



# Winter Anagram

An anagram is a word game where the letters of a word or phrase are rearranged to make a different word or phrase, using all of the letters. For example, the letters in the word “cinema” can be rearranged to form “iceman”, and the letters in Clint Eastwood can be rearranged to form “old west action” (try it, it works!).

In this activity, we’ll use the phrase “winter is coming” as the base to make anagrams, but we’ll bend the rules a little and adapt the activity to be more suitable for people with dementia.

## Benefits

- Great cognitive exercise
- Familiar to most people
- Guidance helps the person be successful

## Prepare the Activity

Print the last page and cut out the letters so that the person can move them around to form the words. To make them more durable, you can laminate the sheet before cutting.

## Basic Preparation

It’s easy to overlook, but the success of any activity can depend on some basic preparation.

### Preparation

- Is the person comfortable?
- Is the area free from distractions?
- Is the lighting in the room appropriate for this activity?
- If the person requires glasses, are they wearing them?  
Are they clean?

Refer to the “[Presenting an Activity, Start to Finish](#)” article on our website for more details.

When possible, you should demonstrate the activity first, showing what is expected while using as few words as possible to describe it. When you are finished the activity, thank the person for participating and ask if they would like to do it again sometime.

## Presenting the Activity

These activities are presented in order of difficulty, from easiest to most difficult. Sample answers are listed on the next page.

1. Invite the person to work on a word puzzle with you. Place the cut out letters for the word WINTER on the table in front of the person.
2. Ask the person to rearrange the letters to spell a different word, even if some letters are left over. There aren't a lot of words, but by starting with only a few letters the concept is easier to see.
3. Offer all the letters and have the person make as many words as they can, even if some letters are left over.
4. Offer all the letters and then use some of them to make a word. Ask the person to use all of the remaining letters to make a word. See samples on next page.
5. Offer all of the letters and have them make a word or phrase that uses them all (a true anagram)

### Presenting

- Make words from the letters in WINTER
- Make words from the letters in WINTER IS COMING
- Use the starting word list and make words from the leftover letters
- Make a word or phrase using all of the letters

## You May Also Like...

If the person enjoyed this word puzzle they may enjoy our other word games and puzzles, including Word Searches, Sequenced Crossword puzzles and more. You can find them in the [Word Puzzles section of our website](#). They may also like [Expressions](#) or [Rhyming Expressions](#).



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# Word List

Use these words for activity 5 above. Starting with all the letters, make the word in the first column, then ask the person to see what words they can make that use all the leftover letters. The possible answers are listed in the last column.

<b>Start with this word</b>	<b>Leaves letters</b>	<b>Which make these words</b>
REMINISCING	O, T, W	TWO or TOW
INCOMING	E, I, R, T, S, W	WRITES (OR WE + STIR OR WET + SIR)
INTERCOM	G, I, I, N, S, W	WIGS + IN (OR WING + IS)
CROWNING	E, I, I, M, S, T	TIME + IS (OR SEMI + IT)
NOTICING	E, I, M, R, S, W	RIMS + WE (OR RIM + SEW)
ENTICING	I, M, N, O, S, W	SWIM + NO (OR WORM + IS)
MINCING	E, I, O, R, S, T, W	ROW + TIES (OR ROWS + TIE)
METRICS	G, I, I, N, N, O, W	OWING + IN (OR OWNING + I)
CRIMSON	E, G, I, I, N, T, W	WING + TIE (OR WIG + NET + I)

W	I	N	T	E	R
I	S				
C	O	M	I	N	G