



WESTON
MUSEUM



GARDENING

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

Gardening

- If you had a garden shed, what did you use it for?
- If you had a greenhouse, what did you grow in it?
- What is your favourite flower?
- Can you name some useful garden tools?
- What are your memories of going to your local park?
- Can you name any common garden birds?
- Can you name some trees or shrubs that grew in your garden or local park?
- Have you ever worked on an allotment?
- Did you ever grow your own fruit or vegetables?
- Can you describe your favourite garden or park?
- Can you describe what grew in your garden?
- Name some typical garden pests?
- Can you name some wild creatures that you would see in a garden or park?
- Name some insects that you would see in a garden?
- Did you ever play games in a park or garden and if so, what did you play?
- Can you describe the sounds that you might hear in a garden or park?
- Describe the smells in a garden or park?
- Outline the seasonal jobs you did in your garden?
- What did your garden or local park look like as the seasons changed?



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