



WESTON
MUSEUM



BEAUTY & FASHION

Reminiscence Activity Pack

Reminiscence

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
- Raised self-esteem
- Better engagement
- Stimulation for the individual
- Empowerment of the individual

Beauty & Fashion

- Describe your favourite outfit that you've ever worn?
- What is your favourite perfume or aftershave?
- Did you ever wear a uniform for work and if so, what was it?
- Have you ever made clothes or accessories yourself?
- When you were a teenager, did you have a favourite shop to buy your clothes?
- Did you ever try to copy a particular celebrity's style of fashion?
- Was there someone whose sense of style you admired and if so, who?
- Which trends in hair and make-up did you follow?
- What was the most outrageous or memorable fashion trend you participated in? Do you have any photos of it?
- How have you seen the ideal body shape change and shift over the decades? How did that impact your own feelings about beauty and style?
- Do you have a favourite accessory, such as a handbag, piece of jewellery or hat, that holds a special memory for you?



Handy tips:

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

Find out more...



www.westonmuseum.org