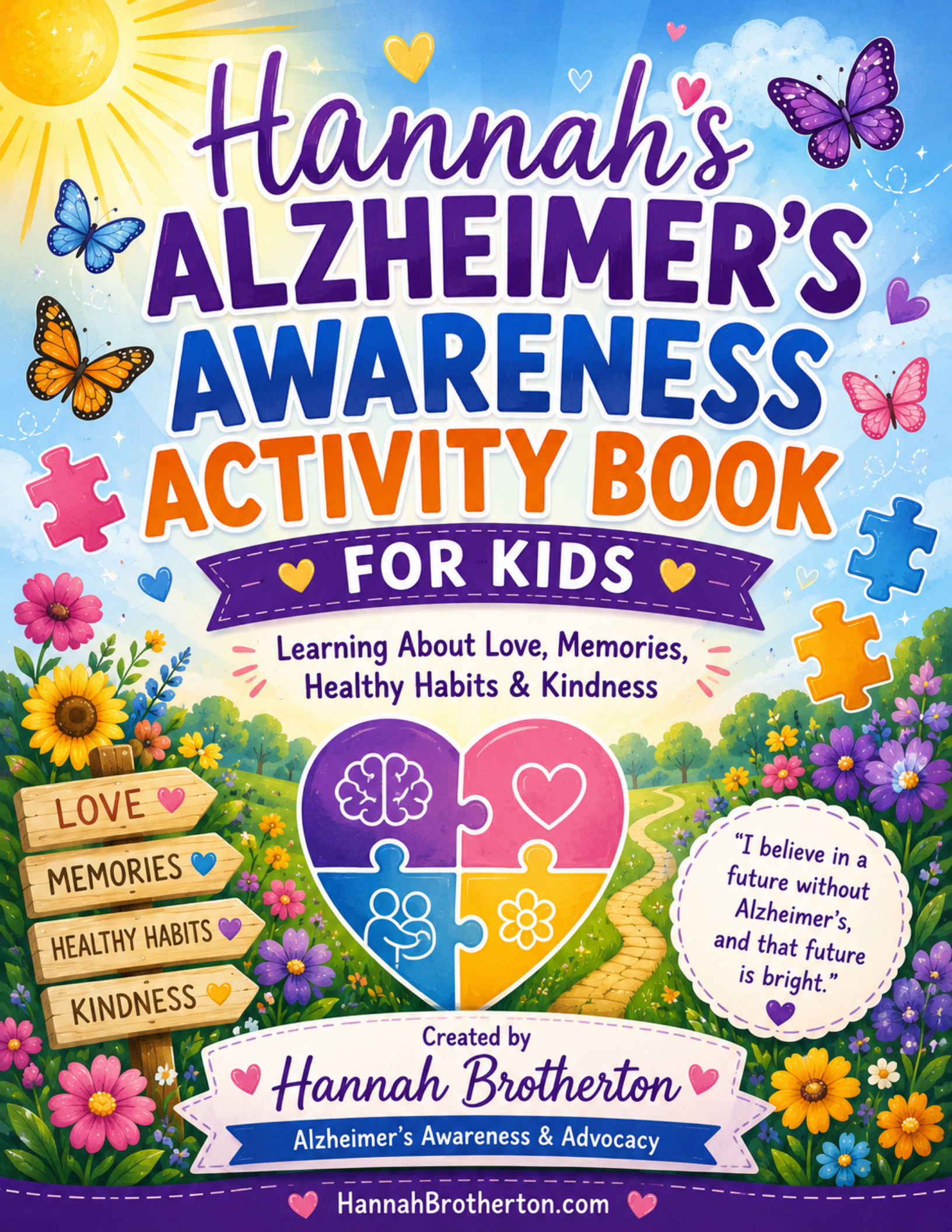




Hannah's ALZHEIMER'S AWARENESS ACTIVITY BOOK

♥ FOR KIDS ♥

Learning About Love, Memories,
Healthy Habits & Kindness

LOVE ♥

MEMORIES ♥

HEALTHY HABITS ♥

KINDNESS ♥

"I believe in a
future without
Alzheimer's,
and that future
is bright."

Created by

Hannah Brotherton

Alzheimer's Awareness & Advocacy

♥ HannahBrotherton.com ♥



DEDICATION

Dedicated to Grandpa Len



Thank you for the memories, the laughter, the pancakes,
and the love.

You inspire me every day to fight for a future without
Alzheimer's disease.

Love, Hannah



A WELCOME FROM HANNAH

Hi, friends!



Thank you for reading my activity book! I made it because Alzheimer's disease has touched my family in a very personal way.

Through these pages, I hope you'll learn about kindness, healthy habits, and ways we can help people living with Alzheimer's and the families who love them. Together, we can build a future filled with hope.

Let's learn, color, and spread kindness together!

Love, Hannah



MY STORY

Why I Advocate



I started advocating in 2021, and I chose Alzheimer's because it's personal. The disease has already taken two grandparents from my family, and now I'm saying the longest goodbye to my grandpa.

The hardest part is how it takes someone piece by piece — first forgotten names, then the grandpa who used to make me pancakes slipping away right in front of me.

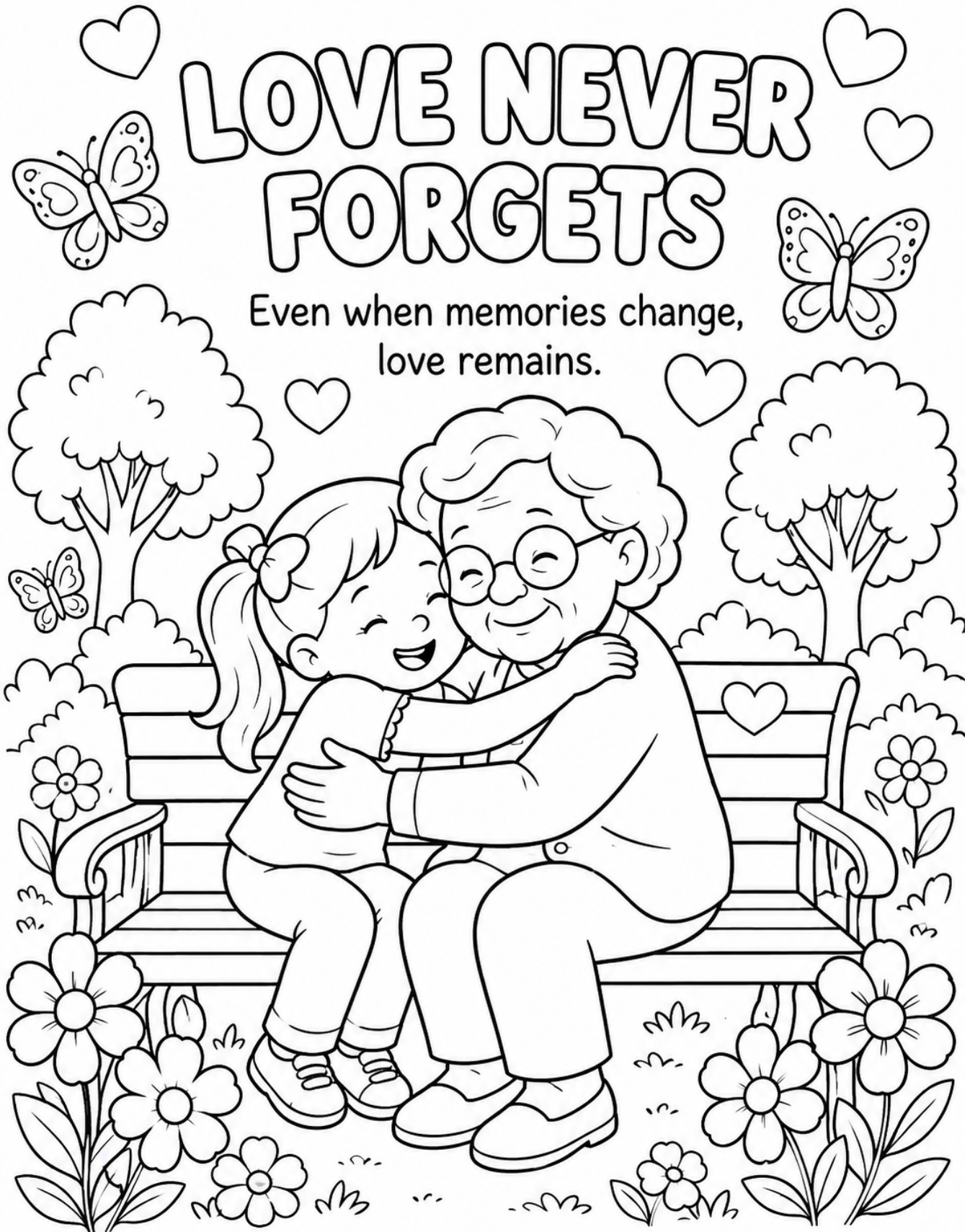
But he still has moments — when he smiles, draws, or prays — that remind me he's still there. That's why I keep fighting for a future without Alzheimer's.



My grandpa is the reason I fight to end Alzheimer's.

LOVE NEVER FORGETS

Even when memories change,
love remains.



MUSIC MAKES US SMILE

Music can help bring
back happy memories.





LET'S LEARN

What Is Alzheimer's?



Alzheimer's disease affects the **brain**. The brain helps us think, remember, learn, and make decisions.

When someone has Alzheimer's, they may...

♥ Forget names

♥ Repeat questions

♥ Misplace items

♥ Need everyday help

Even when memories change, people with Alzheimer's still need...

♥ Love

♥ Friendship

♥ Patience

♥ Kindness



Alzheimer's is never anyone's fault.



FEELINGS

How Am I Feeling Today?



A loved one with Alzheimer's can bring big feelings. **Circle any you have felt:**

Happy

Loved

Sad

Confused

Worried

Angry

Tired

Hopeful

Draw a picture of how you feel today

Who can you talk to about big feelings?

.....

.....



It's okay to feel lots of things at once.





MEMORIES

My Favorite Memory



Draw your favorite memory with someone you love.

My favorite memory is...

.....

.....

What made it special?

.....

.....

Something I love about this person...

.....

.....





HEALTHY HABITS

Feed Your Brain



Did you know?

Taking care of our **hearts** can help us take care of our **brains**, too!

Yummy foods that help your brain

Apples

Strawberries

Blueberries

Carrots

Broccoli

Nuts



Circle the ones you have eaten this week!



GET MOVING

Dance Like Hannah!



Hannah loves to dance! Moving our bodies keeps our hearts and brains healthy.

Check the activities you enjoy

☐

Dancing

☐

Playing outside

☐

Walking

☐

Sports

☐

Swimming

☐

Jumping rope

☐

Riding a bike

☐

Playing at the park

My favorite way to move is...

.....

Can you move your body for 30 minutes today?

Yes

No





THIS WEEK

Healthy Habits Challenge



Can you complete these healthy habits this week?

☐ Drink water

☐ Eat fruit

☐ Eat vegetables

☐ Move your body

☐ Read a book

☐ Get enough sleep

☐ Help someone

☐ Spend time with family

☐ Spend time outside

☐ Say something kind

How many did you complete?



Great job! Healthy habits help our bodies and brains.



PUZZLE

Word Search



Love

Hope

Care

Help

Family

Memory

Friend

Smile

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



Look across and down – circle each word you find!





BE KIND

Kindness Challenge



Can you complete these acts of kindness?

- | | |
|---|---|
| ☐ Give someone a hug | ☐ Share a smile |
| ☐ Say "I love you" | ☐ Read to someone |
| ☐ Draw a picture for someone | ☐ Hold a door open |
| ☐ Make a card | ☐ Say thank you |
| ☐ Help with a chore | ☐ Help a family member |

I completed _____ acts of kindness



Small acts of kindness make a **BIG** difference.





CONNECT

Family Interview



Interview a parent, grandparent, or family member!

Favorite food

.....

Favorite song

.....

Favorite hobby

.....

Favorite vacation

.....

Favorite childhood memory

.....

Something that makes you smile

.....

One piece of advice for me

.....





CERTIFICATE OF COMPLETION

Alzheimer's Awareness Helper



This certificate is proudly presented to

for learning all about

Alzheimer's Awareness

Healthy Habits

Kindness

Family

Date

*Hannah
Brotherton*

Awareness & Advocacy



Together, we can build a future without Alzheimer's.

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