

SHARED MEMORIES

Description

The long-term memory of older people usually works very well. The aim here is to activate the long-term memory and motivate you to tell and/or write your stories based on (your own) photos.

Learning Objectives



- Activate long-term memory
- Encourage narrative (reporting, describing, expressing)
- Capture memories
- Engage in conversation



Time Needed

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Learning Setting

Alone or in group activity



Materials Required

Pictures

Step By Step Guidance

Whether as a group or individual activity, you are first asked to choose a photo from your past. If possible, it should be one with which you associate positive feelings.

The next step is for everyone to look at the chosen photo in silence and think about the following:

- **Who is pictured in it?** (What do you associate with these people?)
- **Where was the photo taken?** (What do you associate with this place?)
- **When was it taken?** (How old was the person pictured? How old were you at that time? What were you doing in your life at that time?)
- **Why was it taken?**
 - What happened before/after?
 - Is there anything in the photo that still belongs to you? (Is there anything in the photo that was very important to you at the time? Is there anything in the photo that you had completely forgotten?)

As a group activity: Not all questions necessarily have to be answered. You can agree in the group to choose three relevant questions for each picture. One by one, the information and memories are shared with the others. After one person has finished telling the story, all the others can ask questions to get into conversation with each other as well.

Alone: Write down the information and memories in a short form (back of the photo) to record them for posterity and thus give the photo a value for future generations. Due to the limited space, certainly not all questions can be answered - the ones **in bold** above are the most important ones.

Practical Tips

- If this activity is done alone, it can be a nice occasion to show the photos when family members next visit and share the memories.
- If there are no photos of one's own at hand, images from old newspapers or magazines can be taken, for example.

Expected Results

- Improved narrative and writing skills, creativity and the ability to articulate thoughts and feelings.
- Improved memory and cognitive functions
- Increased awareness of one's own (hi)story and its value to others/posterity

Source

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