



Remote Reminiscence – Getting Elders Online

1

Theme #3 – Holidays & Celebrations

This is our third activity pack and this section looks at memories of holidays and celebrations.

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.



Remote Reminiscence – Getting Elders Online

2

- This section is all about Holidays & Celebrations, including days out, work beans and school trips.
- We will cover memories such as visits to the seaside, picnics, walks and things you did to make your own fun.
- You can include honeymoons too!
- Think about what you would take:
Clothes, suitcases, did you take a pet too?
- We will look at how to use maps and photos to trigger memories.

Icebreaker Activity

- Finish the sentence.... "Didn't we have a lovely time, the day we went to"
- Where could you describe or discuss a place you've visited on a trip?
- What can you remember of that time?

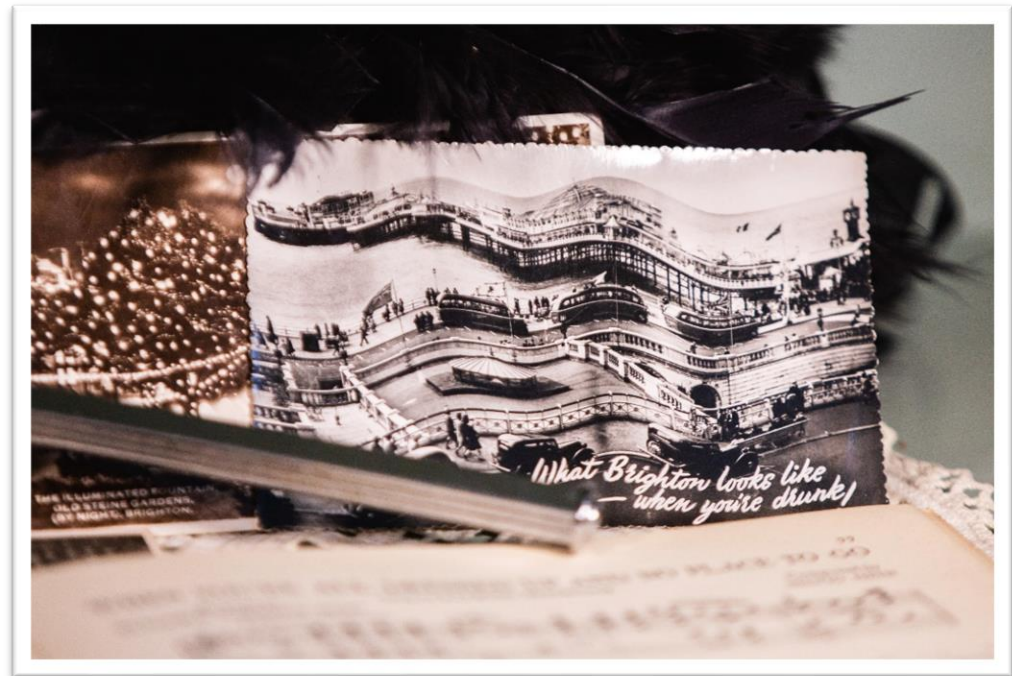


Figure 1: Brighton postcard. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



Remote Reminiscence – Getting Elders Online

Ideas for starters:

- Grab a pencil and make a list - Choose a place you've visited over the years.
- How did you get there? Look at our list below for ideas and see what you can remember.

3



Holidays & Celebrations



A TRIP I REMEMBER

Think of your favourite sort of trip. Why don't you choose a place you visited on a day out and see if you can:

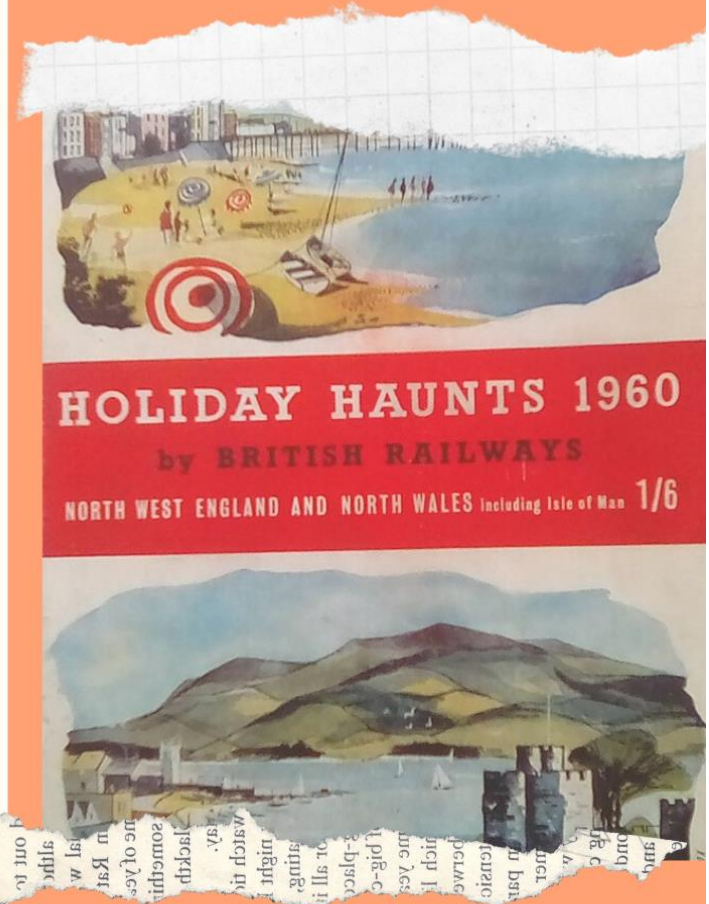
- How old were you?
- Where did you go?
- How did you get there?
- Whom did you go with?
- What did you do there?
- What did you eat?
- What clothes did you wear?
- Did you buy a souvenir?

Holidays & Celebrations

Joyce: *"Well I lived in London and so in the holidays we would go down to the coast, taking train trip to Southend for a day trip."*

Derek: *"There was one time when a whole gang of us went up to Devils Dyke; we cycled up the old railway track. Another time I remember being taken to Burgess Hill to the fair - think it was called 'Streets'."*

Tom: *"I remember going camping in Washington and Findon, one-time we were taken to Worthing to go swimming in the sea but became ill and had to go off to hospital."*





Remote Reminiscence – Getting Elders Online

Activity – Special Places

- Are there are places that are particularly special to you?
- What makes those places special? Have you been more than once?
- Are there particular people you know or remember who are connected with those places?

5



What is a special place?

MAKE A LIST OF ALL THE
DIFFERENT TYPES OF SPECIAL
PLACES YOU CAN THINK OF:

- SOMEWHERE YOU HAVE LIVED
- A PARTICULAR PART OF A HOUSE
- AN OUTING OR DAY-TRIP
- A HOLIDAY RESORT
- A HAVEN OF REST
- A LIVELY NIGHT OUT
- A CONCERT HALL
- A RESTAURANT
- A CHURCH
- OR AN HISTORIC BUILDING

Activity – Visiting the seaside

6



Figure 1: Seaside photographs. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.

- Did you ever take a holiday or day trip to the seaside?
- Which area of the coast did you visit?
- What did you do there? Did you go on a donkey ride?
- How did you get there – perhaps by train, coach or car?
- What was the journey like? Did you enjoy it?
- Use your senses to remember how the visit to the seaside made you feel?
- Can you recall the smell of the sea, the feel of the sand or the warmth of the sun?

Activity – Holiday snaps

- Can you find any old photographs of your holiday or a day trip?
- Is the photo the same as you remember of the place?
- Who or what can you remember in the images?
- Which outing was a favourite for you?
- Are there any places you'd forgotten about but have photographs of?



Figure 3: Seaside photographs and map of Land's End. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



Figure 4: Ordnance Survey maps. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.

Activity – Maps

- Can you find a map showing the route you took on a holiday or day out?
- Does that route still exist? Could you take the same route today? Perhaps there are different roads now.
- How well did you succeed with following the map?
- Are you any good at navigating?



Remote Reminiscence – Getting Elders Online

Activity – Butlins Badges

- Read this passage below out loud or to yourself.
- See what memories of your own come up when thinking about holidays.
- See if you can answer any of the questions following it.

9

Holidays & Celebrations

Butlin's Badges



'We used to go to the holiday camp at Butlin's at Skegness every year. We always stayed in the basic apartments as we didn't have a lot of money, but they did us just fine. A bit of a squash with my five brothers and sisters, my parents, and my grandmother. We had some laughs. I used to enjoy going to the family shows and riding the donkey up and down the beach. Simple pleasures. I liked to collect the Butlin's badges and put them onto my satchel.'





Holidays & Celebrations

10

Butlin's Badges

1. Did you ever visit a holiday camp such as Butlin's?
2. Did you get a souvenir badge?
3. Where did you put your badges?
4. Have you got any special buttons or badges that are meaningful to you?
5. Where else did you go to as a family?



Remote Reminiscence – Getting Elders Online

11



Figure 5: Seaside photographs and map. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



Remote Reminiscence – Getting Elders Online

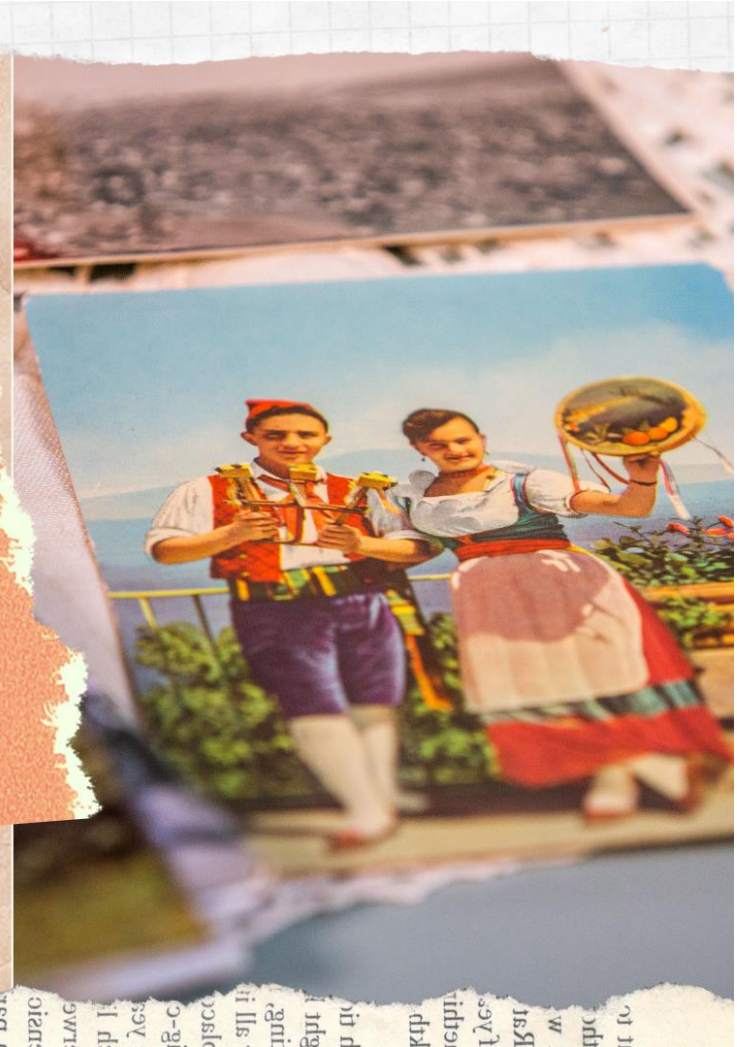
12



Remote Reminiscence

Holidays: Postcards

<https://strikealight.org/>



Activity – Postcards

- Postcards are a simple way to get your memories flowing.
- You can pick up postcards from second hand shops, charity shops and book shops.
- Use postcards to trigger memories about places visited. Think about who you might have sent the postcards to.
- Why don't you use some postcards as a jumping off point - write down some memories.
- There will be many possible subjects to consider from the activities above. See how many different topics you can come up with from one postcard!



Figure 6: Postcard. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



Remote Reminiscence – Getting Elders Online

- If you're supporting someone, or a group, highlight memories from images available. A few examples are: My special day, a typical day out, my first holiday, the holiday of a lifetime, or a magic moment.
- You could suggest writing a short postcard, a kind of wish you were here. This is a kind of autobiographical writing, and helps to keep memories sharp. Why not use the template below.

14

Summer Holidays Postcard

Write a postcard that describes a day of your summer holiday. On the back of the postcard, draw a picture of what you did.

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<div><div></div><hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/></div>
---	--



Remote Reminiscence – Getting Elders Online

Visual Resources

Watch our short Holidays film here for more ideas and support:

Holidays & Celebrations - <https://youtu.be/nOdcP48nI4>

Holidays: Postcards - <https://youtu.be/vTcMwnBuOOc>



All work copyright of Strike a Light – Arts & Heritage
<https://strikealight.org/> contact@strikealight.org