



WESTON
MUSEUM



SWEET SHOP

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

Sweet Shop

- When you were a child, what was your favourite chocolate bar or sweets?
- Describe a childhood visit to the sweet shop / corner shop?
- Did you receive pocket money?
- Have you ever made homemade sweets? If so, what did you make?
- What was (or still is!) your favourite pick and mix sweets?
- Did you ever have boxes of chocolates or sweets at Christmas? If so, can you describe them?
- Did you have Easter eggs or sweets at other religious celebrations?



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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