



# MONTESSORI-BASED DEMENTIA PROGRAMMING® ACTIVITY IDEAS

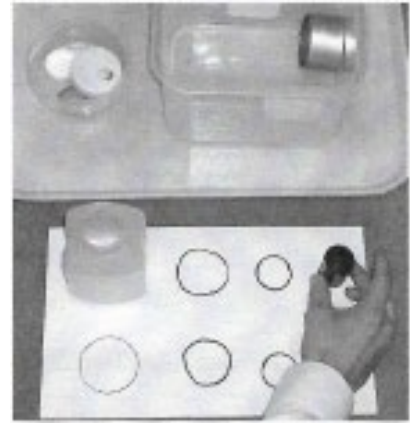
## Bottles and Lids

### Purpose

- Practice active range of motion
- Practice grip strength
- Practice skills necessary to open and close jars, etc. to help maintain independence.

### Materials

- One tray
- Various empty plastic containers and their lids
- A bowl to hold the containers
- A bowl to hold the lids of the containers
- A template with the outline of each container above the outline of its matching lid



Note: Remove all labels from the bottles so that they are not distracting to the participants. If the labels cannot be removed, then cover them with plain shelf paper. Suggestions for the bottles are a medicine bottle, a film canister, a screw top jar, and a plastic container with a snap-in-place lid. You can use any other containers with lids but remember to make them plastic.

### Set Up

1. Place the bowl holding the containers on one side of the tray.
2. Put the bowl holding the lids on the other side of the tray.
3. Set this tray in front of the participant.

### Instructions

1. Pick up the largest *container*. Place it on its outline on the template.
2. Hand the participant the smallest container and ask them to place it on its outline on the template.
3. Ask the participant to put the rest of the containers on their corresponding outlines.
4. Pick up the *lid* to the largest container and place it on its outline.
5. Hand the participant the lid for the smallest container and ask them to place it on its outline on the template.

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# BOTTLES AND LIDS

## Instructions (continued)

6. Ask the participant to put the rest of the lids on their corresponding outlines.
7. Pick up the second largest *lid* and place it on its *container*.
8. Hand the largest lid to the participant and ask them to place it on its container.
9. Have the participant replace all of the lids until all of the containers are covered.
10. Tell the participant, "I will need your help to remove the lids."
11. Demonstrate the removal of the lids by picking up the next to largest container, removing the lid, and returning the lid and container to their respective bowls.
12. Invite the participant to remove the rest of the lids and return the lids and containers, starting with the largest container and its lid.

## Extensions

- Use a new set of containers and lids, with a new template.
- GROUP ACTIVITY: Pick a recipe to make with the participants. Get clean, empty jars with lids. Ask the participants to take off the jar lids. Have them make labels for the contents of the jars to be filled and put them on the jar. Ask participants to measure each ingredient and place them in the clean, empty jars. Have participants secure the lids. Next, form an assembly line. One at a time, have each person take off a lid and add the jar's contents to a mixing bowl. Put one participant in charge of mixing the ingredients together. Use a template or written steps if necessary. Finish by baking and then eating the finished product.

## Horizontal Programming

- Have the participant practice opening and closing other items in their environment. For example, the participant can open and secure the curtain, the blinds, a pen cap, a zipper-sealed plastic bag, etc.

## Vertical Programming

### DOWNWARD EXTENSION

- GROUP ACTIVITY: For a participant who cannot fasten or remove the lids, have the participant place the containers in a row on the tray and put the lid that matches the container in front of it. Other participants can secure and remove the lids for them.



# BOTTLES AND LIDS



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- You can also present the participants with two containers and one lid. Ask the participants to try the lid on both of the jars, asking them, "Does this lid fit on this container or the other container?"
- Color code matching lids and containers.
- Use several jars and lids that are all of the same size.



## UPWARD EXTENSION

- Try doing the activity without the template.
- After the participant has put on and removed the lids, they can seriate or sequence the containers according to height or width. Containers could also be ranked by volume. The participant can test accuracy by filling the containers with water or dried beans. Give measuring cups to participants to see if their seriating or sequencing by volume was correct.
- You can also present all of the lids and the container bottoms to the participant at the same time and ask the participant to sort them out.
- For a GROUP ACTIVITY, gather items that can be placed in the containers and ask the participants to discuss which things could fit in which container. Then have the participants test their guesses by trying to fit the items in the containers.
- You can also make word labels of different objects of varying size and ask the participant to decide which items would fit in which container. This requires abstract thinking since the labels are being used and the objects are not physically present for the participants to test hypotheses.

## Problems and Solutions

P: The participant is confused about how to secure and remove each lid.

S: Work with only one lid and container pair at a time.

P: The participant is able to easily replace and remove the snap-in-place lids, but not screw top lids.

S: Limit the containers that present the most difficulty for the participant. Do not eliminate them entirely, though, unless the participant becomes too frustrated. Before the participant gives up, you can have them try using a gripper pad to turn the lids.

S: Use very large jars and screw top lids.

P: The participant is able to secure the lids, but has a difficult time removing them from containers.

S: Loosen the lids so that the participant can more easily remove them.

S: Have the participant use a gripper pad to open the containers without assistance.

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