



WESTON
MUSEUM



SCHOOL

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.

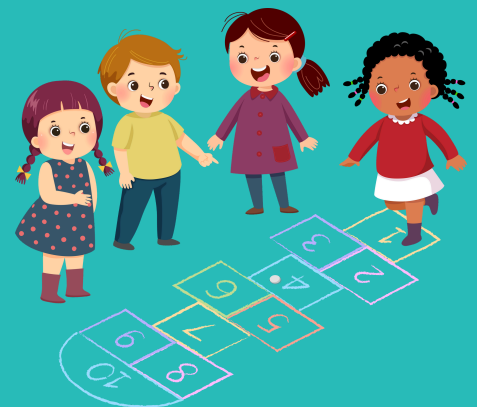


Other benefits of reminiscence include:

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

School

- How did you get to and from school?
- What was your favourite subject and why?
- What did your school reports say about you?
- Who was your favourite teacher, and why?
- Which sports did you play at school?
- Were you in any teams at school?
- What did you eat at lunchtime?
- What games did you play in the playground?
- Did you have a nickname and if so, what was it?
- Did you have a best friend? What was their name?



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