



WESTON
MUSEUM



SEASIDE & HOLIDAYS

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.

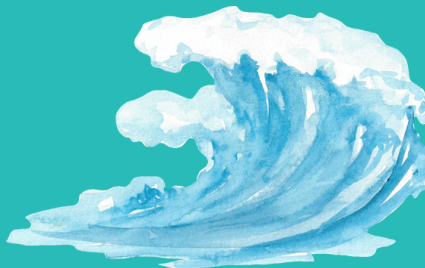
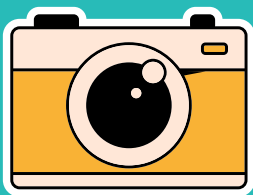


Other benefits of reminiscence include:

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

Seaside & Holidays

- Where did you go on day trips or holidays?
- Describe your first trip abroad?
- Did you take photographs and if so, what type of camera did you use?
- What activities did you enjoy at the seaside?
- What souvenirs did you buy?
- Did you write postcards for family or friends?
- Did you watch Punch & Judy? How did it make you feel?
- Describe your first experience of catching a boat, plane or train?
- Did you ever go away to stay with relatives? If so, whereabouts?
- Did you ever visit an agricultural show or fete?
- Do you have memories of camping or caravanning?
- Did you eat anything special or unusual on holiday?



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