



My Mini Missions Calendar

October 2025

Dementia Jersey

Mon

Tue

Wed

Thu

Fri

Sat

Sun

 6

Be Adventurous
Try a new fruit or veg – or one you think you don't like. Your taste may have changed!

7

Remember
At the end of the day, name one positive thing that's happened.

8

Lift Off!
Challenge someone to a paper aeroplane contest.

9

Show Interest
Ask someone older than you to share a happy memory.

10

Visit
Arrange a trip to either the Jersey Museum or the Town Library to exercise your brain!

11

Show Your Appreciation
Send a thank you message or note to someone.

12

Make a Meal
Ask a grown-up if you can help cook a healthy meal together – using only ingredients in the house.

13

Have a Laugh
Tell someone a 'Knock Knock' joke. Ask them to share one in return!

14

Give Praise!
Compliment three people – no joking!

15

Happy Hops!
Can you hop on one leg ten times?

16

Get Wordy!
Learn a new word and use it at least once that day.

17

Tongue Twister
Find a tongue twister and try to say it three times, quickly, without an error!

18

Use the Stairs
Use the stairs instead of the lift or escalator for the rest of the week.

19

Be Helpful
Look out for someone who might need a hand today and offer to help them.

20

Watch
Watch a programme or film with someone, then chat about it after.

21

Get Poetic
Try to learn a short rhyme or poem by heart by the end of the week.

22

Juggle
Try to juggle. Start with two things. Can you make it to three?

23

Like Magic!
Learn a simple magic trick and demonstrate it to a friend or family member.

24

Quick Draw
Choose an object you know well and draw it from memory – while blindfolded!

25

Alphabet-tastic!
Make a list of words on a theme, one for every letter of the alphabet.

26

Balance
Can you stand on one leg for a minute?

27

Make Plans
Meet up with a friend in the next two weeks – maybe someone you haven't seen in a while.

28

Hopscotch!
Find some chalk or a white stone and draw yourself a hopscotch grid outside.

29

Get Puzzled
Complete a wordsearch, crossword, sudoku or similar today.

30

Get Outdoors
Plan a walk with an adult in the next three days – track distance or steps for a challenge!

Bonus Day! 31

Pat Yourself on the Back!
Congratulate yourself for sticking to this challenge a whole month!

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