

Created and Compiled by

RahRah

THEATRE COMPANY

THANKYOU FOR THE MUSIC

ACTIVITY PACK

FUN, CREATIVE ACTIVITIES INSPIRED BY **ABBA** AND THE 1970'S!

SING, DANCE, PLAY, AND CREATE! THIS PACK IS FULL OF LIVELY ACTIVITIES INCLUDING SONGS, DANCES, GAMES, AND CRAFTS — ALL DESIGNED TO BRING THE SPIRIT OF THE DISCO DECADE TO LIFE.



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

**The London
Community
Foundation**





A big hello from the Rah Rah team!

We're so excited to bring you this special **1970s and ABBA inspired Activity Pack** — packed with fun ways to get creative, get moving, and join in the spirit of the disco decade!

These activities can be enjoyed on your own, with friends or family, or led by an activity organiser in a care setting — or even with your carer at home.

And there's more! If you have access to a computer, you can follow along with each section by watching one of our friendly team members guide you through the activities on video.

To watch, visit:  www.rahrahtheatre.com/1970-s-activity-pack

With special thanks to Arts Council England and the Wimbledon Foundation for supporting this project.

We hope you enjoy these activities and have fun joining in! We'd love to hear your thoughts or see photos of any creative work you've done.

Get in touch with us  rahrahtheatre@hotmail.com

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



Photography/Agamograph

Welcome to the Photography & Agamograph Workshop!

In this workshop, you'll explore the vibrant world of 1970s imagery and get creative by taking your own portraits inspired by that iconic decade. We'll guide you step-by-step—from looking closely at 1970s photos, to capturing your own images, and finally combining them into a fun and interactive piece of art called an Agamograph.

These activities are designed to be enjoyable and accessible whether you're working on your own, with others, with or without online access.

For those who can, following along with our online video is a great way to see the activities demonstrated by one of our team members and pick up extra tips.



WATCH HERE
Click arrow above
for online video

Get ready to look, create, and have fun bringing a bit of the 70s back to life!

What is an Agamograph?

An **Agamograph** is a special kind of artwork that shows two different images in one.

When you look at it from one side — you see the first image.

When you look at it from the other side — you see the second.

It's a clever and creative way to blend two pictures into one interactive piece!

This type of art is named after **Yaacov Agam**, an artist who loved making artworks that changed depending on how you looked at them.

For this section of the pack, you'll be creating your own Agamograph!

You'll be using:

- **One image from the 1970s** — choose your favourite from the selection provided in the pack.
- **A portrait of yourself** — take a photo inspired by the 1970s image you chose.

These two images will come together to make your own unique Agamograph — a piece of art that blends the past and present in a fun and imaginative way.



Photography/Agamograph

Activity 1: Exploring Visual Stimuli — Looking at Images from the 1970s

For this activity, take some time to look at the collection of photographs from the **1970s** included in this pack.

You will find the images in the appendix, on pages 25 to 40.

We want you to think about:

- How these images make you feel
- What they remind you of
- Anything they spark in your memory or imagination

Here are some questions to help you explore:

- What do you notice first?
- How do the pictures make you feel?
- Do they remind you of anything or anyone?
- Which image is your favourite? Why?
- What are the people doing? Could you copy their pose or expression?
- Would you like to recreate one of these scenes in your own photo?

Now, pick your favourite image from the collection.

You'll be using this as inspiration for your next activity — where you'll take your own portrait based on the picture you've chosen.

Remember:

There are no right or wrong answers. You can share as much or as little as you like.



Photography/Agamograph

Activity 2: Taking Portraits Inspired by Your Favourite Image

Now it's your turn to get creative! Choose your favourite 1970s image — and take a portrait of yourself inspired by it. Think about the mood, pose, or style of the image you've chosen, and try to reflect that in your photo.

Tips for Taking Your Portrait:

- Work with a partner or in a small group if you can.
- If you're on your own, steady your camera on a tripod or surface and use the timer setting.
- Make sure your photo is in the same format (portrait or landscape) as the 1970s image you chose — this will make it easier when we combine them into your Agamograph later.

What Makes a Good Portrait?

Here are some simple tips to help you take a great photo:

- **Find Good Lighting:** Use natural light near a window or a bright household lamp. Avoid shining light directly into eyes.
- **Fill the Frame:** Get close enough so your subject (you!) fills the picture — it makes the photo feel more personal.
- **Use Zoom (if you have it):** A small amount of zoom can flatter your subject, but don't zoom too much or the image may blur.
- **Check the Background:** Make sure there's nothing distracting behind you. You could even hang a plain sheet or fabric as a backdrop.
- **Encourage Relaxed Poses:** Try different expressions and poses — maybe even copy the style or mood of your chosen 1970s image.
- **Hold Steady:** Use both hands to hold the camera or phone, and keep your elbows tucked in to avoid blurry shots.
- **Take Lots of Photos:** Don't stop at just one! Take several so you have a choice later.
- **Play with Filters:** If you like, try using photo filters or editing tools to add a different mood or style to your picture.



Photography/Agamograph

Activity 3: Choosing Your Favourite Photo

Now it's time to pick your best photo — the one you'll use for your final artwork.

You can decide on your own or ask a friend, carer, or group member for their thoughts. Sometimes it helps to get a second opinion!

Tips for Choosing a Great Photo:

- Does the photo make you smile or feel something?
- Is the face clear — not blurry or too dark?
- Do you like the pose or expression?
(Is it natural, fun, serious, or thoughtful — and does it match the idea from your chosen 1970s image?)
- Is the background tidy and simple?
- Does the photo feel “finished”?
(It doesn't have to be perfect — just the one that feels most like *you*.)

Activity 4: How to Make Your Agamograph:

What You'll Need:

- Your two printed images (one 1970s image and one portrait you took)
- Scissors
- Glue or a glue stick
- Two pieces of A4 card, which you will stick together to create a longer backing sheet — this way, both images can fit into the Agamograph
- A backing sheet or card to mount your finished artwork

Making an Agamograph

Follow these simple steps to create your very own moving picture!

Join Your Backing Card

Take two pieces of card and stick them together side by side to make one long sheet.

Make sure they're both facing the same way — either portrait or landscape — to match your images.



Photography/Agamograph

Prepare Your Images for Cutting

Wrap each image carefully around a ruler. Press and smooth it down as you go. This will create even fold lines so your strips are all the same width.

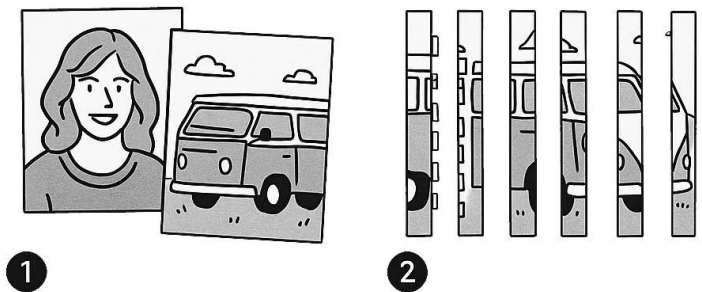
Label Your Strips

Before cutting, label each strip to help keep track:

- First image: **A1, A2, A3...**
- Second image: **B1, B2, B3...**

Cut Along the Fold Lines

Carefully cut along each fold line so you have neat, even strips from both images.



Lay Out Your Strips

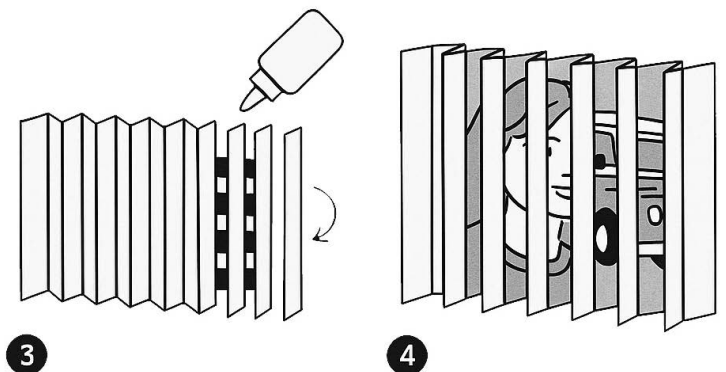
Lay out all the strips in order, side by side, so you can see how each full image looks when reassembled.

Glue the Strips to Your Backing Card

Now glue them down in this order:

A1, B1, A2, B2, A3, B3...

Keep alternating between the two images until all the strips are stuck down.



Fold Like an Accordion

Fold your backing card like an accordion (back and forth), making sure each fold lines up with the edge of a strip.

Enjoy Your Agamograph!

When you tilt it from side to side, you'll see one image from the left... and a different one from the right. A fun and clever way to show off your art!



DANCE WORKSHOP

Welcome to the dance workshop!

This session is all about moving your body to the beat, expressing yourself, and having fun — whether you're sitting or standing. Before we dive into the dance routine, we'll start with a gentle warm-up to prepare your body and get you feeling ready to move.

We'll guide you step-by-step through a simple, joyful dance routine set to some classic ABBA songs. Each move is designed to be easy to follow and adaptable, so you can take part at your own pace and comfort level. Don't worry about getting everything perfect — the goal is to enjoy the music, feel the rhythm, and connect with the energy of the dance.

Feel free to add your own style, smile, and make the movements your own. Let's get ready to dance, and laugh together!

If you're able, following along with our online video is a helpful way to see the workshop led by one of our friendly team members.



WATCH HERE
Click arrow above
for online video

15-Minute Seated or Standing Physical Warm-up

1. Gentle Breathing and Stretch

- Deep breaths in through the nose, out through the mouth
- Stretch arms up as you breath and lower arms as you breath out.

Tips: *Relax the shoulders, feel the breath, and move slowly.*





DANCE WORKSHOP

2. Seated or Standing Marching

- Start by marching slowly on the spot, lifting your knees gently and swinging your arms naturally.
- Next, try clapping under one leg each time you lift it — alternating legs. This engages coordination and core muscles.
- Progress to a normal marching pace, keeping your posture upright and arms swinging at your sides.
- Add a “walk out-out, in-in” step: from your standing position, step feet out to the side (right, left), then back in (right, left). Repeat a few times to activate hips and thighs.

Tips: Go at your own pace, keep breathing steady.



3. Seated or Standing Shoulder Rolls

- Sit or stand tall, arms relaxed by your sides.
- Roll shoulders forward in slow circles – 30 seconds.
- Then roll shoulders backward – 30 seconds.
- Add a shoulder shrug, then gently push shoulders forward and back.

Tips: Make slow, smooth circles.



4. Seated or Standing Neck Mobility

- Slowly look left, then right – repeat 5x
- Slowly tilt head side to side (ear to shoulder) – repeat 5x
- Half forward circles – chin to chest, gently roll from one side to the other – repeat 5x

Tips: Keep shoulders relaxed. No bouncing.



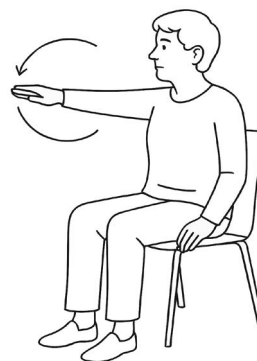


DANCE WORKSHOP

5. Seated or Standing Arm Circles

- Extend right arm to the side and make small, then gradually bigger forward circles
- Repeat with left arm
- Then use both arms together, small to medium forward circles then backwards.

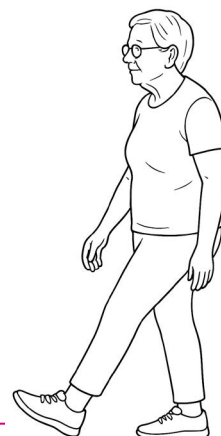
Tips: Don't overextend – small, controlled movements are fine.



6. Seated or Standing Heel Digs

- Tap one heel forward at a time, alternating legs R, L
- Back Toe Taps – Step one foot behind and tap the toe, alternating R, L
- Side Taps – Tap each foot out to the side, alternating R, L
- Foot Rotations – Lift one foot slightly and gently rotate the ankle, then switch

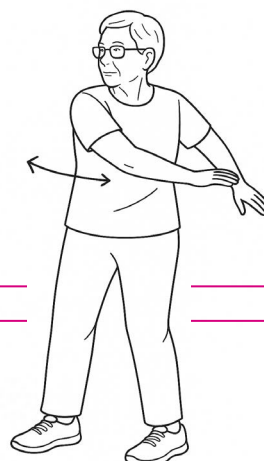
Tips: Match movements with a slow rhythm, aim for coordination.



7. Seated or Standing Torso Twists

- Place hands on hips or cross arms over your chest
- Gently twist your upper body to the left, then to the right. Hold for a few seconds, then switch sides

Tips: Keep shoulders relaxed. No bouncing.



8. Seated or Standing Ankle Circles + Toe Taps

- Lift one foot and do ankle circles (30 secs per foot)
- Then tap toes up and down like pressing pedals (30 secs per foot)

Tips: Go slow and focus on full range.





DANCE WORKSHOP

Dance Routine section

ABBA Medley

Opening Instrumental:

- Raise your right arm out to the side, up, and then down — over 8 counts.
- Repeat with your left arm — out to the side, up, and then down — 8 counts.
- Raise both arms out to the side and up, then bring them down — 8 counts.
- Repeat both arms movement again — 8 counts.

“Voulez-vous”:

- Raise your right arm up, bent at the elbow, then repeat on the left side.
- Then lower both arms.

“Take it now or leave it. Now it’s all we get”:

- Reach forward with your right arm, as if grabbing something, then throw it out to the side.

“Nothing promised, no regrets”:

- Cross the fingers on your right hand bending your arm at the elbow.
- Then, with the same arm, extend it flat and move it across your mouth and down to the side.

“Voulez-vous”:

- Raise your right arm up, bent at the elbow.
- Repeat on the left side.
- Then present both arms up in a big open circle

“So when you’re near me darling can’t you hear me SOS”:

- Cross right arm over chest, then left arm over chest.
- Look to the right.
- Reach out with right arm extended, grab and pull in.
- Lower arms.



DANCE WORKSHOP

“The love you gave me, nothing less can save me, SOS”:

- Repeat the same movements as before but to the left side:
- Cross left arm over chest, then right arm over chest.
- Look to the left.
- Reach out with left arm extended, grab and pull in.
- Lower arms.

“When you’re gone how can I even try to go on”:

- Point straight out with both arms.
- Bring both thumbs to your chest.
- Then lower your arms down in front of you

“Like a bang, a boom, a boomerang — Dum be dum dum be dum be dum dum”:

- Bump hips twice to the right.
- Bump hips twice to the left.
- Dip down to the right, bending your knees.
- Then dip down to the left, bending your knees.

“Oh bang a boom a boomerang, Love is a tune you hum de hum hum”:

- Bump hips twice to the right.
- Bump hips twice to the left.
- Dip down to the right, bending your knees.
- Dip down to the left, bending your knees.

“Money, money, money, must be funny in the rich man’s world”:

- Money fingers (make a gesture as if counting or playing with money).
- Then put palms flat either side of your face, framing your face.
- Point at someone (as if singling them out or making a fun gesture towards them).

“Money, money, money, must be funny in the rich man’s world”:

- Repeat – Money fingers (make a gesture as if counting or playing with money).
- Then put palms flat either side of your face, framing your face.
- Point at someone (as if singling them out or making a fun gesture towards them).



DANCE WORKSHOP

“Ah ha, ha, all the things I can do if I had a little money, it’s a rich man’s world”:

- Raise both arms up and out to the side.
- Push away both hands as if you don’t care.
- Make a gesture as if playing with money.
- Point at someone (singling them out playfully).

“Knowing me, knowing you, Ah ha, There is nothing you can do”:

- Bring both thumbs to your chest (gesture to yourself).
- Point both arms out to the audience.
- Then lower your arms down in front of you.

“Knowing me, knowing you, Ah ha,”:

- Repeat – Bring both thumbs to your chest (gesture to yourself).
- Point both arms out to the audience.
- Then lower your arms down in front of you.

“We just have to face it, this time we’re through”:

- Step and clap 4 times (step right, clap; step left, clap; repeat).

“Breakin’ up is never easy I know “:

- Clap your hands together once, strong and sharp.
- Then strike a strong man muscle pose.

“But I have to go”

- Slowly lower your hands down to your sides.

“Knowing me, knowing you it’s the best I can do”:

- Bring both thumbs to your chest (gesture to yourself).
- Point both arms out to the audience.
- Then lower your arms down in front of you.
- Step and clap 4 times (step right, clap; step left, clap; repeat).



DANCE WORKSHOP

“There was something in the air that night, The stars were bright”:

- Step and clap 4 times (step right-left-right-left)

“Fernando”

- Make a big sunshine arm gesture with your right arm, raising it high above your head.

“They were shining there for you and me for liberty”:

- Step and clap 4 times (step right-left-right-left)

“Fernando”:

- Make a big sunshine arm gesture with your right arm, raising it high above your head.

“I don’t wanna talk about the thing we’ve gone through”:

- Sway side to side gently 8 times (smooth, relaxed movement).

“Though it’s hurting me now, it’s history”:

- Raise your right arm out straight in front of you, then lower it down slowly to your side.

“I’ve played all my cards and that’s what you’ve done too”:

- Sway side to side 8 times.

“Nothing more to say, no more ace to play”:

- Raise your right arm out straight in front of you, then lower it slowly to your side.

“The winner takes it all, the loser standing small”:

- Point outward to someone on “The winner takes it all”.
- Gesture to yourself (hand on chest or slight shrug) on “the loser standing small”.



DANCE WORKSHOP

Cool Down:

Cool down:

1. Deep Breathing

- Inhale through nose, arms slowly rise
- Exhale through mouth, arms float down
- Repeat 3–5 times



2. Gentle Side Stretch

- Reach right arm up, lean gently to the left
- Hold for a few seconds, then switch sides



3. Ankle Rolls & Toe Taps

- Circle ankles one at a time
- Tap toes lightly, alternate feet

4. Hug & Open

- Hug self gently (arms around chest)
- Open arms wide like a big happy stretch
- Repeat slowly.





SINGING WORKSHOP

Welcome to the Singing Workshop!

In this workshop, we'll explore singing together with fun warm-up exercises to prepare your voice and body. We'll start by calming and breathing deeply, then move on to playful vocal exercises like lip trills, humming, and sirens to help you feel confident and ready.

After warming up, you'll get to sing along to a selection of ABBA's greatest hits — whether on your own, with friends, or as part of a group. No previous singing experience is needed, just bring your voice and enjoy the music!

If you're able, following along with our online video is a helpful way to see the workshop led by one of our friendly team members.



WATCH HERE
Click arrow above
for online video

Let's have fun singing together!

Breathing Exercise

Let's start by calming our bodies and getting ready to sing.

1. **Breathe in slowly through your nose — count to 4 in your head.**
2. **Hold your breath gently — count to 4.**
3. **Breathe out slowly through your mouth — count to 4.**

Do this a few times. You should feel your shoulders relax and your body feel calm.

Next, try the same thing, but this time breathe out on a soft "shh" sound — like you're gently asking someone to be quiet.

Now, try it again but breathe out on a soft "sss" sound — like a gentle snake sound.

Remember: There's no rush. Go at your own pace and enjoy the feeling of relaxing and breathing together.



SINGING WORKSHOP

Lip Trills

Let's get our lips moving!

Take a deep breath and gently blow air through your lips to make a "brrrr" sound — like a motorbike or a horse.

It might feel a bit silly, but it's great for warming up your voice and controlling your breath.

If you can, try sliding your voice up and down while you do it.

Don't worry if it doesn't work straight away.



Humming & Sirens

Let's keep warming up our voices with some gentle humming — and some fun sirens too!

Humming: Take a breath and hum on a comfy note...

Keep your lips closed and your jaw relaxed. You might feel a soft buzz around your lips or nose — that means it's working!

Sirens on a Hum: Now, let's make a humming siren.

Start humming on a low note... then slowly slide your hum up higher... and back down again.

This helps your voice stretch and get ready for singing.

Remember: It's not about getting it perfect — just have a go, relax, and enjoy making sound together!



Time for a Singalong!

Now it's time to put everything together and have a good sing!

If you have access to our online video, you can sing along with the tracks there.



WATCH HERE
Click arrow above
for online video

If you don't have online access, no problem — just use the words below and sing the songs in your own time. You can sing alone, with friends, or as part of a group. The most important thing is to have fun and enjoy singing!



SINGALONG WORKSHOP

ABBA Medley

Voulez-vous take it now or leave it
Now it's all we get
Nothing promised, no regrets
Voulez-vous

So when you're near me darling can't you hear me SOS
The love you gave me nothing less can save me SOS
When you're gone how can I even try to go on

Like a bang a boom a boomerang
Dum be dum dum be dum be dum dum
Oh bang a boom a boomerang
Love is a tune you hum de hum hum

Money money money must be funny in the rich man's world
Money money money always sunny in the rich man's world ah ha, ha
All the things I can do if I had a little money it's a rich man's world

Knowing me, knowing you there is nothing you can do knowing me, knowing you
We just have to face it this time we're through
Breakin' up is never easy
I know but I have to go
Knowing me, knowing you it's the best I can do

There was something in the air that night
The stars were bright
Fernando
They were shining there for you and me for liberty
Fernando

I don't wanna talk about the thing we've gone through
Though it's hurting me now it's history
I've played all my cards and that's what you've done too
Nothing more to say no more ace to play
The winner takes it all the loser standing small

Beside the victory that's her destiny
Super troupers beams are gonna blind me but I won't feel blue
Like I always do 'cos somewhere in the crowd there is you



SINGALONG WORKSHOP

Dancing Queen

Ooh, you can dance, you can jive
Having the time of your life
Ooh, see that girl, watch that scene
Digging the dancing queen

Friday night and the lights are low
Looking out for a place to go
Where they play the right music,
getting in the swing
You come to look for a king

Anybody could be that guy
Night is young and the music's high
With a bit of rock music, everything is fine
You're in the mood for a dance
And when you get the chance

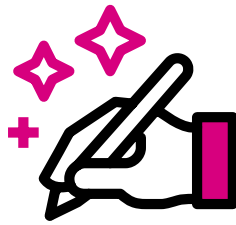
You are the dancing queen
Young and sweet, only seventeen
Dancing queen
Feel the beat from the tambourine
Oh, yeah

You can dance, you can jive
Having the time of your life
Ooh, see that girl, watch that scene
Digging the dancing queen

You're a teaser, you turn 'em on
Leave them burning and then you're gone
Looking out for another, anyone will do
You're in the mood for a dance
And when you get the chance

You are the dancing queen
Young and sweet, only seventeen
Dancing queen
Feel the beat from the tambourine
Oh, yeah

You can dance, you can jive
Having the time of your life
Ooh, see that girl, watch that scene
Digging the dancing queen
Digging the dancing queen



Reminiscence Workshop

Welcome to the ABBA Reminiscence Session!

This section is filled with fun and engaging activities to spark memories, laughter, and conversation inspired by ABBA and the 1970s. Whether you're playing bingo, sharing stories, guessing prices, or testing your 1970s general knowledge, these activities are designed to be enjoyed individually, with a partner, or in a group.

If you're able, following along with our online video is a helpful way to see the workshop led by one of our friendly team members.



WATCH HERE
Click arrow above
for online video

Take your time, enjoy the nostalgia, and have fun celebrating the music and memories of this iconic era!

Would You Rather? – 1970s Style

Circle your answer — or chat about your choices with a partner or group! There are no right or wrong answers — just memories, stories, and a bit of fun.

1. Would you rather...

- Go to a disco
- Go to a roller rink



5. Would you rather...

- Use a rotary phone
- Use a typewriter



2. Would you rather...

- Attend a glitzy 70s party
- Have a quiet night with vinyl records

6. Would you rather...

- Shop in Woolworths
- Shop at your local market

3. Would you rather...

- Go on Top of the Pops
- Be in a Carry On film

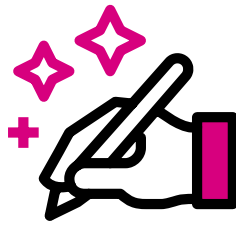
7. Would you rather...

- Wash clothes in a twin tub
- Cook on a 70s stove

4. Would you rather...

- Wear bell-bottoms
- Wear a mini skirt





Guess the Price – 1970s Edition

How much do you think this cost in the 1970s?

Chat with your partner or group and write down your guesses!

Questions: 1970s Edition

- | | |
|--------------------------------|--------------------------------|
| 1. Loaf of bread | <input type="text" value="£"/> |
| 2. Pint of beer | <input type="text" value="£"/> |
| 3. Fish & chips | <input type="text" value="£"/> |
| 4. Petrol (per litre) | <input type="text" value="£"/> |
| 5. New Ford Escort car | <input type="text" value="£"/> |
| 6. Council house rent (weekly) | <input type="text" value="£"/> |

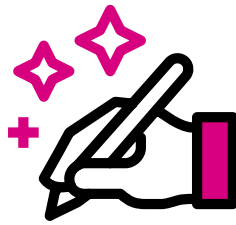
Finish the Lyric – ABBA Edition

How to Play: **Read out or sing the first part of each lyric.**

Ask your partner or group to finish the line – or have a go yourself!

Questions: 1970s Edition

1. "Dancing Queen, young and sweet..."
2. "Mamma Mia, here I go again..."
3. "So when you're near me, darling can't you hear me..."
4. "Knowing me, knowing you..."
5. "The winner takes it all..."
6. "Waterloo, I was defeated..."



Musical Mark Making – To an ABBA Tune

Instead of dancing or singing, draw the music!

Listen carefully to the ABBA song playing. Let hands move with the beat. Use colours, lines, or shapes that match how the music feels.

If the song feels fast and fun, make quick, energetic marks.

If it feels soft and slow, draw gently with smooth lines!

There's no right or wrong — just enjoy creating!

Songs to try:

- Dancing Queen — try flowing swirls or lively lines
- Fernando — gentle waves or star shapes
- Mamma Mia — bouncy, playful marks
- The Winner Takes It All — soft, thoughtful strokes

Work by yourself or chat with a partner or group while drawing!

Answers

1970s Edition

Here's what they really cost back then...

1. Loaf of bread	About 11p
2. Pint of beer	About 20p
3. Fish & chips	Around 40p–45p
4. Petrol (per litre)	About 16p
5. New Ford Escort car	Around £1,400
6. Council house rent (weekly)	Between £6 & £9

Finish the Lyric

1. "Only seventeen!"
2. "My my, how can I resist you?"
3. "SOS"
4. "Aha"
5. "The loser has to fall"
6. "You won the war"



1970's REMINISCENCE QUIZ

Test your knowledge of the 1970s with these fun questions!

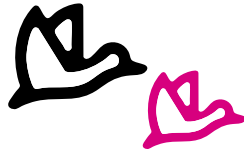
1. Which band had a huge hit with "Dancing Queen"?

- a) The Beatles ☐
- b) Boney M ☐
- c) ABBA ☐
- d) Queen ☐



2. What colour were the famous "Flying Ducks" often seen on living room walls?

- a) Pink ☐
- b) Brown ☐
- c) White ☐
- d) Blue ☐

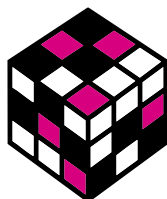


3. Which popular soap opera started in 1972 and featured a lot of farm life?

- a) EastEnders ☐
- b) Emmerdale ☐
- c) Coronation Street ☐
- d) Brookside ☐

4. Which toy was a huge craze in the 1970s, with coloured squares you had to match?

- a) Slinky ☐
- b) Rubik's Cube ☐
- c) Spirograph ☐
- d) Etch A Sketch ☐



5. Which famous singer had the hit "Suspicious Minds" in the 1970s?

- a) Elvis Presley ☐
- b) Cliff Richard ☐
- c) Rod Stewart ☐
- d) David Cassidy ☐

6. What was the name of the famous British car that looked like a spaceship on three wheels?

- a) Ford Cortina ☐
- b) Mini ☐
- c) Reliant Robin ☐
- d) Austin Allegro ☐



7. Which TV show featured the catchphrase "Shut that door!"?

- a) Are You Being Served? ☐
- b) Larry Grayson's Generation Game ☐
- c) The Good Life ☐
- d) On the Buses ☐

8. What sort of trousers were very fashionable in the 70s?

- a) Skinny jeans ☐
- b) Shorts ☐
- c) Flares ☐
- d) Tracksuit bottoms ☐



9. Which soft drink had the slogan "The Totally Tropical Taste"?

- a) Coca-Cola ☐
- b) Lilt ☐
- c) Fanta ☐
- d) Tizer ☐



10. Who were the royal couple who got married in 1973?

- a) Charles and Diana ☐
- b) Andrew & Sarah ☐
- c) Princess Anne and Mark Phillips ☐
- d) Queen Elizabeth and Prince Philip ☐



Answers

1970s Reminiscence Quiz

- | | |
|---------------------|--|
| 1. c) ABBA | 6. c) Reliant Robin |
| 2. b) Brown | 7. b) Larry Grayson's Generation Game |
| 3. b) Emmerdale | 8. c) Flares |
| 4. b) Rubik's Cube | 9. b) Lilt |
| 5. a) Elvis Presley | 10. c) Princess Anne and Mark Phillips |

ABBA Bingo

**We've created printable bingo sheets for you to use
Each with 4 song titles on it.**

How to Play:

- Give each person a bingo card.
- Play, sing, or mention ABBA songs from the list below in any order.
- When a participant hears a song from their sheet, they mark it off.
- The first person to mark off all 4 songs on their sheet shouts "Bingo!"

Songs to Use:

- | | |
|------------------------|-----------------------------|
| 1. Dancing Queen | 8. Gimme! Gimme! Gimme! |
| 2. Mamma Mia | 9. Knowing Me, Knowing You |
| 3. Waterloo | 10. The Winner Takes It All |
| 4. SOS | 11. Money, Money, Money |
| 5. Fernando | 12. Does Your Mother Know |
| 6. Take a Chance on Me | 13. Chiquitita |
| 7. Super Trouper | 14. Voulez-Vous |

ABBA BINGO

DANCING
QUEEN

SOS

GIMME!
GIMME!
GIMME!

MONEY,
MONEY,
MONEY

ABBA BINGO

DANCING
QUEEN

WATERLOO

SUPER
TROUPER

VOULEZ-
VOUS

ABBA BINGO

WATERLOO

**MAMMA
MIA**

FERNANDO

**VOULEZ-
VOUS**

ABBA BINGO

**KNOWING
ME,
KNOWING
YOU**

**TAKE A
CHANCE
ON ME**

CHIQUITTA

**DOES YOUR
MOTHER
KNOW**

ABBA BINGO

TAKE A
CHANCE
ON ME

GIMME!
GIMME!
GIMME!

KNOWING
ME,
KNOWING
YOU

MONEY,
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ABBA BINGO

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ABBA BINGO

CHIQUITITA

**DOES YOUR
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KNOW**

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MIA**

WATERLOO

ABBA BINGO

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MONEY,
MONEY**

**KNOWING
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KNOWING
YOU**

**DOES YOUR
MOTHER
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**DANCING
QUEEN**

ABBA BINGO

**TAKE A
CHANCE
ON ME**

**THE
WINNER
TAKES IT
ALL**

**GIMME!
GIMME!
GIMME!**

SOS

ABBA BINGO

**MAMMA
MIA**

SOS

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GIMME!
GIMME!**

**THE
WINNER
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ALL**

ABBA BINGO

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CHIQUITTA

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WATERLOO

ABBA BINGO

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Photography/Agamograph 1970's images































