIFFERENCE.....	15
EYE SPY.....	17

KEEP YOUR HEART STRONG!

GRATITUDE JOURNAL.....	18
COLOURING.....	21

KEEP YOUR HANDS ACTIVE!

WELLNESS TIPS.....	26
RESOURCES.....	29

ANSWER KEY.....	30
------------------------	-----------

WORD SCRAMBLE

REARRANGE EACH GROUP OF LETTERS TO UNCOVER THE **AUTUMN**-THEMED WORD!

1) HRVAETS

2) IKMNUPP

3) SEDSE

4) WTHROG

5) REKUYT

6) OARNC

7) AECWCRSRO

8) IGAFELO

9) TOSRF

10) NONMINAC

11) SMSOCUTE

12) HANRBCES



DID YOU KNOW?

Completing a “Word Scramble” activates parts of the brain that deal with language, problem-solving, attention and memory!

WORD SCRAMBLE

REARRANGE EACH GROUP OF LETTERS TO
UNCOVER THE **WINTER**-THEMED WORD!

1) VHEOSL

2) KLFEA

3) TIRDF

4) WOPL

5) ZEEERF

6) TWHA

7) FSACR

8) LEGSVO

9) EHNAAALCV

10) SEDL

11) DRIBLAZZ

12) YLUFRR

13) ISLCEI

14) CARCIT

15) WABLOSNL

WORD SCRAMBLE

REARRANGE EACH GROUP OF LETTERS TO
UNCOVER THE **SPRING**-THEMED WORD!

1) SLBABEAL

2) EBE

3) RDIB

4) OMLBO

5) TFLUETYRB

6) DFIDFAOL

7) LWFERO

8) GEG

9) RASSG

10) SDELPUD

11) RNBOIWA

12) EORSHW

13) IUPLT

14) MEURALLB

15) ETIK

WORD SEARCH

FIND THE WORDS HIDDEN IN THE PUZZLES BELOW.
RACE AGAINST A FRIEND TO SEE WHO CAN FIND
ALL THE WORDS FIRST!

D	N	I	M	L	E	O	E	E	M	U	W	T	L
V	S	Z	N	A	C	T	I	V	E	R	U	C	N
C	U	H	I	S	O	L	V	E	M	I	S	R	T
K	I	N	P	U	E	A	E	H	O	T	L	E	G
N	N	G	T	U	Q	G	H	E	R	H	F	A	I
O	E	L	O	L	Z	U	M	D	Y	I	U	T	E
W	E	I	E	L	O	Z	E	D	M	N	N	I	U
L	E	L	D	D	I	R	L	V	A	K	I	V	O
E	I	G	V	U	R	N	A	E	T	U	E	I	L
D	N	N	I	A	R	B	I	G	H	O	E	T	O
G	G	O	T	E	U	L	C	A	E	N	I	Y	D
E	L	R	V	T	F	M	U	R	H	G	A	M	E
A	G	M	T	O	M	S	S	E	U	G	M	C	U
A	E	H	C	R	A	E	S	K	W	R	V	K	G

KNOWLEDGE SOLVE PUZZLE CREATIVITY
SEARCH MEMORY THINK MATH
BRAIN LOGIC QUIZ GAME
MIND CLUE RIDDLE GUESS

FIND THE HIDDEN, ACTIVITY-THEMED WORD.
 YOU CAN PARTICIPATE IN THESE ACTIVITIES
 (AND MANY MORE) AT THE AACM!

A	I	E	L	B	B	A	R	C	S	O	E	U	T
G	N	I	T	N	I	A	P	A	G	O	Y	S	A
M	I	E	I	A	T	Z	U	M	B	A	M	D	D
M	B	B	E	B	O	I	A	I	N	T	N	N	A
E	I	I	C	S	T	A	I	C	H	I	D	E	N
D	I	N	O	I	T	A	T	I	D	E	M	I	C
I	G	N	I	W	A	R	D	E	U	C	H	R	E
A	B	O	O	K	C	L	U	B	C	O	B	F	E
D	O	M	I	N	O	E	S	B	U	N	I	O	M
H	T	L	A	E	H	C	H	E	S	S	O	S	N
D	I	S	B	I	F	G	N	I	D	A	E	R	A
D	F	O	O	T	C	A	R	E	R	S	C	I	O
M	R	U	K	U	L	E	L	E	A	E	R	C	T
D	U	I	N	M	U	S	I	C	B	I	N	G	O

- | | | | |
|---------|----------|----------|------------|
| CHESS | TAI CHI | MUSIC | MEDITATION |
| EUCHRE | ZUMBA | MEDIA | BOOK CLUB |
| DANCE | DOMINOES | DRAWING | PAINTING |
| UKELELE | BINGO | FRIENDS | HEALTH |
| YOGA | READING | SCRABBLE | DRAWING |

RIDDLE ME THIS!

RIDDLES ARE FUN BRAIN TEASERS THAT GET YOU THINKING AND LEAVE YOU WONDERING. CLICK HERE FOR AN AUDIO AND VIDEO VERSION OF THIS ACTIVITY!

- 1) The more you take, the more you leave behind.
What am I?
- 2) What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?
- 3) Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

- 4) You live in a one-story house made entirely of redwood. What color would the stairs be?

- 5) Who can jump higher than a mountain?

- 6) How do you make the number 7 even without addition, subtraction, multiplication, or division?



DID YOU KNOW?

Solving puzzles are a great way to exercise short-term memory by reinforcing connections in the brain. These types of exercises stimulate the brain to release more dopamine. This is a chemical that your body naturally produces to improve mood, memory, motivation and concentration.

MATH RIDDLES

PUT YOUR SKILLS TO THE TEST WITH THESE FUN MATHBASED RIDDLES. WILL YOU BE ABLE TO SOLVE THEM?

- 1) One is to three as three is to five and five is to four and four is the magic number. What is the pattern?
- 2) A duck was given \$9, a spider was given \$36, a bee was given \$27. Based off of this information, how much money would be given to a cat?
- 3) Eggs are \$0.12 a dozen. How many eggs can you get for a dollar?

4) Jeff has \$28.75. He purchased three cookies that cost \$1.50 each, five newspapers that each cost \$0.50, five flowers for \$1.25 each, and used the remainder of the cash on a pair of sunglasses. How much were the sunglasses?

5) If you multiply this number by any other number, the answer will always be the same. What number is this?

6) Add me to myself and multiply by 4. Divide me by 8 and you will have me once more. What number am I?

SUDOKU

Fill in each small square with a number from 1 - 9. But, there's a catch! You can't repeat a number in any row, column or 9 x 9 block. There is only one correct answer for each puzzle. Can you solve it?

EASY

					2	6		
8		3		1	6			
	1		9	8		2		4
4	9	1		2				
	3	8	6		9	7	1	
				3		4	9	5
6		9		5	3		7	
			7	6		3		9
		2	1					

MEDIUM

		4			7		8	2
1		9						
8	3	2			4	1		
		3		6		4	1	
2								7
	1	8		9		2		
		1	2			5	6	8
						7		3
6	2		5			9		

HARD

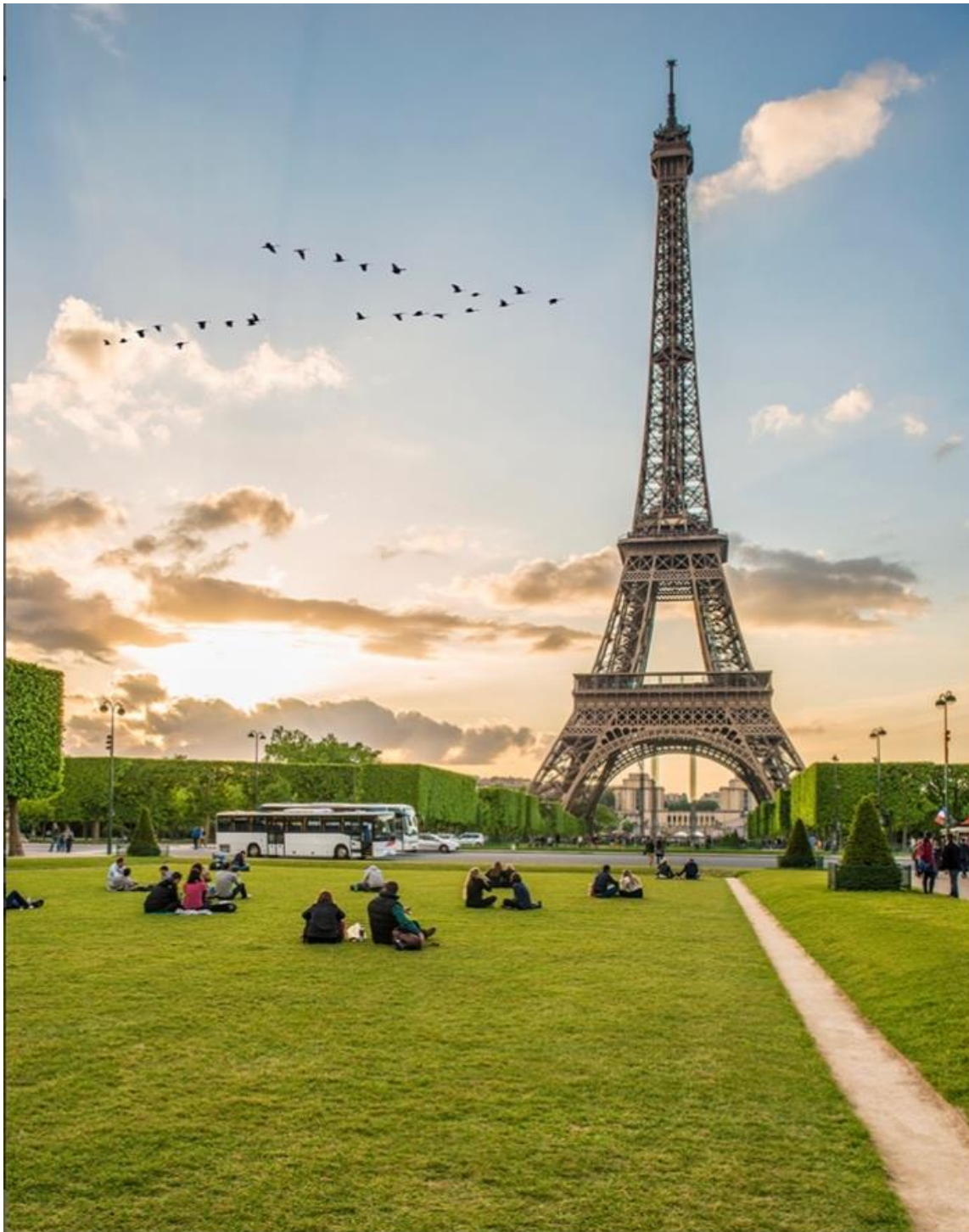
9	7		2					
		5	7	4				
				5	3	2		
5							9	
3		9		2		7		1
	2							6
		6	5	7				
				3	2	1		
					8		5	3

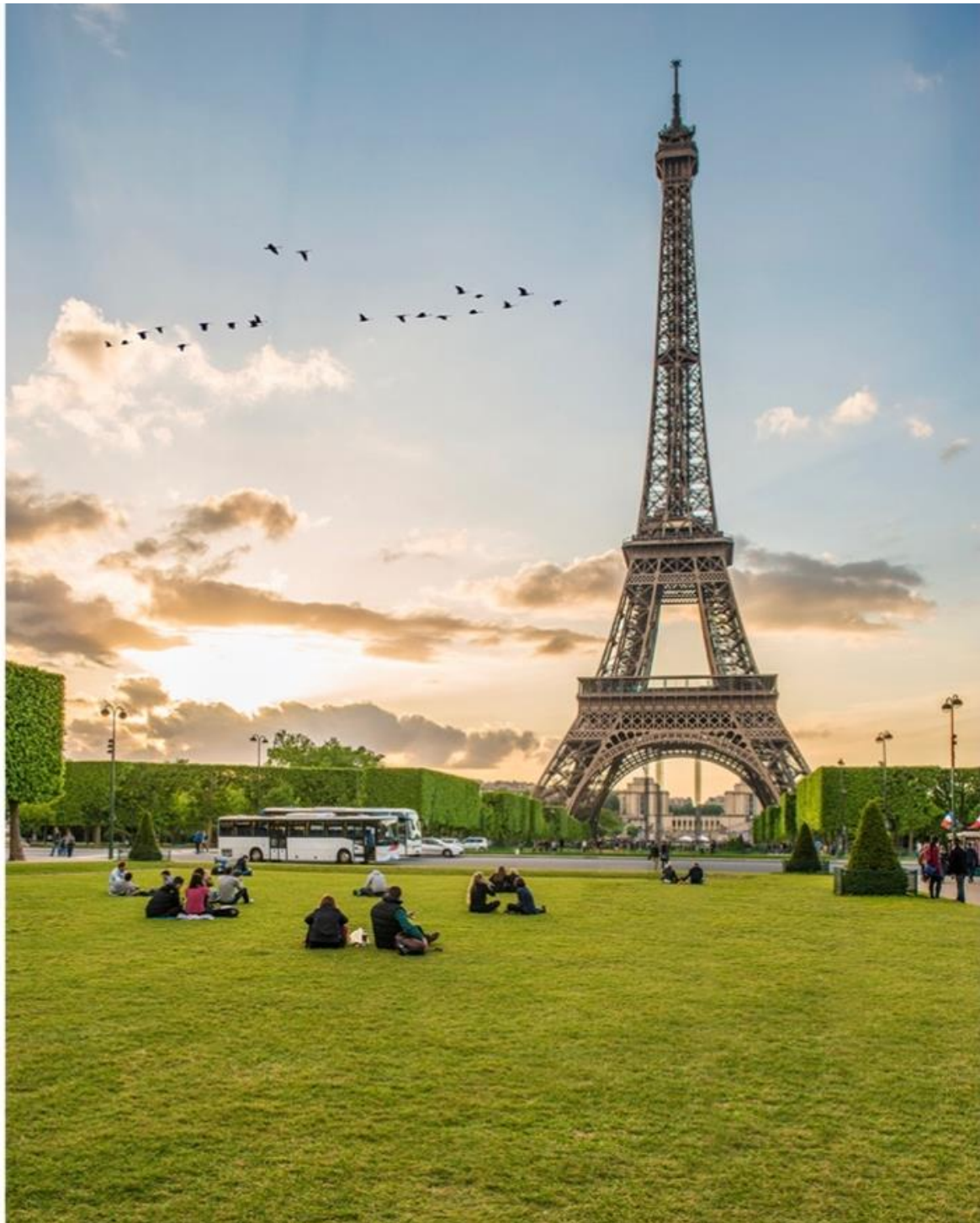
EXPERT

						8	6	
	7	5					9	
8	2	9	1					
3				2	6	7		
		6	9	1				5
					8	3	7	4
	3					1	8	
	4	8						

SPOT THE DIFFERENCE

CAN YOU SPOT THE 5 DIFFERENCES BETWEEN THESE PHOTOS OF THE EIFFEL TOWER?







GRATITUDE JOURNAL



Take a moment to read the questions and write down or type up your thoughts in the spaces below. [Click here](#) for our audio-visual gratitude journal!

What is something you're looking forward to?

Name 3 things that make you smile.

Who makes you feel loved and why?

What is your fondest memory from your childhood?

Name 3 things that you love about yourself.

What is the best thing that happened today?

Name someone that has made a difference in your life.

What is the best gift that you have ever received?
What is the best gift that you have ever given?

What do you love about your home?

Who is your best friend and what makes them special to you?

Name something that makes you feel proud & accomplished!

What challenges are you grateful for? What opportunities are you grateful for?

TRY IT OUT!

Reflection is a healthy habit to include in your daily routine. Some questions to ask yourself are: What am I grateful for today? What am I looking forward to today? What am I going to do to make this day better? These questions can help you get a good start to your day by looking at the positive aspects in life.

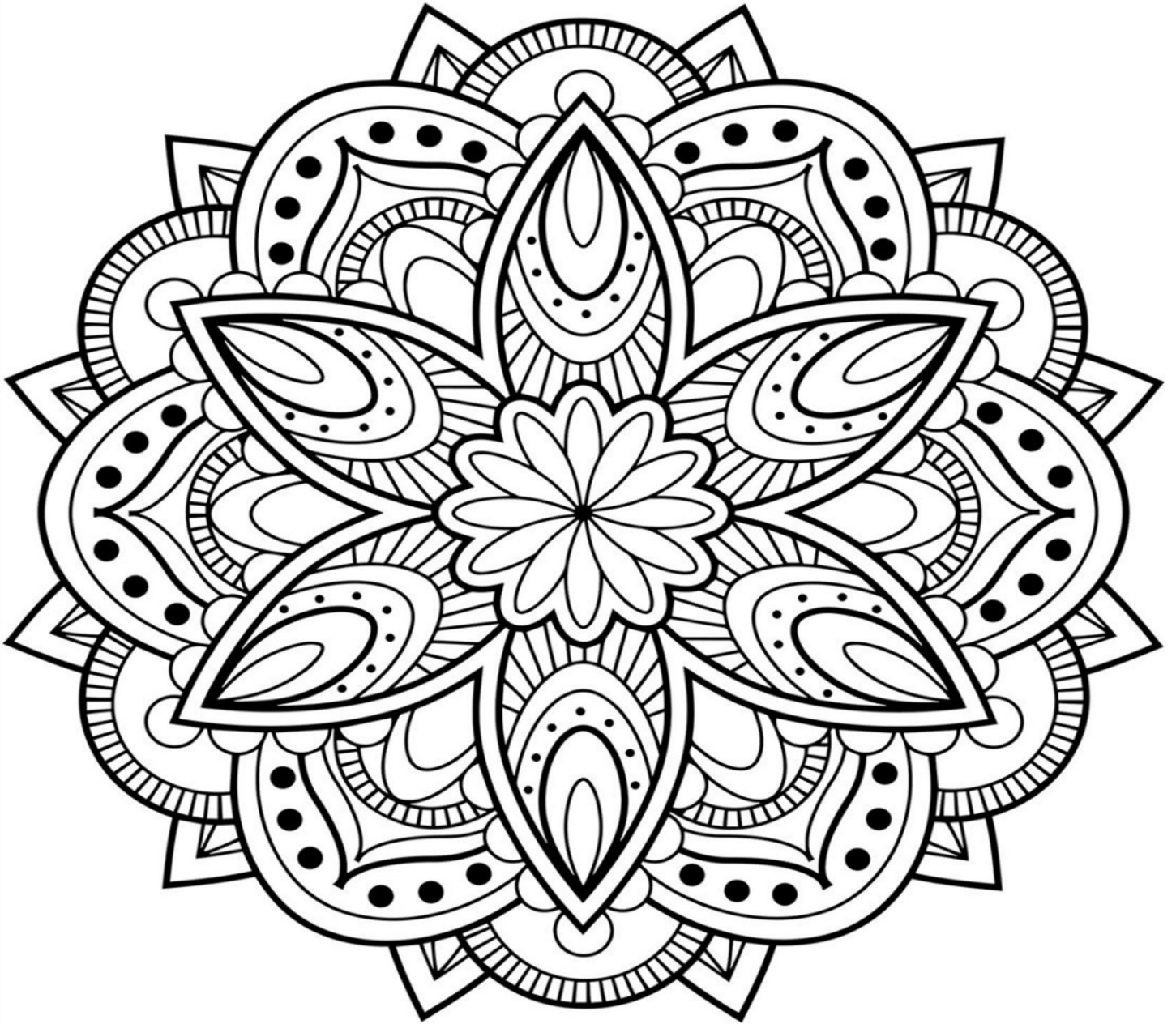
MAKE YOUR WORLD

COLOURFUL

Colouring is a wonderful way to be creative and express how you feel through art. It can enhance overall mood and reduce stress. Focusing on an enjoyable activity like colouring can decrease anxiety levels as well as increase problem solving skills. This hobby can be done every day and anywhere. Use pencil crayons, markers, wax crayons, or even paint with these fun colouring pages. Let your creative mind run free!

***Brain-Boosting Tip!** Try to do some of your daily tasks with your nondominant hand. This challenges your brain and helps you see things in a new way.*











Wellness Tips

Stay active! When you move well, you age well. A simple walk increases blood flow to the brain and can improve both mental and physical health. Being active also enhances strength and balance and helps prevent falls. For more information visit:

- Physical activity tips for older adults (65 years and older):
<https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html>
- Canadian 24-hour Movement Guidelines: <https://csepguidelines.ca/>

Get enough sleep! Experts recommend between 7-9 hours of sleep for adults and 7-8 hours for adults over age 65. Healthy sleep supports almost every system in the body. It also strengthens connections between brain cells and helps new memories stay with you for the long-term. Visit the Sleep Foundation for tips on healthy sleep:

<https://www.sleepfoundation.org/articles/healthy-sleep-tips>

Eat healthy foods! Having a nutritious, well-balanced diet is important to help maintain strength, mobility, and a good quality of life as we age. Talk to a dietician or health care provider, particularly if you have a chronic disease or other medical condition that can be affected by your diet. There are a variety of foods that are both good tasting and healthy. Bon appétit! Visit the Canada Food Guide website for more information:

- Canada Food Guide: <https://food-guide.canada.ca/en/>
- Tips for Seniors: <https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/>

Keep in touch with a health care provider! Ask questions about your health. It is important to have a regular health care provider who helps make sure you receive care that meets your individual needs. Here are some helpful resources:

- Ontario Virtual Care Clinic: <https://www.seethedoctor.ca/en/>
- Telehealth - a Registered Nurse available 24 hours a day, seven days a week (in more than 300 languages!): [1-866-797-0000](tel:1-866-797-0000)

- Help to find a doctor or nurse practitioner:
<https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>
- Have your medications checked through the Medscheck program:
<https://www.ontario.ca/page/take-your-medication-safely>

Stay connected! Socializing with friends & family is a mood booster, but also keeps your mind sharp! The Active Adult Centre of Mississauga has many programs to help you build new connections and maintain old ones.



Active Adult Centre Mississauga (AACM)
Contact number: (905) 615-3207
Website: <https://www.aacmiss.ca/>

Other Resources

Ontario Community & Social Services Help Line:

Phone # - [211](tel:211)

Ontario 211 is a free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year (in over 150 languages!)

Healthy Aging Peel Website:

A variety of resources on health and safety:

<https://www.peelregion.ca/health/prevention/fall-prevention/safety-house.htm>

Mental Health First Aid Course (Mental Health Commission of Canada):

Increases the capacity of seniors and communities to promote mental health

<https://www.mhfa.ca/en/course-type/seniors>

COVID-19 Public Resources (Public Health Ontario):

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

ANSWER KEY

WORD SCRAMBLE:

AUTUMN-THEMED

- 1) HRVAETS - **HARVEST**
- 2) IKMNUPP - **PUMPKIN**
- 3) SEDSE - **SEEDS**
- 4) WTHROG - **GROWTH**
- 6) REKUYT - **TURKEY**
- 8) OARNC - **ACORN**
- 9) AECWCRSRO - **SCARECROW**
- 10) IGAFELO - **FOLIAGE**
- 11) TOSRF - **FROST**
- 12) NONMINAC - **CINNAMON**
- 13) SMSOCUTE - **COSTUMES**
- 14) AMRAO - **AROMA**
- 15) HANRBCES - **BRANCHES**

WINTER-THEMED

- 1) VHEOSL - **SHOVEL**
- 2) KLFEA - **FLAKE**
- 3) TIRDF - **DRIFT**
- 4) WOPL - **PLOW**
- 5) ZEEERF - **FREEZE**
- 6) TWHA - **THAW**
- 7) FSACR - **SCARF**
- 8) LEGSVO - **GLOVES**
- 9) EHNAAALCV - **AVALANCHE**
- 10) SEDL - **SLED**
- 11) DRIBLAZZ - **BLIZZARD**
- 12) YLUFRR - **FLURRY**
- 13) ISLCEI - **ISICLE**
- 14) CARCIT - **ARCTIC**
- 15) WABLOSNL - **SNOWBALL**

SPRING-THEMED

- 1) SLBABEAL - **BASEBALL**
- 2) EBE - **BEE**
- 3) RDIB - **BIRD**
- 4) OMLBO - **BLOOM**
- 5) TFLUETYRB - **BUTTERFLY**
- 6) DFIDFAOL - **DAFFODIL**
- 7) LWFERO - **FLOWER**
- 8) GEG - **EGG**
- 9) RASSG - **GRASS**
- 10) SDELPUD - **PUDDLES**
- 11) RNBOIWA - **RAINBOW**
- 12) EORSHW - **SHOWER**
- 13) IUPLT - **TULIP**
- 14) MEURALLB - **UMBRELLA**
- 15) ETIK - **KITE**

WORD SEARCH # 1:



WORD SEARCH #2:



Riddle Me This:

1. Footsteps
2. Starting
3. Yesterday, Today, and Tomorrow.
4. What stairs? You live in a one-story house.
5. Everyone, because a mountain can't jump.
6. Drop the 's'

Math Riddles:

1. three
2. \$18 (\$4.50 per leg)
3. 100 eggs, at one penny each
4. \$15.50
5. Zero
6. Any number
7. two friends at once (4 tickets vs. 3 tickets)
8. 47 days
9. zero

SPOT THE DIFFERENCE:





Content and Image References

1Sudoku.com. (2020). <https://1sudoku.com/print-sudoku/9x9-sudoku-printable>

Allen, S. (2018). *The Science of Gratitude*. Berkeley: Greater Good Science Centre, University of California. https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf

Classic riddles. (2019, August 28). Riddles.com. <https://www.riddles.com/classic-riddles>

Hidden Object Piles. (2019). Puzzle Prime.

<https://www.puzzleprime.com/page/2/?s=Hidden+Objects>

Holt, N. J., Furbert, L., & Sweetingham, E. (2019). Cognitive and affective benefits of coloring: Two randomized controlled crossover studies. *Art Therapy, 36*(4), 200-208. <https://doi.org/10.1080/07421656.2019.1645498>

Math riddles. (2018). Brainzilla - games for your brain. <https://www.brainzilla.com/brain-teasers/riddles/math/>

Printable word scramble worksheets. (n.d.). Worksheets, Lesson Plans, Teacher Resources, and Rubrics from TeAch-nology.com. <https://www.teach-nology.com/worksheets/misc/scramble/>

Saunders, T. (2020, March 23). *Need a travel-inspired break? This spot-the-difference game will give you a dose of wanderlust*. Travel + Leisure. <https://www.travelandleisure.com/travel-tips/offbeat/spot-the-difference-travel-game>

Who am I Riddles. (2019). Riddles.com. <https://www.riddles.com/riddles>

Word Search Maker (n.d). The Word Search. <https://thewordsearch.com/maker/>.

Welcome to Project HOPE!

We are a team of third year nursing students dedicated to fostering healthy and bright communities. Project Hope's goal is to meet the holistic needs of AACM members by healing through heads, hearts, and hands.

Head focuses on the mind, heart focuses on social and spiritual wellbeing, and hand focuses on physical health.

Our Big Book of Health Boosters includes a variety of activities, including brain teasers, sudoku, word scrambles and colouring. You can also take a moment to reflect on the positives through gratitude journaling and learn more about healthy living through helpful resources and tips.

We are very passionate about Project HOPE, and hope you will enjoy this activity book as much as we have enjoyed creating it. Thank you!

*Keep your **head up**, your **heart strong** and your **hands active!***