

Reminiscing Activities



When you begin to hear an elder's story you'll be glad you asked.

Reminiscing is Storytelling

Reminiscing is storytelling at its best! Real life stories come back to life when sharing them with someone. Reminiscing is the act of remembering, sharing, and listening. It allows us to reflect on experiences and allows us to give the gift of ourselves to others. It allows us to know someone better and to see life through their eyes. Truly, we all reminisce whether we're 5 or 95!

A collection of memories leads to connections in life.

Through my dad's collection of stories about his service in World War II, I will forever be connected to his personal

memories and history of that time period. Through my mom's telling of family life during the depression, I know and understand the hardships their family struggled with. From my parents stories, I feel a connection to not only that time in their life, but a closer connection to them.

Reminiscing is a great family activity. It leads us to learn about our heritage, traditions, and genealogy. As a family member, reminiscing is as enjoyable to me as the one telling the story!

Reminiscing can lead to new friendships and increases socialization.

Through the telling of stories we sometimes find others who have lived through our struggles, our good times, events, and changing times. This can lead to friendship and increased socialization. Have you ever heard the older generation talking about how much gas prices have gone up over the years or talk about how we got along just fine without cellphones? Many times we talk about where we were when John F. Kennedy was assassinated or about the great comedians of the past like Bob Hope and Red Skelton.

Remembering makes us think...

and is a great intellectual activity. Those persons with cognitive loss may remember things from long ago far easier than remembering something done yesterday.

Reminiscing can bring us self-worth.

Reminiscing with others allows us to review our life histories and remember our accomplishments. This can lead to feelings of self-worth and the feeling of a life well lived.

Be aware however that reminiscing can also stir emotions. A song might make us miss someone or talking about an event might make us sad. On the flip side listening to an "old radio show" might leave us chuckling and looking at old school pictures of ourselves might make us laugh.

Reminiscing can be done in many ways.

Questions, discussions, things, decorations, holidays, etc... may all spark a memory. Reminiscing can be done anywhere, anytime, and with anyone. Reminiscing is versatile so there are many activities to reminisce with. Choose from the following **reminiscing activities** to experience with your older family member or friend.