

Reminiscing Ideas

Grab Bag

submitted by Kelly Murman on Thursday, January 6, 2000

Size of Group: varied

Equipment: paper bag or box. small slips of paper

Objective: socialization, reminiscing

Description: Before the activity starts, take slips of paper and write a memory on each one.....First date.....favorite winter activity.....favorite color.....least favorite school teacher...etc. Place all the slips of paper in the paper bag or box. Seat the group in a circle, pass the bag around. Each time a resident picks a slip of paper, they answer the question on the paper...telling about their first date, that mean old teacher they had as a child, sledding down the hill in the backyard with their siblings.....It creates a great atmosphere of reminiscing and sharing.

I've also used the same idea to ask the residents to do silly things...Sing a song....Make a funny face....make the sound of a duck.....There are many variations. I've always had great groups with these programs.

What is your favourite colour and why?

What is your favourite season and why?

What is your favourite animal and why?

What is your favourite winter activity and why?

What is your favourite food and why?

What was your favourite vacation you ever had and why?

What is your favourite childhood memory and why?

Remember your first date. Describe it?

Remember when you started school for the first time. Describe those feelings.

Remember someone from your past that you looked up to. Describe that person best you can.

What birthday was the most memorable for you? Describe why?

Describe your very first job? How old were you? Do you remember how much you were paid?

How old were you when learned how to drive a car? Who taught you to drive?

Did you ever have a family pet? What was their name? What did you like best about your pet?

Do you remember when you got your first TV set? Describe it and how you felt?

How many children did you have? Please share some special thoughts about them?