



INSPIRE

Week Two: Proverbs

Welcome back!

I'm so happy that you're back for another week. I think you'll enjoy this activity. We're moving away from art and into spoken word, specifically proverbs. Here, we'll move beyond any language challenges and lean into more dynamic cognitive abilities.

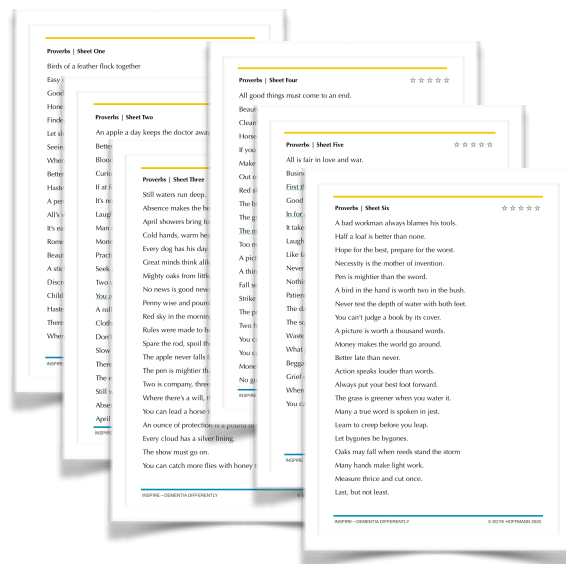
The brain processes our ability to hear and speak separately, and here we'll use both. We'll also use the brain's ability to enjoy rhythm, evocative language, story-telling and comparison.

Most of these sayings will be familiar to you. Some you've said hundreds of times, while others just a couple. Some will feel truthful, while others disagreeable. Some will roll right off your tongue with others rolling off your partner's.

You have over a hundred sayings here to peruse, engage with, love and hate. You also have several ways you can use these, so there's something for everyone.

I would love to know how you find them, whether you have others to add to the list, and what they highlighted for you.

Edye



Easy step-by-step guide

1. Listen to the video guides.

The video introduction is meant for both of you explaining what you can expect. The second video is meant for the care partner to access various adaptations you can use to navigate cognitive impairment and abilities. I'll talk you through why this activity is so valuable and how you can adapt it to meet your abilities and interests.

2. Print out the sheets.

This week you'll find the printable linked together in one downloadable .pdf document, so printing should be easy. There are six sheets. You can use one each day, batch them together to match your attention span.

3. Work side by side.

Set aside some time to review the sheets together. Warm up with the first five sayings, play with the way you read it aloud, many have a cadence or rhythm that's fun. Make eye contact. If you're both enjoying them, read one sheet and then stop. Pick up sheet two the next day and so on.

4. Anticipate the endings.

For many of these sayings, you'll both know the endings. If this is the case, insert a slight pause as you're reading to see if the ending is provided for you. This will not be the case for all of them, because some are more familiar than others. But enjoy and celebrate when you can work together.

5. Take turns reading the sayings.

If you're both reading the sayings, take another sheet of paper and fold it in half. Use it to highlight a saying while hiding the ones below it. Take turns reading the sayings and advancing the paper guide.

6. Change host reader.

If reading is a strength, take this activity into another. Change reading host role and use them for discussion while cooking, gardening or another activity that might benefit from engaging dialogue.

7. Investigate the proverbs' origins.

Research the sayings' origins for discussion. Most have interesting histories. For example, "Measure thrice, cut once."

Proverbs | Sheet One

Birds of a feather flock together.

Easy come, easy go.

Good things come to those who wait.

Honesty is the best policy.

Finders keepers, losers weepers.

Let sleeping dogs lie.

Seeing is believing.

When it rains, it pours.

Better to wear out than rust out.

Haste makes waste.

A penny saved is a penny earned.

All's well that ends well.

It's easy to be wise after the event.

Rome wasn't built in a day.

Beauty is in the eye of the beholder.

A stitch in time saves nine.

Discretion is the better part of valour.

Children should be seen and not heard.

Haste makes waste.

There's no time like the present.

When one door shuts, another opens.

Proverbs | Sheet Two

An apple a day keeps the doctor away.

Better late than never.

Blood is thicker than water.

Curiosity killed the cat, satisfaction got it back.

If at first you don't succeed, try, try again.

It's no use crying over spilt milk.

Laughter is the best medicine.

Man does not live by bread alone.

Money does not grow on trees.

Practice makes perfect.

Seek and ye shall find.

Two wrongs do not make a right.

You ain't seen nothing yet.

A rolling stone gathers no moss.

Clothes do not make the man.

Don't bite off more than you can chew.

Slow and steady wins the race.

You need to break the shell to have the almond.

There is sunshine after a storm.

There is safety in numbers.

The early bird catches the worm.

Proverbs | Sheet Three

Absence makes the heart grow fonder.

Cold hands, warm heart.

Every dog has his day.

Great minds think alike.

Mighty oaks from little acorns grow.

No news is good news.

Penny wise and pound foolish.

Red sky in the morning, shepherds warning.

Rules were made to be broken.

Spare the rod, spoil the child.

The apple never falls far from the tree.

Two is company, three's a crowd.

Where there's a will, there's a way.

You can lead a horse to water, but you can't make it drink.

An ounce of protection is a pound of cure.

Every cloud has a silver lining.

The show must go on.

You can catch more flies with honey than with vinegar.

A burden shared is a burden halved.

Trust, but verify.

You can't step in the same river twice.

Proverbs | Sheet Four

All good things must come to an end.

Beauty is only skin deep.

Cleanliness is next to Godliness.

Horses for courses.

If you can't beat them, join them.

Make hay while the sun shines.

Out of sight, out of mind.

Red sky at night, shepherds delight.

The bigger they are, the harder they fall.

The grass is always greener on the other side of the fence.

The more, the merrier.

Too many cooks spoil the broth.

A picture is worth a thousand words.

A thing begun is half done.

Fall seven times, stand up eight.

Strike while the iron is hot.

The proof of the pudding is in the eating.

Two heads are better than one.

You can't unscramble an egg.

You can't make an omelette without breaking eggs.

No guts, no glory.

Proverbs | Sheet Five

All is fair in love and war.

Business before pleasure.

First things first.

Good fences makes good neighbours.

In for a penny, in for a pound.

It takes two to tango.

Laugh and the world laughs with you, weep and you weep alone.

Like father, like son.

Never too old to learn.

Nothing ventured, nothing gained.

Patience is a virtue.

The darkest hour is just before the dawn.

The squeaky wheel gets the grease.

Waste not, want not.

What goes around, comes around.

Beggars can't be choosers.

Grief divided is made lighter.

When the going gets tough, the tough gets going.

Money makes the world go around.

You can't fit a round peg in a square hole.

Absence make the heart grow fonder.

Proverbs | Sheet Six

Better late than never.

Action speaks louder than words.

Necessity is the mother of invention.

The pen is mightier than the sword.

A bad workman always blames his tools.

Half a loaf is better than none.

Hope for the best, prepare for the worst.

A bird in the hand is worth two in the bush.

Never test the depth of water with both feet.

You can't judge a book by its cover.

A picture is worth a thousand words.

Money makes the world go around.

Always put your best foot forward.

The grass is greener when you water it.

Many a true word is spoken in jest.

Learn to creep before you leap.

Let bygones be bygones.

Oaks may fall when reeds stand the storm

Many hands make light work.

Measure thrice and cut once.

Last, but not least.