

WESTON  
MUSEUM



# Reminiscence

Activity Pack



Remembering the past can bring a great deal of satisfaction and understanding to all ages.

This activity pack includes a series of themed topics and conversation starters to help spark conversations and revive forgotten memories of key milestones of a person's life.

Other benefits of reminiscence include: improved communication, raises self esteem and engagement, stimulates and empowers individuals.

# Gardening

- o If you had a garden shed, what did you use it for?
- o If you had a greenhouse, what did you grow in it?
- o What is your favourite flower?
- o Can you name some useful garden tools?
- o What are your memories of going to your local park?
- o Can you name any common garden birds?
- o Can you name some trees or shrubs that grew in your garden or local park?
- o Have you ever worked on an allotment?
- o Did you ever grow your own fruit or vegetables?
- o Can you describe your favourite garden or park?
- o Can you describe what grew in your garden?
- o Name some typical garden pests
- o Can you name some wild creatures that you would see in a garden or park?
- o Name some insects that you would see in a garden?
- o Did you ever play games in a park or garden and if so what did you play?
- o Can you describe the sounds that you might hear in a garden or park?
- o Describe the smells in a garden or park?
- o Outline the seasonal jobs you did in your garden?
- o What did your garden or local park look like as the seasons changed?



# Kitchen

- o Is there one kitchen appliance you couldn't have gone without?
- o Did you have a favourite recipe book and what was it called?
- o Did you eat meals on the same day of the week? For example, fish on Fridays.
- o Did you cook with gas or electricity? Which did you prefer?
- o Do you think microwave ovens are a good way to cook these days?
- o Did you ever use a twin tub washing machine?
- o Did you ever cook and eat fruit and vegetables from your garden or allotment?
- o Did you ever make preserves or pickles and if so, what did you make?
- o Describe your favourite tea cup and saucer, or mug
- o What was the most popular kitchen wedding gift, when you were young?
- o Can you remember when you first tried 'foreign' food in your own home?
- o Did you ever bake your own bread or cakes?



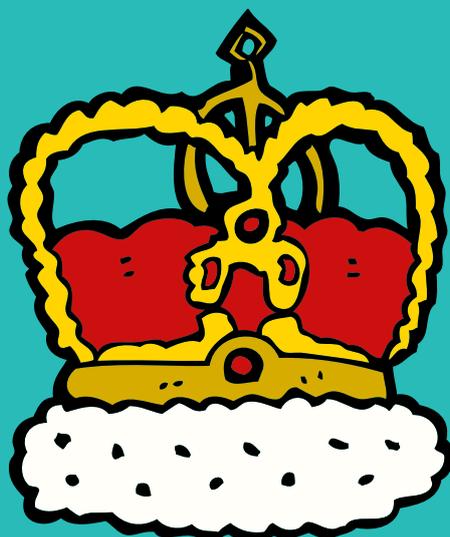
# Home

- o Describe the first place you lived in as an adult
- o When did you first get a telephone?
- o When did you first get a television and what do you remember watching?
- o Which new household gadget made life easier?
- o Did you have a family pet? If so what was its name?
- o Where were you born?
- o Did you have a shed or outhouse? What did you use it for?
- o What was the most popular wedding gift when you were young?
- o Were you given furniture from friends or other members of your family?
- o Did your first house have an outside toilet?
- o How did you heat your home?
- o Describe your favourite picture or ornament
- o Did you ever make your own curtains or other soft furnishings?
- o Can you remember buying your first television?
- o How was your bedroom decorated?



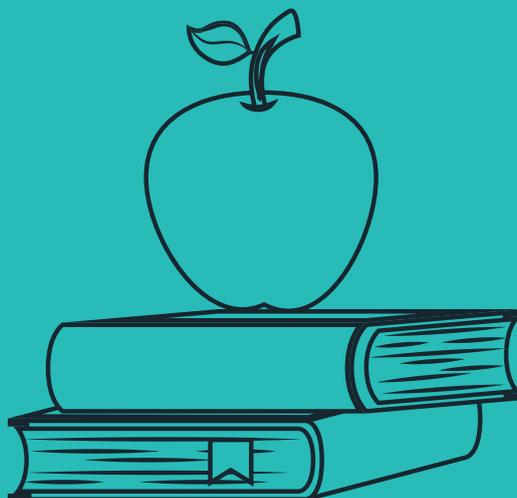
# Royalty

- o Have you ever seen a member of the Royal family in real life?
- o Have you ever met a member of the Royal family?
- o What are your memories of the Queen's coronation?
- o What are your memories of the Queen's silver jubilee and street parties?
- o Who is your favourite member of the Royal family and why?
- o Who is your least favourite member of the Royal family and why?
- o What were you doing when the death of Princess Diana was announced?
- o What can you remember about the death of King George?
- o What was your favourite Royal wedding dress?



# Childhood & School

- o Describe the games you played with your friends
- o Did you have handmade toys as a child?
- o What are your memories of being in Scouts, Guides or youth groups?
- o What are your memories of Sunday School?
- o What was your favourite childhood toy?
- o What was your favourite book, film or TV programme as a child?
- o What did your school report say about you?
- o Who was your favourite teacher and why?
- o Describe the chores that you did at home
- o Did you have a nickname?
- o Did you have a best friend?



# Seaside & Holidays

- o Where did you go on day trips or holidays?
- o Describe your first trip abroad?
- o Did you take photographs and if so, what type of camera did you use?
- o What activities did you enjoy at the seaside?
- o What souvenirs did you buy?
- o Did you write postcards for your family or friends?
- o Did you watch Punch and Judy? How did it make you feel?
- o Describe your first experience of catching a boat, plane or train
- o Did you ever go away to stay with relatives? If so, whereabouts?
- o Did you ever visit county agricultural shows or fetes?
- o Do you have memories of camping or caravanning?
- o Did you eat anything special or unusual on holiday?



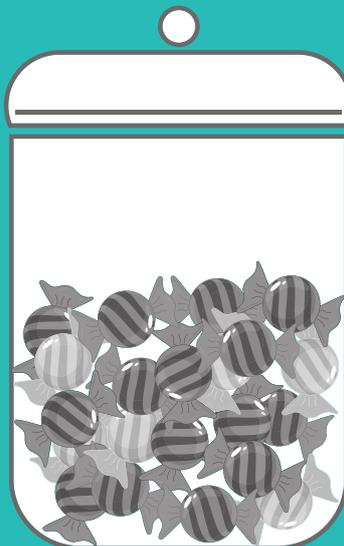
# Work & Transport

- o What was your first job and how old were you?
- o How did you travel to work? How much did it cost?
- o Describe your first boss
- o Did you ever train anybody?
- o Describe what it was like during an apprenticeship or night school
- o Did you use a typewriter or switchboard?
- o Did you take a packed lunch or use the work canteen?
- o How did you travel around as a child?
- o What was catching the bus like?
- o What was your experience of learning to drive?
- o Did you ever drive for a living? What did you drive?
- o Can you remember your first car and what it was?
- o Describe your daily routine working in the home?
- o Did you have days of the work for doing chores at home?



# Sweet Shop

- o When you were a child, what was your favourite chocolate bar or sweets ?
- o Describe a childhood visit to the sweet shop/corner shop?
- o Did you receive pocket money?
- o Have you ever made handmade sweets? If so, what did you make?
- o What was (or still is!) your favourite pick and mix sweet?
- o Did you ever have boxes of chocolates or sweets at Christmas? If so, can you describe them?
- o Did you have Easter eggs or sweet treats at other religious celebrations?



# Leisure & Hobbies

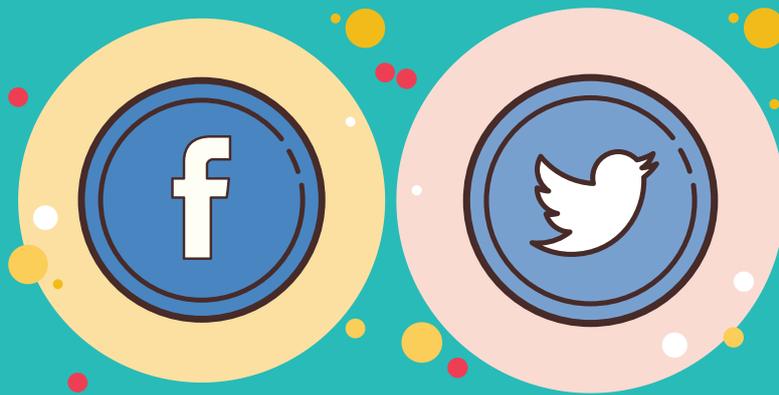
- o What has been your favourite hobby or pastime?
- o What were birthdays like as a child?
- o Describe your favourite music?
- o Did you go to dances and where were they held?
- o What type of sports did you play?
- o Did you ever learn to play a musical instrument and if so, what?
- o What are your memories of going to the cinema or theatre?
- o Do you have a favourite TV programme or film?
- o Did you ever go to the pub and if so what was it called?



# Handy tips...

- o Use these questions as conversation starters to get the conversation flowing.
- o Use video calling to recreate that face to face conversation.
- o Set a challenge to ask at least one question from each category.
- o Get the whole family involved and show them how different life used to be.
- o Use pen and paper to write a letter to send to your friends, family or neighbours.

## Find out more



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