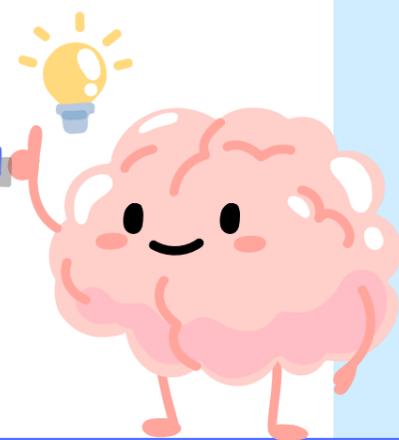


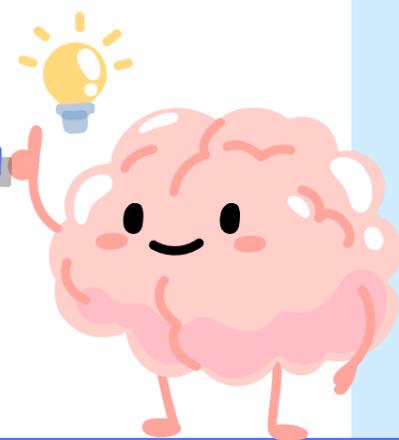
30 DAY BRAIN BOOST



CROSS THEM OFF EVERY DAY ONCE COMPLETED

List 2 Irish dishes (write down all the ingredients you can remember!)	List as many Irish Counties as you can in 2 minutes	Drink a large glass of water with every meal	Clap along to a song you enjoy or the radio, stay in rhythm!
Memorise and recite an Irish phrase	Take a 15 minute brisk walk . Notice 5 things you hear and see	Solve a sudoku puzzle	For breakfast have a big bowl of porridge with berries and nuts
For lunch, swap your jam for a ham sandwich (and add a boiled egg!)	Draw a picture of your favourite pet or animal	Look at an old photograph and name everyone in it	Read a poem or story out loud
Listen to your favourite song and try to remember the lyrics	Learn 3 new words in Irish, then try to teach one to someone else	March on the spot whilst naming 10 vegetables and 10 fruit	Eat one portion of oily fish! Keep this up once a week.
Recall the name of a river close to where you or your family grew up	Count backwards from 100	Make soda bread from memory	Dance to an Irish jig or reel for at least one full song
Sign up to a different club or event you have not attended before	Call a friend or family member and share an old story	Solve a crossword puzzle	List 5 Irish pubs, centres, or places near you in the UK
List 5 famous Irish writers, or poets or musicians	Invite a friend from the club over for tea	Recall or learn to count from 1-10 in Irish	Share your favourite challenge with a friend or family member
Read 10 pages of a book	Map challenge! - see the map of Ireland attached	Every hour, stand, stretch up, and walk 20 steps backwards	Try a new meal... The recipe is attached

30 DAY BRAIN BOOST



These tasks are here to encourage you, not to test you. Feel free to adapt them so they work for your lifestyle. Some days you might just do one, or others you might do a few, for example having a glass of water with every meal or trying a new puzzle. Each activity is a prompt to keep your brain active and engaged. Over the month, these small actions can add up to a real boost to your brain health!

COGNITION

Doing puzzles or learning something new keeps your brain active and helps you think more clearly.

SOCIAL CONNECTION

Spending time with others lifts your mood and helps stimulate your mind.

MOVEMENT / PHYSICAL EXERCISE

Regular activity helps keep blood flowing to your brain, bringing it the oxygen it needs to stay healthy.

NUTRITION

Eating brain-friendly foods fuels your mind to stay strong and function at its best.

MINDFULNESS

Calming the mind helps to reduce stress and improve focus which helps to think more clearly.

MEMORY TASKS

Practicing memory tasks strengthens the brain's ability to recall different information.

PROMPTS

IRISH PHRASES

Conas atá tú? – How are you?

(kun-us uh-taw too)

Céad míle fáilte – A hundred thousand welcomes

(kayd mee-lah fawl-cha)

Sláinte – Health / Cheers!

(slawn-cha)

Go raibh maith agat – Thank you

(guh rev mah ah-gut)

3 IRISH WORDS

Slán – Goodbye

(slawn)

Leabhair – Book

(lyow-ir)

Cara – Friend

(kah-rah)

OILY FISH

Salmon, Mackerel, Anchovies, Sardines, Trout, Herring

1-10 IN IRISH

1. **a haon** (ah hain)

2. **a dó** (ah dough)

3. **a trí** (ah tree)

4. **a ceathair** (ah cah-her)

5. **a cúig** (ah coo-ig)

6. **a sé** (ah shay)

7. **a seacht** (ah shocked)

8. **a hocht** (ah huck-t)

9. **a naoi** (ah nay)

10. **a deich** (ah deh)



Red Lentil and Sweet Potato Dahl

Enough for 4 portions.

TAKES 30 MINUTES TOTAL

Ingredients

- 1 tbsp sunflower oil
- 1 onion, peeled and finely diced
- 2 garlic cloves, peeled and crushed
- 3cm piece of root ginger, peeled and grated
- ½–1 tbsp mild curry powder, to taste
- 200g passata / chopped tomatoes
- 200g dried red lentils
- 2 medium sweet potatoes, peeled and cut into 2cm chunks
- Juice of ½-1 lemon, to taste

**YOU SHOULD BE ABLE TO GET INGREDIENTS FROM THE SUPERMARKET -
ASK SOMEONE FOR HELP IF YOU NEED!**

Method

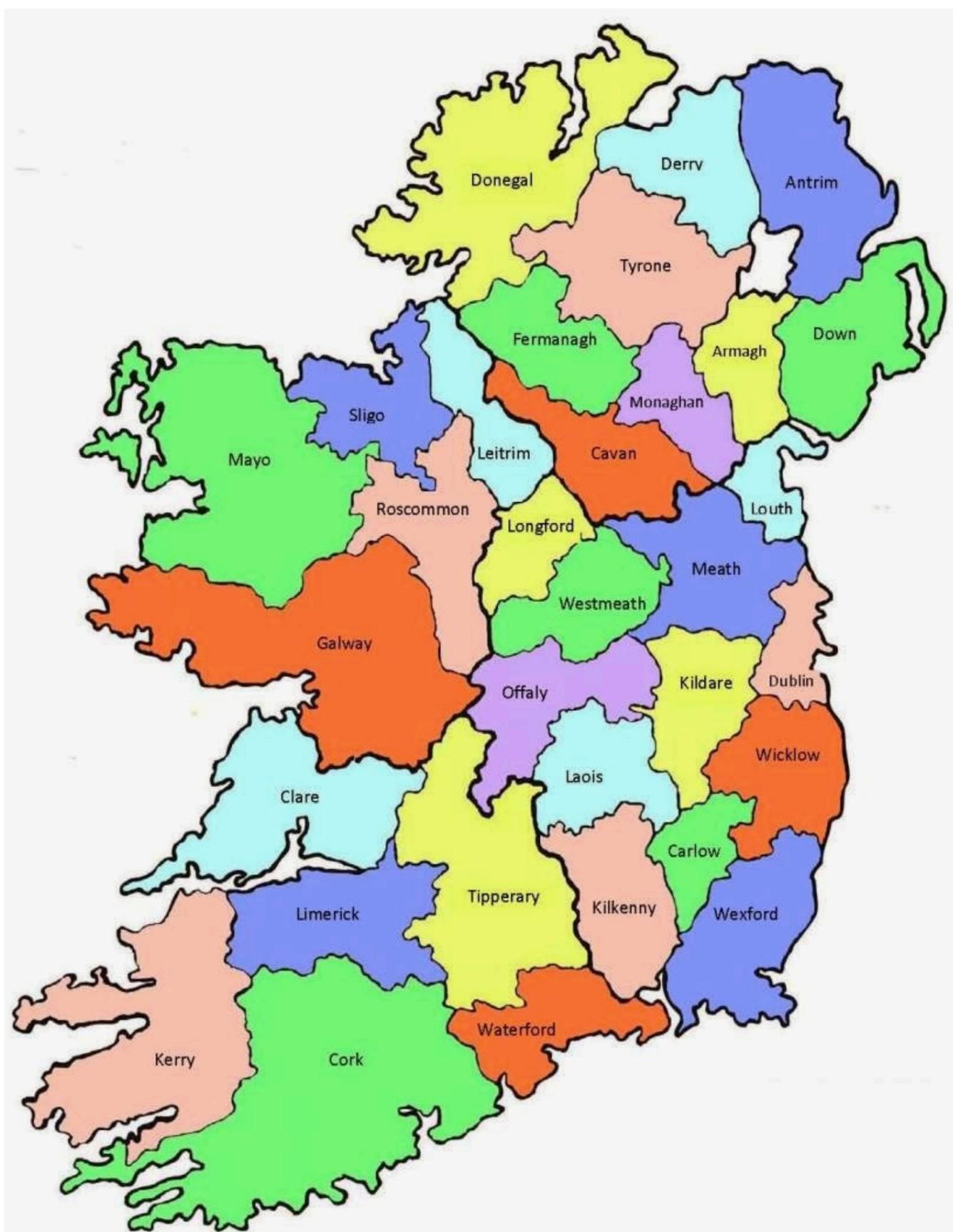
- Heat the oil in a large, lidded saucepan over a medium-high heat, add the onion and fry for 5 minutes, until softened and beginning to colour.
- Add the garlic, ginger and curry powder and fry for 2 minutes, stirring, until fragrant. Then add the passata / chopped tomatoes, lentils, sweet potato and 800ml water.
- Bring everything to a simmer, cover and cook for 10 minutes over a low-medium heat, then remove the lid and simmer for a further 10 minutes, until the sweet potato is tender and the dhal has thickened.
- Add lemon juice to taste, then divide among bowls. Enjoy with rice!

**HIGH IN PROTEIN
RICH IN FIBRE (GOOD FOR
DIGESTION)
SUPPORTS HEART HEALTH
SUPPORTS EYE HEALTH
HELPS ABSORB IRON**

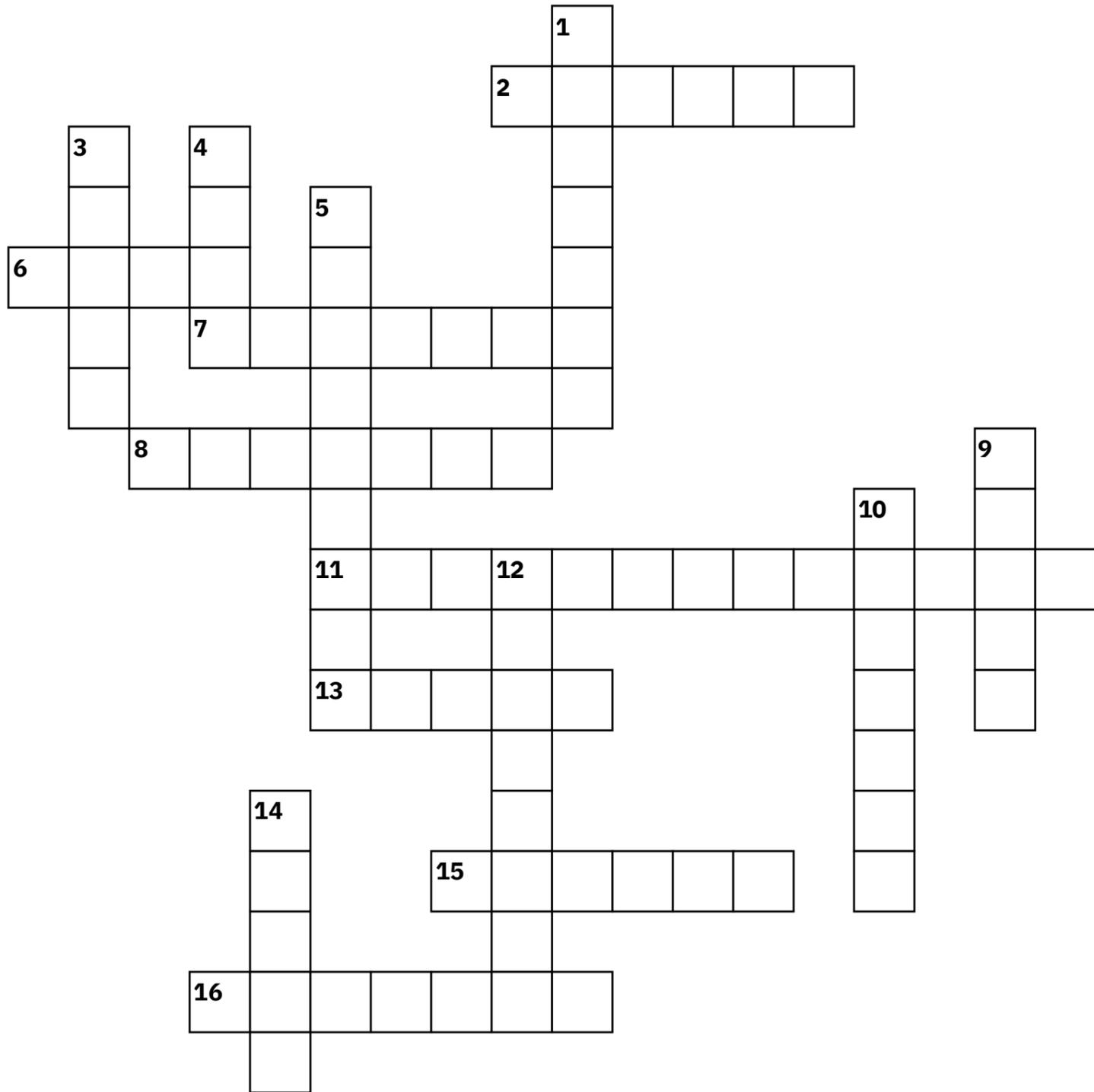


MAP CHALLENGE

1. Look carefully at this map of Ireland. Take about 5 **minutes** to notice the Counties and where they are.
2. Take a blank sheet of paper.
3. On it, draw the outline of Ireland. (It doesn't have to be perfect!)
4. Now, turn this page over so you can't see the map anymore.
5. On your outline, write in as many counties as you can remember and try to put them in the right place.
Give yourself 10 minutes for this part. See how many you can remember!



CROSSWORD 1



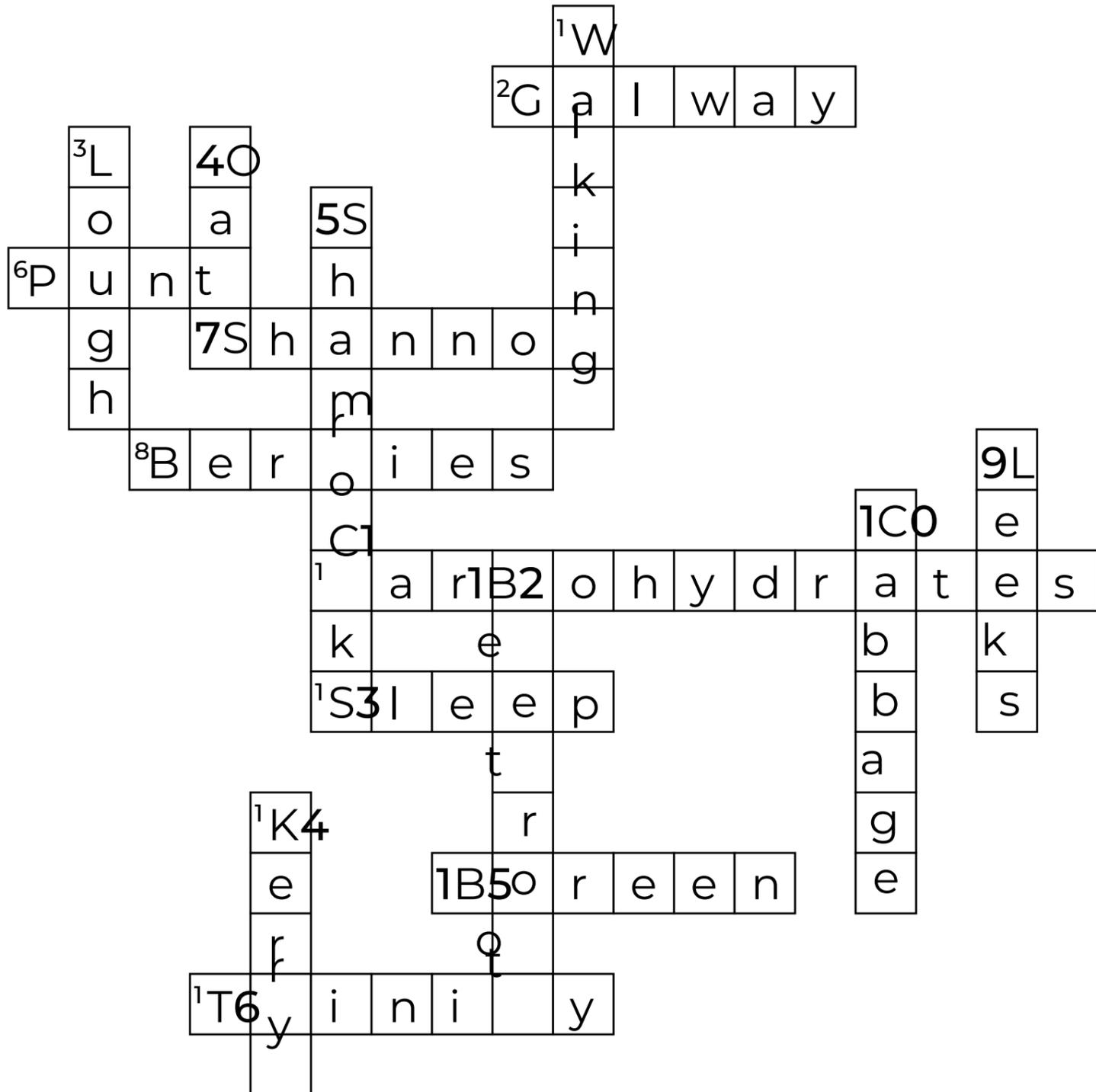
Across

- 2.** Irish city famous for oysters and arts festival
- 6.** Former Irish currency before the euro
- 7.** Ireland's longest river
- 8.** Fruits rich in antioxidants
- 11.** Nutrient group including starch and fibre
- 13.** Essential rest period for recovery
- 15.** Narrow rural Irish road
- 16.** Famous Dublin university

Down

- 1.** Low-impact exercise, great for heart health
- 3.** Irish word for lake
- 4.** Popular whole grain, high in fibre
- 5.** Irish national plant symbol
- 9.** Vegetable often in Irish stew
- 10.** Common leafy veg, great for colcannon
- 12.** Root veg used in salads and soups, rich in folate
- 14.** Irish country nicknamed "The Kingdom"

ANSWERS 1



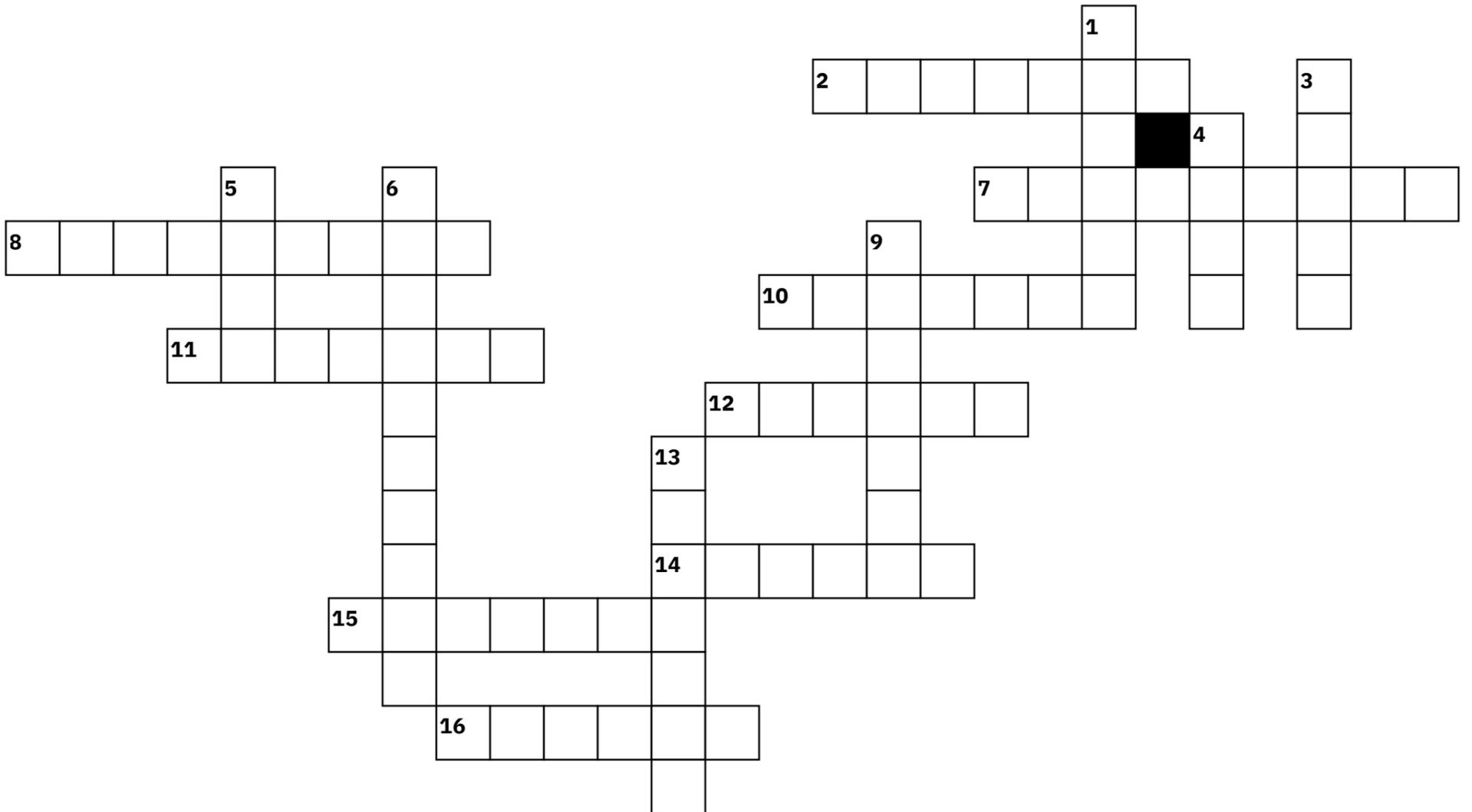
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CROSSWORD 2



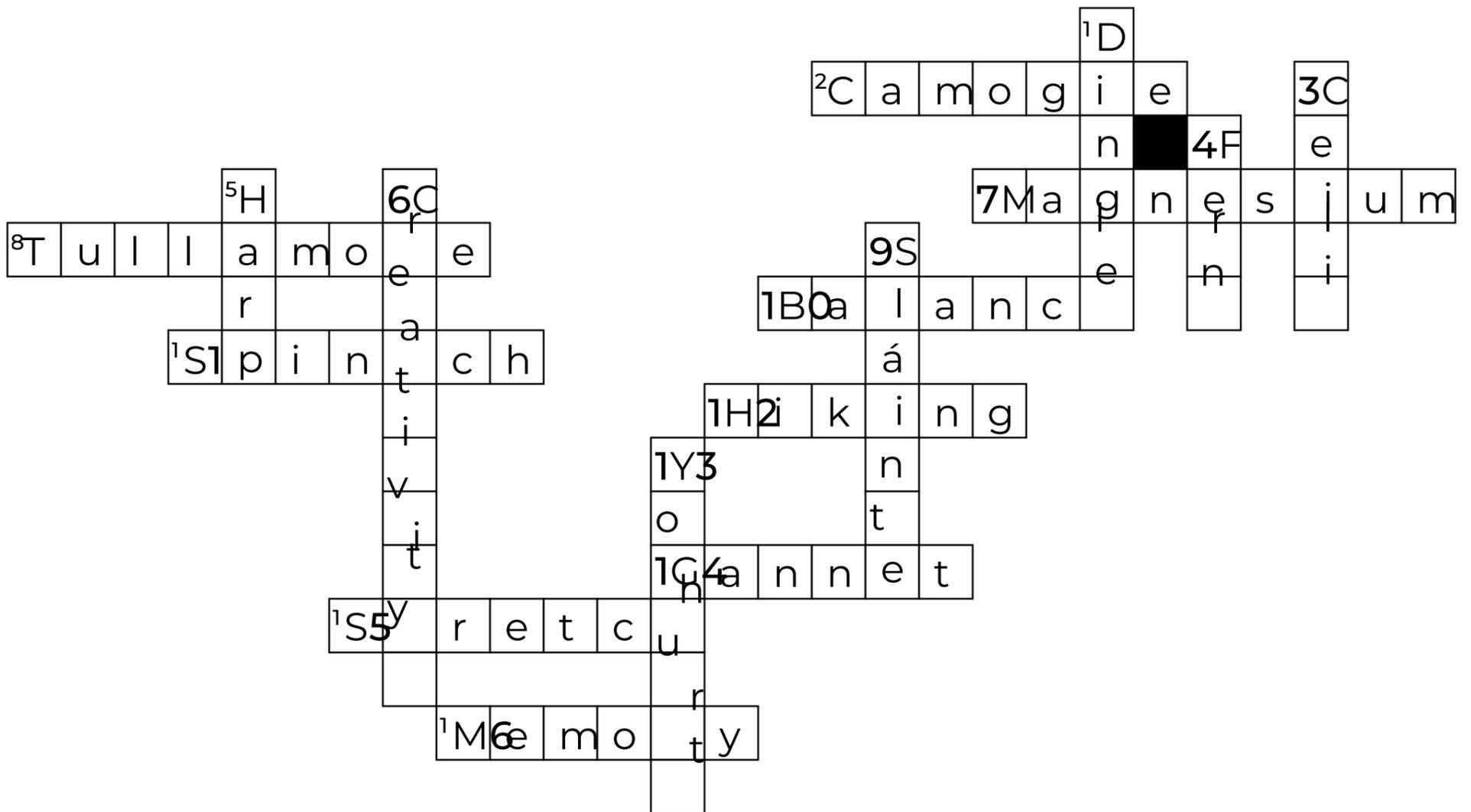
Across

2. Irish stick-and-ball sport played by women
7. Mineral important for nerve signals, found in nuts and seeds
8. Town in Offaly, known for its whiskey
10. Physical stability
11. Leafy green, high in iron and vitamins
12. Outdoor activity, common in Wicklow Mountains
14. Large white seabird common off Irish coasts
15. Helps oxygen travel to the muscles and brain
16. The brain's ability to store information

Down

1. Peninsula in County Kerry
3. Traditional Irish social dance
4. Common Irish woodland plant, symbol of sincerity
5. National symbol of Ireland
6. Using imagination to produce ideas
9. Irish toast meaning "health"
13. Probiotic-rich dairy food

ANSWERS 2



Across

2. Irish stick-and-ball sport played by women
7. Mineral important for nerve signals, found in nuts and seeds
8. Town in Offaly, known for its whiskey
10. Physical stability
11. Leafy green, high in iron and vitamins
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How to Do Sudoku

1. Fill the grid with numbers 1 to 9.
2. Each row must have 1-9 (no repeats).
3. Each column must have 1-9 (no repeats).
4. Each 3×3 box must have 1-9 (no repeats)

Tip: Start with the rows, columns, or boxes that already have the most numbers filled in.

4		1	3	6				
6			2	5			9	
	5	3		1			4	2
5		6	4		7			
	4					3	2	5
1	8	2	9				6	4
					1	9		8
			6	7	3	2		
3	1	5						

		2	1	6	7			5
		5					1	9
		1				7		2
9		4			1		7	
6							8	
3				2	9			6
	4		2	7		5		
	7			1		6		4
	8	6	4				9	

		3			8	7		6
			9	6			3	1
7	4	6						9
	1			2	9			8
2	7			1			4	3
	8	4			5			
8						9		
9		1	7		4	3		
			1			8	6	

	4			9	6		2	7
2		9			5			
		5			7			9
8	6			2			1	
	2		7	5			3	
5				1	3	8	4	
			3			4	7	8
7		4						
9			4			2		3

			2	3		1		5
4	2			6	9	3		
9						6		4
				1	8		4	2
	8	1			5			
		6	3		2		8	
1						4		6
	7		8	5			3	
5	3		9	4				

6		3		2	4	7		
		8	1		5	6		2
4			9		7			8
				5	2			6
	4				1	8	5	
	1		6			4		
5		2		9			8	
8					6		7	5
		9	5					