



WESTON
MUSEUM



CHILDHOOD

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.

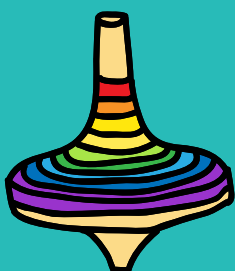


Other benefits of reminiscence include:

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

Childhood

- Describe the games you played with your friends?
- Did you have handmade toys as a child?
- What was our favourite childhood toy?
- What are your memories of being in Scouts, Guides or youth groups?
- What are your memories of Sunday School?
- What was your favourite book, film or TV programme as a child?
- Did you have any childhood pets and what were their names?
- Describe the chores that you did at home?
- Who was your favourite relative as a child?
- Who were your friends growing up?
- What was the best thing about being a child?



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