

Look at pictures from your town and discuss memories



Goals: The goal is to provide elderly the opportunity to explore pictures and photographs from their city or surroundings, promoting conversations and memories about past experiences and events. The aim is to strengthen the sense of belonging and fellowship with the place they live in or come from.

Preparations:

- Gather a selection of photographs or images that depict places, events, or environments from the participants' city or neighborhood. You can use historical images or modern ones based on the participants' interests.
- Create a suitable space where participants can sit together and look at the images.

Look at pictures and discuss memories:

- Display the images one by one.
- Encourage participants to carefully observe each image and try to recognize places, events, or people.
- After each image is shown, ask participants about their memories and experiences related to the image:
 - Does the picture bring back any memories?
 - Do you have any personal stories you want to share?
 - "Does anyone recognize this place?"
 - "Has anyone experienced anything special there?"

Allow participants time to share their stories and listen attentively.



Time required:

About 20 minutes



Alone or in a Group:

This is a group activity

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionens material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal