



Remote Reminiscence – Getting Elders Online

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Theme #8 – Hobbies

This activity pack looks at memories of hobbies and pastimes.

You can use this resource as a stand-alone series of activities or in conjunction with a short film available for free on our YouTube channel.

Why not have a look through and pick ideas to support activities with friends, family and in groups too.



The link for the accompanying film can be found at the end of this activity.



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- This section is all about Hobbies.
- We will look at the many different activities you might have undertaken and think about how things might have changed over the years.

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Icebreaker Activity

- What hobbies did you have when you were younger?
- Do you still do them now?
- Have your interests changed much?
- Sharing hobbies is a great to meet new people and share memories – Why not talk about the activities you like to participate in.
- Where you a member of a club or society?



Figure 1: Copyright - Strike a Light - Arts & Heritage.



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Activity: What hobbies do you enjoy?

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- Think of the hobbies you have enjoyed over the years. Do you still do them now or are your activities very different today?

Hobbies

Can you think of different kinds of hobbies you've enjoyed?

Make a list. See how many you can think of!

What hobbies did you have?

Ideas:

Cycling

Photography

Dance classes

Drama

Swimming

Martial Arts

Sport ...

Can you think of others?



Competitive hobbies

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- There are lots of prompts that can help you reminisce about hobbies you used to enjoy.
- Do you have any medals, trophies, awards or certificates for activities you used to take part in?
- Perhaps you can find some photographs of yourself or family members with their prizes or trophies?
- Did you play in a sports team? Perhaps you have photographs of yourself with your team mates.



Figure 2: Celebrating winning a trophy.
Copyright Strike a Light - Arts & Heritage.



Figure 4: Image of a Sussex society meeting, Copyright Strike a Light - Arts & Heritage.



Figure 3: Local football side 1925, Copyright Strike a Light - Arts & Heritage.



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Activity: Let's Get Creative!

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Why not make a collage. It's a simple, fun pastime and can be used again later as a memory trigger too.

- Making a collage of a few of your favourite things will give you a visual record of some of the many things liked in these activity packs.
- You could include images of things like special treats, food, film stars, singers, clothing, music, hobbies and interests.
- It can bring many different memories together in a composite collage, combining drawing, painting, photographs, pictures, text and all sorts of other materials such as fabrics and dried flowers to help represent favourite things.
- Just find a large square of cardboard (Like part of a cereal box for example), and stick images straight on with glue (tube glue is easiest).
- For an idea of how to do this roughly you can see the next page for our suggestion.
- There are lots of ways to do this, though, try a few different ways yourself!



Activity: Remember your first camera?

- Did your family have a camera? Can you remember what it was? If not, when did you first get one yourself?

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Hobbies

Camera

'I had a Kodak Box Brownie. They were cheap to buy and my mum knew I'd wanted one, so got me one when I turned seven. I spent hours dreaming about what I'd photograph. It's not like today where you'd snap away on a digital camera. You wouldn't waste the film. I used to take a lot of pictures of nature. I've always been very patient and would spend hours setting up the right shot. It was like magic when they turned out well. If you let too much light in, the picture would be overexposed. It was quite an art getting it right.'





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Activity: play a game

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- Set up a game, such as dominoes, with friends and reminisce about it while you play.
- Did you play for money, for matchsticks, or just for fun?
- Think about the friends you would have played with. What do you remember about them?
- This can be a good activity to do with younger people, especially if they haven't played the game before and you can teach them how to play.



Figure 5: Dominoes. Image taken by Summer Dean. Copyright - Strike a Light – Arts & Heritage.



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Visual Resources

Watch our short Hobbies film here for more ideas and support: <https://youtu.be/QijfsG5zyXY>

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