



# Spoon stories

Reminiscence and creativity

This is best done in 2 sessions - the first to capture some memories and the second to create an artwork.

You will need:

Session 1

A selection of silver spoons - these can be borrowed from home as they can be thoroughly cleaned before and after use.

Silver polish and polishing cloths

A recording device (phone) or pen and paper to quickly write down residents memories.

Session 2

Paper

Photocopies of spoons from this pack

typed quotes from the previous session printed out

scissors

glue

Any paint or coloured pencils if available

Session 1

Polishing the silver spoons!

Polishing and the smell of silver polish will create a relaxed atmosphere for reminiscence.



And is something that everyone can take part in.

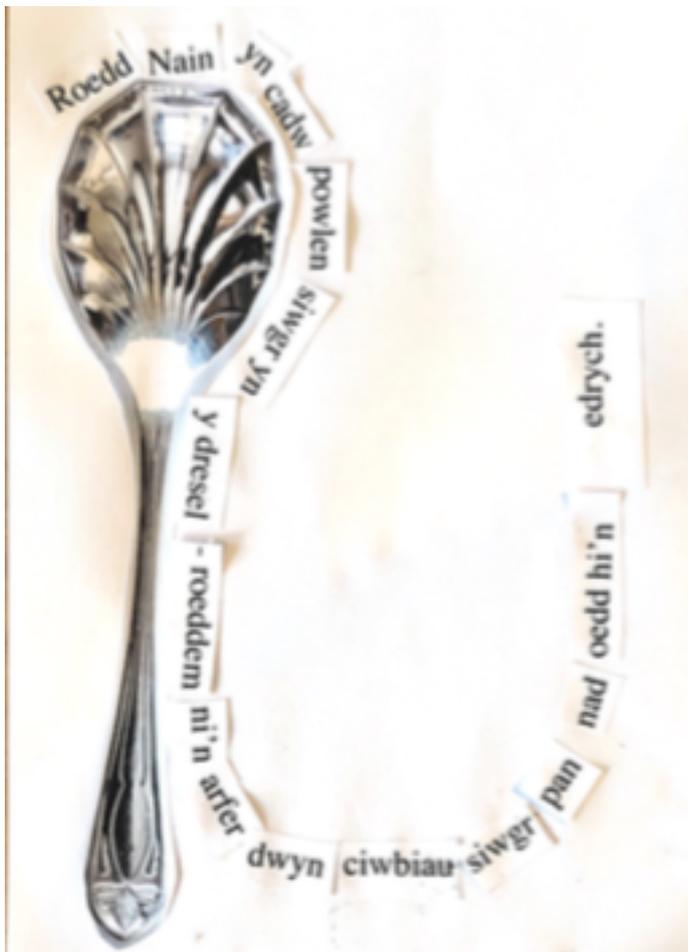
Start by handling the spoons and passing them around before polishing them together.

Whilst polishing ask - did you have to polish the silver when you were a child?

Did you have spoons like this?

Record or note down peoples recollections and who said what for Session 2. (They don't have to relate to spoons - any memories triggered by spoons and polishing are fine too)

## Session 2



Have the silver spoons and polish to hand to remind residents about the previous session.

You will need to print out copies of the spoons provided and type some short quotes - print at 18pt at least to make the words easier to handle and see.

Eg, "We always polished the silver on Fridays"

"My mother kept those spoons for special visitors, I don't think we ever used them."

Assist the Residents to cut out the spoons and their words and create individual collages using pritstick on a new piece of paper.

These can be added to with water colour paint or decorated with coloured pencils.











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