

Finish the Sayings and Proverbs Game

This is a wonderful and simple game for the elderly.

Thanks to Lauren, Pat & members of the Golden Carers Facebook Group for this fun game idea!

This is a matching game that includes well known sayings, idioms and proverbs that seniors will remember from their past. This can lead to lovely reminiscing and conversation.

This game can easily be adjusted to suit different abilities and is suitable for people living with dementia..

Preparation:

- Download the templates and laminate for endurance.
- Cut each saying or proverb in half or just leave the last word off depending on the abilities of your clients.

Instructions:

- Gather a small group of clients to play the game.
- Hand out the cards to players
- Have players take turns reading out a card and then others will look through and call out the answer.
- Reminisce about the meaning of each saying!

Variations:

- Clients can help sort out the sayings that are scattered on a table together
- Magnetic strips could be put on them so they can be used on a white board.
- Create other versions of this game using: famous song titles, famous couples, old nursery rhymes etc!

There's no place like home

As fit as a fiddle

Better late than never

When in Rome, do as the Romans

Practice what you preach

Easy come, easy go

The early bird catches the worm

Jack of all trades, master of none

A woman's work is never done

Birds of a feather flock together

Two wrongs don't make a right

The pen is mightier than the sword

Rule of thumb

Saved by the bell

Show your true colors

Give credit where credit is due

Never say never

Spill the beans

Like father, like son

First come first served

You made your bed, now lie in it

Laughter is the best medicine

Knowledge is power

As bright as a button

When it rains, it pours

No man is an island

There's no such thing as a free lunch

Beggars can't be choosers

Every cloud has a silver lining

Go the whole 9 yards

Practice makes perfect

Too many cooks spoil the broth

Two's company three's a crowd

Don't bite the hand that feeds you

Cleanliness is next to godliness

Actions speak louder than words

If it ain't broke, don't fix it

There's no time like the present

Fortune favors the bold

Blood is thicker than water

Don't put too many irons in the fire

Break the Ice

Pleased as punch

Cat got your tongue

Beauty is in the eye of the beholder

Necessity is the mother of invention

A penny saved is a penny earned

Familiarity breeds contempt

As cool as a cucumber

Like two peas in a pod

It takes two to tango

A penny for your thoughts

As clean as a whistle

Marry in haste, repent at leisure

All's well that ends well

As cold as ice

Honesty is the best policy

The benefit of the doubt

Where there's smoke, there's fire

Bite the Bullet

The squeaky wheel gets the grease

Two heads are better than one

If you can't beat 'em, join 'em

You can't judge a book by its cover

It's no use crying over spilt milk

Make hay while the sun shines

Give the cold shoulder

Let sleeping dogs lie

Curiosity killed the cat

Cold hands, warm heart

When the going gets tough,

the tough get going

Hope for the best,

but prepare for the worst

People who live in glass houses

should not throw stones

Don't blow your own trumpet

Keep your friends close

and your enemies closer

All good things must come

to an end

One man's trash

is another man's treasure

The best things in life are free

Good things come

to those who wait

Don't put all your eggs

in one basket

The grass is always greener

on the other side of the hill

His eyes are bigger than his belly

Do unto others as you would

have them do unto you

A chain is only as strong

as its weakest link

Absence makes the heart

grow fonder

You are what you eat

You can lead a horse to water,

but you can't make him drink

Don't count your chickens

before they hatch

If you want something done right,

you have to do it yourself

To add insult to injury

A journey of a thousand miles

begins with a single step

Don't put off until tomorrow

what you can do today

You can't teach an old dog

new tricks

Silence is golden

The course of true love

never runs smooth

If you play with fire,

you'll get burned

Don't throw the baby out

with the bathwater

All's fair in love and war

Wake up on the wrong side

of the bed

A problem shared,

is a problem halved

Say what you mean and

mean what you say

A change is as good as a holiday