

Build your own cognitive exercise game

By Joël Kruisselbrink

Let's talk
Dementia

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Air hockey game



What you will need:

- 2x empty tissue boxes
- 1x lid (from a jar)
- 20x books (Depending on size of table)

How to set it up:

1. Place the books on either side of the table (in a line)
2. Place the empty tissue boxes at the top and bottom of the table
3. Place the lid close to one of the tissue boxes

How to play:

Two people sit across from each other at the table, using the tissue box to slide the lid back and forth towards their opponent. Each takes turns to push (or hit) the lid with the tissue box towards their opponent who tries to hit it back, creating a fun game similar to air hockey. The winner is whoever can keep the lid on the table the longest without it falling off.

What you will need:

- 2x metres of string
- 1x medium sized umbrella
- 50 - 100 soft ball pit balls (depending on number of players)

How to set it up:

1. Hang the string from the ceiling
2. Attach the umbrella to the piece of string
3. Position the balls close to the people playing the game

How to play:

The players gather in a circle near the umbrella, not too far away. Everyone takes turns trying to toss their ball into the umbrella. To make it more challenging, someone can gently sway the umbrella back and forth. For an extra challenge, you could even have the players close their eyes while aiming.

Ball toss game



What you will need:

- 1x hula hoop
- 1x large plastic rubbish bag
- 20 - 30 soft ball pit balls

How to set it up:

1. Attach the rubbish bag to the hula hoop to create a net area
2. Place the balls in the net

How to play:

The player takes a seat while someone holds the hoop a short distance above their head. The goal is for the player to reach up and tap the balls out of the net. They must remain seated until all the balls are out of the net. For an extra challenge, you could place the net in front of the player and let them use their feet to kick the balls out.

Hoop ball game

