



WESTON
MUSEUM



LEISURE & HOBBIES

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

Leisure & Hobbies

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



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...



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