

Sunshine on a Rainy Day

Activity Pack



Compiled by

RahRah
THEATRE COMPANY



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

RahRah

THEATRE COMPANY

A big hello from the Rah Rah team!

We miss all our lovely audiences and hope you are all staying safe and well during this difficult time!

We have compiled this activity pack to help encourage you to be creative during lockdown. The activities can be done on your own or with loved ones, or can be run by an activities organiser in a care home, or with your carer in your own home. An additional feature of the pack if you have access to a computer is you can view each section of the activities being led by one of our lovely team via an online video. To view these videos, go to www.rahamtheatre.com/online-activity-pack or click on the link provided in each section.

We hope you enjoy these activities and welcome you to share this booklet with others. Please do get in touch and send us your feedback and copies of any creative work you have done.

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Contents

Singalong	3
Poetry	7
Let's get Physical	14
50's Quiz	19
Arts and Crafts	23
Reminiscence	24



Throughout this booklet click on this symbol to meet one of our lovely team in an online video guiding you through that section.



SINGALONG

Studies have shown that singing lowers stress and anxiety levels.

At Rah Rah we love to sing so we invite you to join us with singing some of our favorite songs below. For those of you who think they have a bad voice, one of the great things about lockdown is that no one will hear you!!!!

Please click the link at the top of this page to sing along with one of our team or simply just sing on your own to the words below.

L-O-V-E

L is for the way you look at me
O is for the only one I see
V is very, very extraordinary
E is even more than anyone that you adore can
Love is all that I can give to you
Love is more than just a game for two
Two in love can make it
Take my heart and please don't break it
Love was made for me and you
L is for the way you look at me
O is for the only one I see
V is very, very extraordinary
E is even more than anyone that you adore can
Love is all that I can give to you
Love is more than just a game for two
Two in love can make it
Take my heart and please don't break it
Love was made for me and you
For me and you



SINGALONG

Old Time Medley

Any old iron? Any old iron?

Any, any, any old iron?
You look neat. Talk about a treat!
You look so dapper from your
napper to your feet.
Dressed in style, brand-new tile,
And your father's old green tie on.
But I wouldn't give you tuppence for your
old watch and chain,
Old iron, old iron."

My old man said: "Follow the van, And don't dilly-dally on the way".

Off went the van wiv me 'ome packed in it.
I walked be'ind wiv me old cock linnet.
But I dillied and dallied,
Dallied and dillied;
Lost me way and don't know where to roam.
And you can't trust a "Special"
Like the old-time copper
When you can't find your way home.
My old man said: "Follow the van,
And don't dilly-dally on the way".
Off went the van wiv me 'ome packed in it.
I walked be'ind wiv me old cock linnet.
But I dillied and dallied,
Dallied and dillied;
Lost me way and don't know where to roam.
And you can't trust a "Special"
Like the old-time copper
When you can't find your way home.
Cant find your way
Cant find your way
Cant find your way home

It's a long way to Tipperary,

It's a long way to go,
It's a long way to Tipperary,
To the sweetest girl I know!
Goodbye Piccadilly!
Farewell Leicester Square!
It's a long, long way to Tipperary,
But my heart's right there!
It's a long way to Tipperary,
It's a long way to go,
It's a long way to Tipperary,
To the sweetest girl I know!
Goodbye Piccadilly!
Farewell Leicester Square!
It's a long, long way to Tipperary,
But my heart's right there!
It's a long, long way to Tipperary,
But my heart's right there!

Pack up your troubles in your old kit bag

And smile, smile, smile
While you've a lucifer to light your fag
Smile boys that's the style
What's the use of worrying it never was
worthwhile so
Pack up your troubles in your old kit bag
and smile smile smile



SINGALONG

Que Sera Sera

When I was just a little girl
I asked my mother what will I be
Will I be pretty will I be rich
Here's what she said to me

Que sera sera
Whatever will be will be
The future's not ours to see
Que sera sera
What will be will be

When I grew up and fell in love
I asked my sweetheart what lies ahead
Will we have rainbows day after day
Here's what my sweetheart said

Que sera sera
Whatever will be will be
The future's not ours to see
Que sera sera
What will be will be

Now I have children of my own
They ask their mother what will I be
Will I be handsome will I be rich
I tell them tenderly

Que sera sera
Whatever will be will be
The future's not ours to see
Que sera sera
What will be will be
Que sera sera

"Can't Help Falling In Love"

Wise men say
Only fools rush in
But I can't help falling in love with you
Shall I stay?
Would it be a sin
If I can't help falling in love with you?

Like a river flows
Surely to the sea
Darling, so it goes
Some things are meant to be
Take my hand,
Take my whole life, too
For I can't help falling in love with you

Like a river flows
Surely to the sea
Darling, so it goes
Some things are meant to be
Take my hand,
Take my whole life, too
For I can't help falling in love with you
For I can't help falling in love with you



SINGALONG

Frank Sinatra Medley

Start spreading the news

I'm leaving today
I want to be a part of it
New York, New York

These vagabond shoes
Are longing to stray
Right through the very heart of it
New York, New York

I want to wake up in that city
That doesn't sleep
And find I'm king of the hill
Top of the heap

These little town blues
Are melting away
I'll make a brand new start of it
In old New York

If I can make it there
I'll make it anywhere
It's up to you
New York, New York

Come fly with me, let's fly, let's fly away

If you could use some exotic booze
There's a bar in far Bombay
Come fly with me, let's fly, let's fly away
Weather-wise, it's such a lovely day
Just say the word and we'll beat the birds
Down to Acapulco Bay
It is perfect for a flying honeymoon,
they say
Come fly with me, let's fly, let's fly away

I've got you under my skin.

I've got you deep in the heart of me.
So deep in my heart that you're
really a part of me.
I've got you under my skin

I'd sacrifice anything come what might
For the sake of havin' you near
In spite of a warnin' voice
that comes in the night
And repeats, repeats in my ear:
Don't you know, little fool,
you never can win?
Use your mentality, wake up to reality.
But each time that I do just
the thought of you
Makes me stop before I begin
'Cause I've got you under my skin.

I've got you under my skin.
I've got you under my skin.
I've got you under my skin.

And now, the end is near

And so I face the final curtain
My friends, I'll say it clear
I'll state my case of which I'm certain
I've lived a life that's full
I travelled each and every highway
But more, much more than this
I did it my way

For what is a man, what has he got?
If not himself, then he has naught
To say the things he truly feels
And not the words of one who kneels
The record shows, I took the blows
And did it my way

And now, the end is near
And so I face the final curtain
My friends, I'll say it clear
I'll state my case of which I'm certain
I've lived a life that's full
I travelled each and every highway
But more, much more than this
I did it my way, I did it my way



POETRY

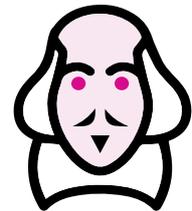
There are many benefits to writing poetry: it improves cognitive function, it helps you learn new words, it can ease emotional pain, it helps you express love and affection, it can lead us to greater self-awareness or provide a gift of inspiration or education to others, and finally we can write poetry to celebrate and have fun. Rah Rah challenges you to write your own poem. The link at the top of this page will take you to a video from one of the Rah Rah team who loves writing poems. She will talk you through her process of writing poetry and also guide you through the activities below. If you have no internet, no worries: please enjoy all the content from the video printed below.

Here are some of our favourite poems. Try reading them aloud as poets design their poems to be read aloud. The music of poetry, that is, its sounds and rhythms, isn't just for the eye and the mind, it's meant to be given voice.

Sonnet 18: Shall I compare thee to a summer's day?

BY WILLIAM SHAKESPEARE

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date;
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm'd;
And every fair from fair sometime declines,
By chance or nature's changing course untrimm'd;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st;
Nor shall death brag thou wander'st in his shade,
When in eternal lines to time thou grow'st:
So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.





POETRY

IF

Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;
If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with wornout tools;
If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";
If you can talk with crowds and keep your virtue,
Or walk with kings—nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run—
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!



POETRY

In the land of the Bumbley Boo

Spike Milligan

In the land of the Bumbley Boo
The People are red white and blue,
They never blow noses,
Or ever wear closes,
What a sensible thing to do!

In the land of the Bumbley Boo
You can buy Lemon pie at the zoo;
They give away foxes
In little Pink Boxes
And Bottles of Dandyion Stew.

In the land of the Bumbley Boo
You never see a Gnu,
But thousands of cats
Wearing trousers and hats
Made of Pumpkins and Pelican Glue!

Oh, the Bumbley Boo! the Bumbley Boo!
That's the place for me and you!
So hurry! Let's run!
The train leaves at one!
For the land of the Bumbley Boo!
The wonderful Bumbley Boo-Boo-Boo!
The Wonderful Bumbley BOO!!!

Try writing your own poem! Not sure how to start or what to write?

The following are a few ideas on how to structure a new poem.

We would love to read your poems so please do email or post them to us

✉ rahratheatre@hotmail.com or ✉ **Rah Rah Theatre Company,**
9 Heath Drive, Raynes Park, London, SW20 9BE.



POETRY

HELLO, GOODBYE POEM

Write about a particular season by sharing things you will experience during a new season and things that will end from the previous season.

To brainstorm, list activities from two different seasons before picking the ideas you will use.

Template:

Hello (season).
Goodbye (season).
Hello...
Goodbye...
Hello...
Goodbye...
Hello...
Goodbye...

Example:

Hello, Spring.
Goodbye, Winter.
Hello blue sky.
Goodbye grey clouds.
Hello warm weather.
Goodbye snowy nights.
Hello playing outside.
Goodbye sitting by the fireplace



POETRY

I AM POEM

Write a poem that describes yourself.

Template:

I am (one description)
I love (something you love)
I want (something you want)
I play (something you play)
I see (something you see each day)
I am (one description)
I am afraid of (something you're afraid of)
I am happy (something that makes you happy)
I am nervous (something that makes you nervous)
I am excited (something that makes you excited)
I am (one description)

Example:

I am playful.
I love dancing.
I want a book to read.
I play boardgames.
I see birds from my window.
I am a sister.
I am afraid of heights.

I am happy when I sleep in.

I am nervous around big dogs.

I am excited for summer.

I am a human being.



POETRY

SEASON IN COLOUR POEM

Write a poem about a specific season by describing colours, nouns, and actions associated with that season.

Template:

(Season)

(Colour)

(Noun)

(Action)

(Action)

(Noun)

(Colour)

Example:

Summer

Green

Grass

Running

Swimming

Pool

Blue



POETRY

COLOUR POEM

Write a poem about how a colour is perceived through the five senses.

Template:

Colour looks like...

It sounds like...

The colour smells like...

It tastes like...

Colour feels like...

Example:

Red looks like the embers
smouldering in the fire.

It sounds like the shrill of an
ambulance siren.

The colour red smells like a
fresh cut apple.

It tastes like warm cherry pie.

Red feels like a fever when
you're sick.



ONLINE

LET'S GET PHYSICAL

At Rah Rah an important part of our job is staying fit.

Please find below a list of movements you can do from the comfort of your own chair at home. Chair exercises will keep your joints flexible, improving your range of movement and mobility. They also strengthen and stabilize your muscles, resulting in improved balance, which is key for preventing falls and injuries. After a few weeks of regular chair exercise, you can expect to see an improvement in your overall health and fitness.

You'll feel better, and your daily routine will be easier.

You can go through the exercises by following the instructions below or the online link at the top of this page with one of the Rah Rah team who as well as being an actor is a qualified Personal Trainer.



LET'S GET PHYSICAL

Warmup:

Clear your area. Sit in a comfy chair, ideally with back support. Make sure there is nothing around you that you are going to bump with your legs or arms. Have something you can use as a weight if needs be. This can be some tins or books or anything you have.

All warmups and exercises are to be done sitting in a chair. Every exercise we do will have 20 reps (20 single movements) and a rest after each 20 then another 2 sets of 20 with a rest after each. The exercises should be challenging but manageable. If it's too hard, have a rest when you need and then pick back up when you can. If it's too easy, then do the progression that's a little harder.



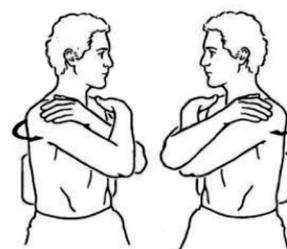
Arm Circles: Sitting down, take both arms out to the side. Hold them straight out and make 5 circles clockwise and 5 circles anti-clockwise.

Neck Rolls: Touch your chin to your right shoulder, roll your head round so your chin goes to your left shoulder. Perform 5 rolls each



Shoulder Press: Hands start at shoulder level and then push your hands straight up above your head. Bring them down and then do 4 more of these.

Torso Twist: Elbows bent, left hand on right shoulder and right hand on left shoulder across torso, twist your neck, head, shoulders and chest round to the left and then round to the right. Do 5 each side.





LET'S GET PHYSICAL



Knees out to the side: Either step one foot out at a time to open the knees and then step one foot at a time back in, or step both feet out together and then both back in together. Do each leg 5 times.

Leg extensions: Support yourself with your arms on the chair and lift one foot off the floor and straighten that leg. Return it to the floor and then do the other side. Do each side 5 times.



Exercises:

All movements are done 20 times then have a rest, then 20 more then a rest, then 20 more (3 sets of 60 reps).

For each movement you will be given a number of options ranging in difficulty. Pick the one that you find comfortably challenging for 3 sets of 20.

Movement one:

Shoulder press: Start with your elbows bent and your hands at head height or just below. Then push your hands above your head by straightening the elbows. Do this 20 times then have a rest and when you are ready do another 20 times, have another rest and do the last 20. If 20 is too many, do as many as you can to challenge yourself.



Option 1: No weights

Option 2: With weight (anything you have around the house)



LET'S GET PHYSICAL

Movement two:

Knee raises or Stand up Sit down: Hold on to the chair with your hands and then lift one knee up towards your chest and place it back down, then do the other side. Do 10 per side. If this is too easy, do both legs at the same time. Do that 20 times. If that is still too easy, then use your arms to help you stand up and then sit down slowly and under control. Do this 20 times. When you have found the level that is challenging but doable for you, then you need to do 3 sets of 20 (or 10 per leg if you are doing that level).



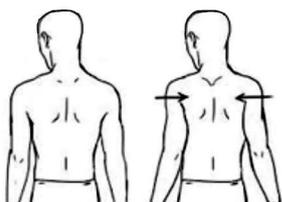
Option 1: Lift one or both knees



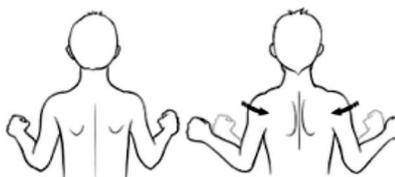
Option 2: Stand up and sit back down

Movement Three:

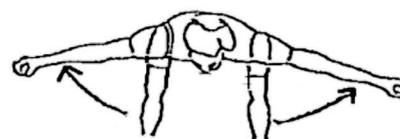
Shoulder retraction: Sitting with your back upright with your arms down by your sides, squeeze your shoulder blades together and push your chest out, like you're trying to squeeze an imaginary tennis ball between your shoulder blades. Do this 20 times then have a rest and when you are ready do another 20 times, have another rest and do the last 20. If 20 is too many, do as many as you can to challenge yourself.



Option 1:
Hands by side



Option 2: Hands at shoulder level, elbows bent



Option 3: Hands at shoulders level, arms straight



LET'S GET PHYSICAL

Movement Four:

Alternating hand punches: Start with your elbows bent and your hands at shoulder height. Straighten the elbow of the right hand and punch the hand out then return to start position. Do the same with the left hand. Do this 10 times (per hand) then have a rest and when you are ready do another 10 times, have another rest and do the last 10. If 10 is too many, do as many as you can to challenge yourself.

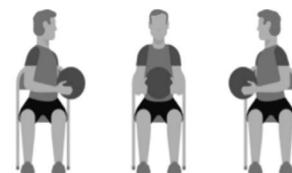
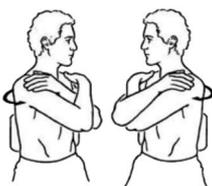


Option 1: Clenched fists, no weight

Option 2: Holding weights

Movement Five:

Side Twists: Elbows bent, left hand on right shoulder and right hand on left shoulder across torso, twist your neck, head, shoulders and chest round to the left and then round to the right. Do this 20 times (10 each side), then have a rest and when you are ready do another 20 times, have another rest and do the last 20. If 20 is too many, do as many as you can to challenge yourself.



Option 1: Elbows bent, hands on shoulders, arms across chest.

Option 2: Elbows bent, hands on head

Option 3: Holding weight

End of Physical section: Well done, you've made it through. You might be a little stiff after this workout. Let your body recover for 2-3 days and then go through it again. Aim for twice a week, and when that becomes too easy, then up that to 3 and then 4 times per week.



ONLINE

50's QUIZ

We all love a good quiz! In fact the majority of the nation has been using quizzes as a fun new way to connect online with friends and family during lockdown. Here are some fun quiz questions to see how much you remember from the fifties. The decade of the birth of rock 'n' roll! A young Queen Elizabeth! Teddy boys! For those of you with internet access, please click on the link at the top of this page to an online version of the quiz led by one of our lovely actors.

1. In what year was Queen Elizabeth crowned?



- a. 1953 b. 1955

2. Which Royal died in 1952?

- a. George VI b. George V

3. How many children did Queen Elizabeth II have between her marriage and her coronation?

- a. One
b. Two

4. In what year did the Festival of Britain take place?

- a. 1951 b. 1958

5. What was it designed to show?

- a. A showpiece for British inventiveness and genius
b. British Artillery and Aircrafts.

6. Where was it held?

- a. Birmingham
b. The South Bank
c. The whole Country

7. Who starred in these 1950s films?

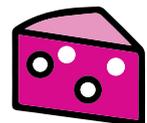
- a. High Noon
.....
b. On The Waterfront
.....
c. Singing in the Rain
.....
d. African Queen
..... &
.....
e. Bridge Over River Quai
.....

8. What year did rationing end?

- a. 1954 b. 1955

9. Name 2 items that were still rationed in the 50s?

.....
.....



10. Who ran the first four minute mile?

- a. Roger Bannister
b. Roger Stairwell





50's QUIZ

11. What was the name of the first satellite launched by the Russians which kicked off the Space Race?

- a. Apollo One b. Sputnik One

12. What was the average cost of a house in the 1950s in the UK?

- a. Just over £10,000
b. Just under £2,000

13. How much wages did the average worker in the UK take home?

- a. £10 per week
b. £25 per week



14. What percentage of UK homes had a telephone?

- a. 14% b. 60%

15. What 2 of these were common flavourings in the 50's?

- a. Tomato Sauce
b. Brown Sauce
c. Curry Sauce
d. Soy Sauce



16. What 2 deserts would you expect to see in the 50's?

- a. Cheese Cake
b. Apple Pie and Custard
c. Jam Roly Poly
d. Banoffee pie

17. Which one of these magazines did not flourish in the 50's?

- a. Life
b. Readers Digest
c. Cosmopolitan
d. Vogue
e. Photoplay
f. Gardeners world



18. Which one of these books was not published in the 1950's

- a. Catcher in the Rye
b. Lord of the Rings
c. Fahrenheit 451
d. Watership down

19. Which 2 of these were not popular radio programmes in the 50's?

- a. The Archers
b. Beyond our Ken
c. Workers Playtime
d. Listen with Mother
e. The Goon Show
f. Mrs Dales Diary
g. I'm sorry I haven't a clue
h. Just a Minute





50's QUIZ

20. Who was Derek Ivor Mcculloch?

- a. An Astronaut
- b. Children's Presenter
- c. A runner in the 1956 Melbourne Olympics



21. Which of these tunes regularly featured on "Children's Favourites"?

- a. Runaway Train
- b. 3 Billy Goats Gruff
- c. Laughing Policeman
- d. Sit Down You're Rocking the Boat
- e. Tubby the Tuba
- f. I was born under a wandering star



22. What became very popular toward the end of the decade?

- a. Cycling
- b. Seaside Holidays
- c. Sailing

23. How many Butlins camps were open during 1950s?

- a. 6
- b. 20
- c. 15

Butlin's

24. Who Sang the following songs?

- Blueberry Hill
- Peggy Sue
- Tutti Frutti
- Rock Around the Clock
- Jailhouse Rock
- April Love / Love letters in the sand

25. How many cars were licensed on the UK roads in 1950

- a. 10 Million
- b. 4 Million



26. Choice of TV stations was limited to the BBC or ITV in the 50's and was very expensive. What percentage of the population had a TV set by the end of the decade?

- a. 50%
- b. 75%

27. What 2 things would you not expect to see in 1950s?

- a. Poodle Skirts
- b. Trainers
- c. Jelly moulds
- d. 3D movies
- e. Track suits
- f. Conical Bras
- g. Davy Crockett Hats





50's QUIZ Answers

1. a. 1953

2. a. George VI

3. b. Two (Charles and Anne 1947 & 1950)

4. a. 1951

5. a. A showpiece for British inventiveness and genius

6. c. The whole Country (The centre piece was on South Bank)

7. a. High Noon – Gary Cooper
b. On The Waterfront – Marlon Brando
c. Singing in the Rain – Gene Kelly
d. African Queen – Humphrey Bogart and Katherine Hepburn
e. Bridge Over River Quai – Alec Guinness

8. a. 1954

9. Sugar, butter, cheese, margarine, cooking fat and bacon.

10. a. Roger Bannister

11. b. Sputnik One

12. b. Just under £2,000 □

13. a. £10 per week

14. a. 14%

15. a. Tomato Sauce b. Brown Sauce

16. b. Apple Pie and Custard
c. Jam Roly Poly

17. f. Gardeners world

18. d. Watership down

19. g. I'm sorry I haven't a clue
h. Just a Minute

20. b. Children's Presenter

21. a. Runaway Train
b. 3 Billy Goats Gruff
c. Laughing Policeman
e. Tubby the Tuba

22. b. Seaside Holidays

23. a. 6

24. Blueberry Hill – Fats Domino
Peggy Sue – Buddy Holly
Tutti Frutti – Little Richard
Rock Around the Clock – Bill Haley
Jailhouse Rock – Elvis Presley
April Love / Love letters in the sand – Pat Boone

25. b. 4 Million

26. b. 75%

27. b. Trainers
d. Track suits



ARTS AND CRAFTS

Being stuck indoors is a perfect time to get Arts and Crafty!

We seem to think as adults, the notion of play is no longer important in our lives.

Yet, there's so much research that shows creative play is important, not just for children, but also for adults. We have a happier, healthier life when we make space for things that we enjoy. So go on experiment, get messy with paint, pens, crayons or chalk!

We would love to see your art work so please do take a photo and email or post them to us  rahratheatre@hotmail.com

 **9 Heath Drive, Raynes Park, London, SW20 9BE**

Those of you joining us for the show will get an opportunity to share your work in the show. So please make sure you have it to hand.

For those of you with internet access please click the link at the top of this page to see one of our team talk through the arts and crafts they have created

The biggest symbol of lockdown has been rainbows; we want to challenge you to create your own rainbow piece of artwork.

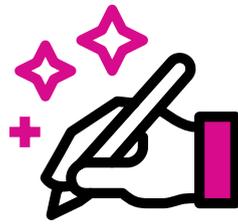
Why not give it to someone that has helped you during lockdown to thank them!

Tell them their help has been like a rainbow to you during this time.

Here are some suggestions on how to create your own rainbow:

- **Mosaic rainbow** – Make a rainbow from bits of magazine or paper you no longer need.
- **Paint stamps** – Get messy with paints and find objects to use as stamps. (Sponges, potatoes, hands or dried pasta.) Put paint on them, then stamp, slide or roll them on a piece of paper.
- **Rainbow shapes** – Do an outline of a shape and colour it in using the colours of the rainbow, for example a heart or a tree.
- **Rainbow of words** – For each colour of the rainbow write the names of objects that are that colour in an arch like a rainbow. For example, red – roses, buses, Father Christmas, strawberries.
- **Rainbow flag** – Make your picture into a flag by adding a stick to one end.
- **Knit a Rainbow** – Knit a rainbow scarf or a rainbow jumper.





REMINISCENCE

One of the highlights of lockdown for the Rah Rah Team has been finding new ways to connect with our loved ones. We have enjoyed not rushing around doing practical tasks for others but actually taking that time to reconnect by talking and sharing memories that otherwise may never have been shared!

Please find below a list of questions to help you remember each other and share the wisdom of a life lived. These questions could be done face to face, over the phone or through a video call.

There are several sections so take your time, don't rush to do them all at once, try not to interrupt with your own stories but listen, encourage and re-affirm by saying things like:

Thank you. I am grateful for ...

What I most remember and cherish about you is ...

These are some of the approaches to life that I think you have passed on to us ...

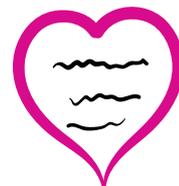
Here are some ways we will remember you by (sayings, humour, etc) ...

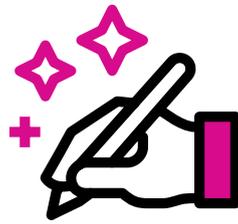
I love you ...

For those of you with internet access please click the link at the top of this page to see one of our team talk through the process and also her own experience of reminiscing with loved ones.

Early life

- Where did you grow up?
- What did you love to do as a child?
- Who were your best friends growing up?
- Did you have a favourite pet when you were a kid?
- Did you ever get in trouble when you were a child? What for?
- What was your favourite meal growing up?





REMINISCENCE

The family In which you grew up

- What do you remember most about your mother?
- What was most important to her?
- What do you remember most about your father?
- What was most important to him?
- How did they influence your life?
- What parts of your parents do you see in yourself?
- Do you see anything of your parents in you, or your grandchildren?
- If your parents had a message to you and their grand children, what do you think it would be?
- Was there an inspirational person in your life? Who was it? How did they influence your life? (parent, grandparent, friend, teacher, guru etc)
- When you think about (sibling) how would you describe him/her?
- What message do you have for [sibling] that you want him to always keep in mind?



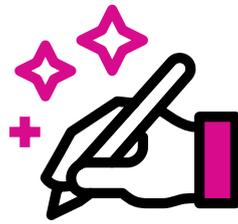
The family you made

- How did you meet (spouse) and know (s)he was the one?
- When you think about (spouse), how would you describe her/him?
- What message do you have for (spouse) that you want her/him to always keep in mind?
- Were you ever scared to be a parent?
- What three words would you say represented your approach to parenting and why?
- What did you love the most about being a parent?



Your working life

- How did you choose your career and what was your favourite part about it?
- What made you successful at work?
- Do you have advice for your grandchildren on work?



REMINISCENCE

Your creative life

- What was your favourite book/movie/song/piece of art? What did you like about that book/movie/song/piece of art?
- Was there a life-changing book/movie/song/piece of art for you? How did it make a difference in your life?'
- Have you created anything you're proud of?



What shaped your life?

- Did you have any adventures in your life? What were they? How did they shape your life?
- What other events most shaped your life?
- What times in your life truly "tested your mettle," and what did you learn about yourself by dealing (or not dealing) with them?
- Along the same theme, what was the hardest obstacle you overcame?
- What did you believe about yourself that helped you become successful and able to deal with hard times?
- What were the three best decisions you've ever made?

Moments In your life

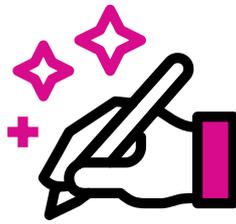
- What were some of the happiest moments in your life?
- What were some of the most positive moments of your life?
- What were some of the funniest moments in your life?
- What were some of the saddest moments in your life?



About you

- What three words would you say best describe who you tried to be in life and how you want to be remembered?
- What are you most proud of in life?
- In what ways do you think you have touched another's life?
- What brings you the greatest sense of comfort and peace?
- What are you most thankful for?
- How would you like to be remembered?





REMINISCENCE

Regrets

- If you could change anything in the past, what would it be?
- Are there any relationships you want to repair?
- Is there anything you wish you'd done when you had the chance?

Words of wisdom

- What do you think the world needs more of right now?
- What do you believe people want the most in life?
- Is there any advice you'd like to give me/us?
- What message would you like to share with your family?

