

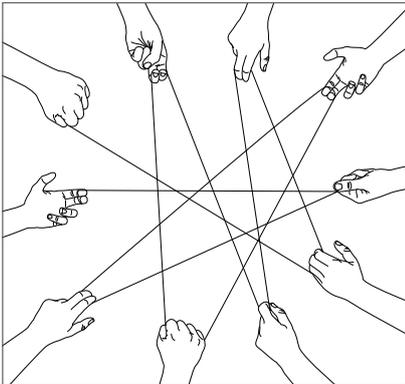
UNDERSTAND THE ISSUE ACTIVITY:

# BRAIN CONNECTIONS

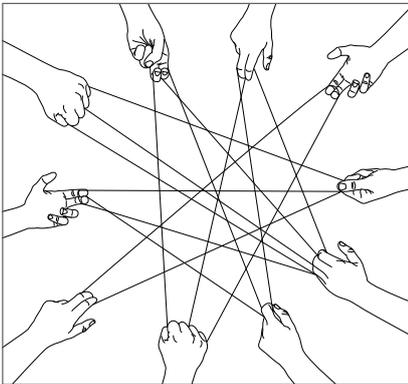
All you need is string and a pair of scissors to run this simple activity to illustrate how dementia affects people

SUITABLE FOR ALL SECTIONS

**1** Form a circle and ask the group for the steps needed to get dressed. Start with 'socks' and ask one young person to hold the end of the wool. Ask the young people what you would put on next, for example 'put on pants', and pass the wool to someone on the other side of the circle.



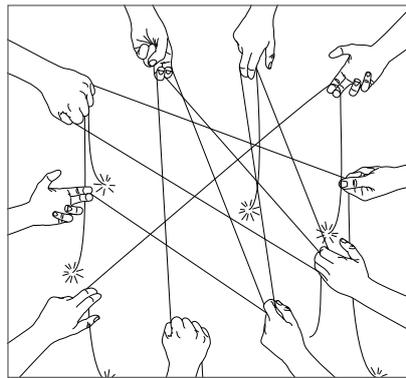
**2** Continue working through each step of getting dressed and passing wool across the circle. You should end up with a criss-cross network of wool.



**3** Ask the group for examples of what the brain does to help you get

dressed, eg movement (walk to the wardrobe) or balance (stand on one leg to put a sock on). Explain that these are represented by the wool.

**4** Explain that dementia is caused by diseases that damage parts of the brain. Ask which steps might become difficult if dementia affects movement, memory, sequencing, balance and recognition. Cut the wool to represent the damage to the brain and repeat until a hole appears.



**5** Highlight that while some of the brain no longer works as well as it used to (the hole), other parts still work really well (connected wool).

**6** Ask the group what they could do to help someone. As they answer, tie the ends of wool together. Explain that by taking small actions to help, as represented by the reconnected ends of wool, people with dementia can continue to complete everyday tasks, just in a different way.

TIME NEEDED  
**15–20** minutes

### EQUIPMENT NEEDED

- wool or string
- scissors

### THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Beaver Teamwork Challenge Award



Cub Teamwork Challenge Award

### NEXT STEPS

You have completed:

The next step is to:



Go to [amillionhands.org.uk/bigmoment](http://amillionhands.org.uk/bigmoment) for a PLAN ACTION activity.

### DOWNLOAD THIS PAGE

Find this and other great activities at [scouts.org.uk/magazine](http://scouts.org.uk/magazine).