



WESTON
MUSEUM



WORK & TRANSPORT

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

Work & Transport

- What was your first job and how old were you?
- How did you travel to work? How much did it cost?
- Describe your first boss?
- Did you ever train anybody?
- Describe what it was like during an apprenticeship or night school?
- Did you use a typewriter or switchboard?
- Did you take a packed lunch or use the work canteen?
- How did you travel around as a child?
- What was catching the bus like?
- What was your experience of learning to drive?
- Did you ever drive for a living? What did you drive?
- Can you remember your first car? What was it?
- Describe your daily routine working in the home?
- Did you have days of the week for doing chores at home?



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