Roll. Read. Reminisce!



Topic: The Summer Heat
Christmas in Australia is always hot! How did you stay cool on Christmas Day? Did you use backyard sprinklers, fans, or head down to the beach?



Topic: The Festive Feast
What was the main star of your Christmas lunch or dinner? Did your family stick to a traditional hot roast pork, or did you enjoy cold prawns, salads and cold sliced meats?



Topic: Sweet Traditions
Let's talk about dessert! Did you look forward to a classic Pavlova loaded with fresh fruit, a rich Christmas pudding with a hidden coin, or sweet holiday mince pies?



Topic: Holiday Tunes
Do you remember singing classic carols? Did you listen to traditional church hymns, or did your family love unique Australian carols like "Six White Boomers"?



Topic: Backyard Cricket
Did you or your family watch the Boxing Day Test on television, or play a lively game of backyard cricket with a wheelie bin or an old fruit crate for wickets?



Topic: Cherished Gifts
What is a memorable Christmas gift you received as a child or gave to your own children? Was it a shiny new bicycle, a doll, or something beautifully handmade?

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Setting Up:
This game builds meaningful social connections while keeping barriers to a minimum. Seat residents in pairs or small groups across small tables. If possible, pair independent residents with peers who have cognitive decline or lower mobility to foster natural peer support and inclusive interactions.

Adaptive Strategy Guide
For Residents with Low Mobility or Fine Motor Challenges

- Dice Trays: Place a shallow baking tray or box lid on the table so the dice doesn't accidentally bounce away or fall off the edge.

For Residents with Dementia or Memory Loss

- Keep it Verbal: If reading the activity sheet causes confusion, act as the table leader. Have the resident roll the dice, then read the prompt aloud to them with expression.
- One Question at a Time: Break down the prompts. If a prompt has multiple sub-questions, just ask the simplest one (e.g."Did you eat Pavlova on Christmas?") rather than reading the whole paragraph.
- Embrace Every Story: There are no wrong answers. If a resident's story shifts away from Christmas to another memory, let them share it. The primary goal is communication and joy.

For the Whole Room (Group Sing-Along Integration)

- When a pair rolls a Number 4 (Holiday Tunes) and shares a memory, turn it into a moment for the whole room. Lead a quick chorus of "Jingle Bells" or "Six White Boomers" to re-energise the space.

Activity Coordinator Checklist

- Provide each person, pair or small group with a copy of the Activity Sheet.
- Provide one die per table or group.
- Ensure plenty of space between tables so residents can hear their partners or small group clearly.

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