

# Reminiscence Activity Pack

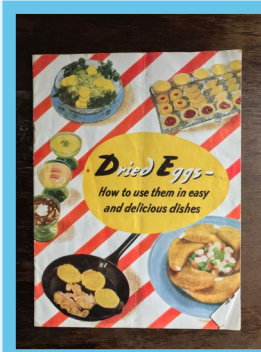
## Food to the Table



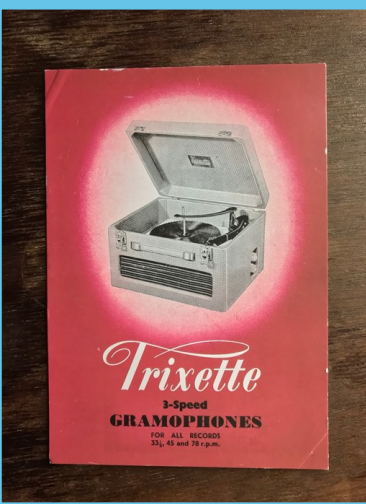
What is your favourite food?

Who are your ideal dinner guests?

Do you have a favourite recipe you can share with a friend?



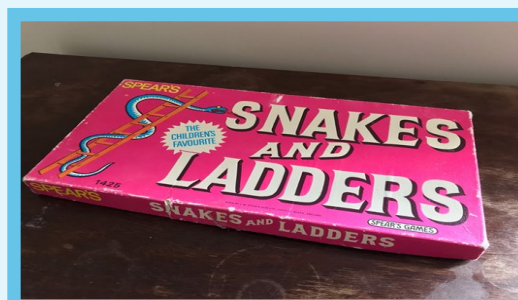
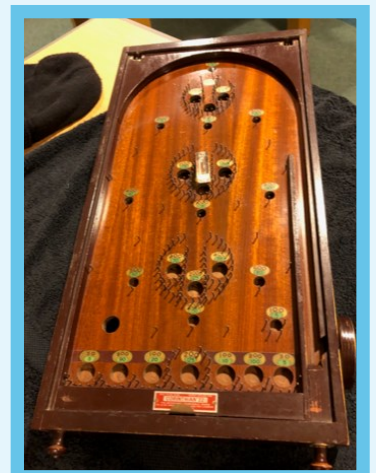
## Fun, Games and Entertainment



What games did you play in the playground at school?

What was your favourite toy when you were a child?

What is your favourite TV programme of all time?



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## Schooldays

What was your favourite subject at school?

Did you have a favourite teacher?

Imagine you are in an art lesson – can you draw something in your house or garden and turn it into a postcard?



## Trips to the Seaside

Where would you go on your dream holiday?

Can you send a postcard to a friend or relative telling them about a nice experience you have had recently? (you could use a postcard you have created or buy one)



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## Dresses to the Nines

What is your favourite item of clothing?

Can you think of 5 different types of hat and draw them on a piece of paper?



## Celebrations

Have you ever been to a street party?

Are there any special celebrations you enjoy?

Will you be celebrating the Queens Platinum Jubilee in June this year?



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You could use the ideas in this activity pack to start a memory box or memory book



**The following projects may be of interest to you (click on the title in bold to access the website);**

**[My House of Memories App](#)** - My House of Memories app allows you to explore objects from the past and share memories together

**[Music for Dementia Radio](#)** - A group of 5 themed radio stations available 24 hours a day, 365 days a year, playing music that evokes memories.

**[Playlist for Life](#)** - Create a playlist of personal favourite pieces of music.

**[Art By Post](#)** - Free creative activities inspired by the Southbank Centre's artistic programme.

**[BBC Rewind Reminiscence Archive](#)** - a selection of content from the BBC Archives, designed to support reminiscence.

**[National Trust Virtual Tours](#)** - Virtual tours of National Trust properties and sites around the UK.

**[RNIB Talking Books](#)** - Free access to over 34,000 talking books online

**[MuMo Creative Dance](#)** - Online creative music and movement sessions for all abilities.