



WESTON
MUSEUM



KITCHEN

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.

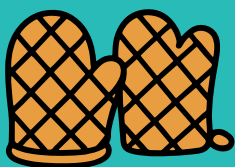


Other benefits of reminiscence include:

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

Kitchen

- Is there one kitchen appliance you couldn't have gone without?
- Did you have a favourite recipe book and what was it called?
- Did you eat meals on the same day of the week? For example, fish on Fridays.
- Did you cook with gas or electricity? Which did you prefer?
- Do you think microwave ovens are a good way to cook these days?
- Did you ever use a twin tub washing machine?
- Did you ever cook and eat fruit and vegetables from your garden or allotment?
- Did you ever make preserves or pickles and if so, what did you make?
- Describe your favourite tea cup and saucer, or mug?
- What was the most popular kitchen wedding gift when you were young?
- Can you remember when you first tried 'foreign' food in your own home?
- Did you ever bake your own bread or cakes?



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