

Name 10

For people with dementia, a successful activity helps add meaning and purpose and creates a feeling of accomplishment and self-satisfaction. This particular activity might seem simple, but it has been shown to be very engaging and successful.

All you need is a whiteboard or flip chart and a list of categories and possible items that fit the category. The more specific the category, the more challenging the activity.

To do the activity, write one category at the top of the board. Write the numbers 1 to 10 down the side of the board. Then ask the group to list 10 things that fit that category. Suggestions are below. The given answers are only possibilities. Accept all reasonable responses.



Possible categories and possible answers:

1. Things that are red (fire engine, strawberry, tomato, rose, apple, heart, stop sign, watermelon, cranberry, lipstick)
2. Names of flowers (daisy, tulip, daffodil, carnation, lily, orchid, poppy, sunflower, violet, zinnia)
3. Drinks (milk, tea, coffee, Coke, Pepsi, ginger ale, orange juice, cranberry juice, iced tea, water)
4. Things that are sweet (cake, donut, Danish, candy, pastry, ice cream, frosting, fruit, caramel, pie)
5. Clothing (t-shirt, jeans, socks, cardigan, blouse, vest, coat, jacket, shorts, trousers)
6. Pieces of furniture (chair, sofa, table, bed, desk, dresser, ottoman, couch, end table, coffee table)
7. Musical instruments (piano, drum, oboe, guitar, violin, trumpet, clarinet, harp, trombone, saxophone)
8. Cities (New York, Los Angeles, Quebec, Las Vegas, Philadelphia, Miami, Montreal, Chicago, Boston, Baltimore)
9. Things found in a kitchen (refrigerator, oven, cabinet, toaster, food, forks, spoons, knives, glasses, plates)
10. Vegetables (carrots, corn, cucumber, bell pepper, zucchini, lettuce, spinach, asparagus, peas, green beans)
11. Things you might see at a beach (people, sand, ocean, towels, umbrella, sunscreen, seashell, flip-flops, beach chair, bathing suit)
12. Sports (basketball, baseball, tennis, football, golf, soccer, hockey, softball, volleyball, boxing)
13. Names of girls (Ann, Betty, Julie, Nancy, Susan, Eleanor, Linda, Ruth, Kate, Laura)
14. Flavors of ice cream (vanilla, chocolate, strawberry, coffee, chocolate chip, mint chocolate chip, cookies & cream, butter pecan, rocky road, moose tracks)
15. Breakfast foods (cereal, oatmeal, toast, eggs, bacon, sausage, pancakes, yogurt, waffles, fruit)

16. Animals (cat, dog, bird, squirrel, chipmunk, cow, fox, mouse, sheep, bear)
 17. Months (January, February, March, April, May, June, July, August, September, October)
 18. Body parts (hand, finger, toe, foot, elbow, wrist, ankle, knee, shoulder, nose)
 19. Colors (blue, red, green, yellow, purple, orange, black, white, brown, gray)
 20. Fruits (apple, banana, grape, orange, apricot, peach, cherry, lemon, lime, plum)
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