



WESTON
MUSEUM



HOME

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.

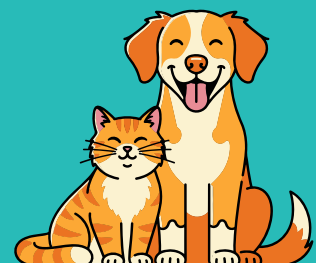


Other benefits of reminiscence include:

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

Home

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



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