

Reminiscing is a powerful tool at Senior Helpers, particularly for connecting with individuals living with dementia or other cognitive challenges. It offers a way to connect with the past, stimulate memories, and evoke emotions that can enhance the well-being of members. This document is designed to serve activity staff, providing a variety of prompts and cues to spark meaningful conversations and foster social engagement during activities or during casual conversation.

CONVERSATION PROMPTS

FAMILY & HOME

1. What was your first house like?
2. Do you have a favorite family recipe?
3. What chores did you have to do at home?
4. Can you describe your childhood home?
5. Can you tell me about your grandparents?
6. What was your favorite restaurant to eat at?
7. What was your favorite place to visit in your hometown?
8. What was your favorite store to shop at?
9. Did you enjoy attending any local festivals or fairs?
10. What was your favorite family activity?
11. Can you tell me about your family pets?
12. Do you have a favorite cousin or relative?
13. Do you have any family traditions?
14. Can you tell me about your family reunions?
15. Can you tell me about any family heirlooms?
16. Can you tell me about any funny family stories?
17. Can you tell me about any family traditions for Sunday dinners?
18. What kind of jobs did your parents have?

FRIENDS AND SOCIAL LIFE

19. What games did you play with your friends?
20. Who was your best friend in childhood?
21. What kind of dances did you go to?
22. Did you ever go on a road trip?
23. What was your favorite thing to do on weekends?
24. Did you ever have a pen pal?
25. What was your favorite thing about school dances?
26. Can you tell me about any special dances or proms?

EDUCATION

27. Did you participate in any sports or clubs?
28. Can you tell me about your high school graduation?
29. Do you have a favorite teacher?
30. What was your favorite subject in elementary school?
31. Can you tell me about your first day of school?
32. What was your favorite subject in school in High School?
33. What was your favorite subject to teach (if you were a teacher)?

ENTERTAINMENT & HOBBIES

34. Did you ever collect anything?
35. Did you have any hobbies growing up?
36. Can you tell me about the first movie you saw in a theater?
37. What was your favorite book growing up?
38. What was your favorite TV show as a kid?
39. What music did you listen to in high school?
40. What was your favorite childhood book?
41. What were your favorite songs to sing along to?
42. Did you have a favorite cartoon character?
43. What was your favorite sport to watch or play?
44. Did you ever go to a drive-in movie?
45. Did you ever learn to play a musical instrument?
46. What kind of art or crafts did you enjoy?
47. Did you have a favorite comic strip or comic book?
48. What was your favorite way to spend a rainy day?
49. Did you ever go to summer camp?
50. Did you ever have a favorite actor or actress?
51. What was your favorite snack?

ENTERTAINMENT AND HOBBIES (CONT.)

- 52. What was your favorite movie as a teenager?
- 53. What was your favorite childhood toy?
- 54. What kind of music did you dance to?
- 55. Did you ever participate in a talent show or play?
- 56. What kind of crafts did you enjoy making?
- 57. What were your favorite board games?
- 58. What was your favorite part of summer break?
- 59. Can you tell me about your first television set?
- 60. Did you have a favorite radio show?
- 61. Did you ever write in a diary or journal?
- 62. What was your favorite way to relax after a long day?
- 63. What was your favorite mode of transportation?
- 64. Did you ever build a treehouse or fort?

PERSONAL MILESTONES

- 65. What was your first job?
- 66. What was your first car like?
- 67. What was your wedding day like?
- 68. Can you recall your first date?
- 69. Can you tell me about learning to ride a bike?
- 70. What was your first phone like?
- 71. Can you tell me about your first paycheck?
- 72. What kind of clothes did you like to wear?
- 73. Did you ever win an award or trophy?
- 74. Can you tell me about your first pet?
- 75. Can you tell me about your first camera?
- 76. Can you tell me about your first computer or gadget?
- 77. Do you recall your first airplane ride?

HOLIDAYS & VACATIONS

- 78. Can you recall a memorable family vacation?
- 79. What is your favorite holiday tradition?
- 80. What is your favorite way to celebrate your birthday?
- 81. What is your favorite holiday and why?
- 82. Did you have any special family recipes for holidays?
- 83. Can you tell me about any special events or parades?
- 84. Did you ever go on a train trip?

FOOD & COOKING

- 85. What is your favorite ice cream flavor?
- 86. What was your favorite meal that your mom or dad cooked?
- 87. What was your favorite candy as a child?
- 88. What was your favorite type of bread or baked good?
- 89. What is your favorite meal to cook for your children?
- 90. What was your favorite kind of soup or stew?

OUTDOORS

- 91. What was your favorite outdoor activity?
- 92. Did you ever go camping?
- 93. Did you ever go fishing or hunting?
- 94. What did you do for fun in the summer?
- 95. What was your favorite playground activity?
- 96. Do you have a favorite type of flower or plant?
- 97. What was your favorite way to stay cool in the summer?
- 98. What was your favorite beach or swimming spot?
- 99. What was your favorite type of weather?
- 100. What was your favorite season and why?
- 101. What kind of plants or flowers did you grow in your garden?