



WESTON
MUSEUM



MODERN ROYALTY

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

Modern Royalty

- Have you ever seen a member of the Royal Family in real life?
- Have you ever met a member of the Royal Family?
- Did you watch King Charles' Coronation and if so, what did you think?
- Who is your favourite member of the Royal Family, and why?
- Who is your least favourite member of the Royal Family, and why?
- What were you doing when the death of Princess Diana was announced?
- Which was your favourite Royal Wedding dress?



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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