



GOLDEN

Memories

INSTRUCTIONS

INTRODUCTION

Welcome to Golden Memories, a reminiscence card deck designed to spark joyful memories and meaningful conversations. This deck contains 160 thoughtfully crafted prompts divided into four categories:

Historical Events:

Recall how world events shaped your life and perspectives.

Life Milestones:

Reflect on significant personal moments and achievements.

People:

Reminisce about relationships with family members and friends.

Sensory:

Relive experiences through sights, sounds, tastes, and smells.

Each card is an invitation to reflect on your unique life experiences. Whether you're using the cards by yourself or with others, Golden Memories can help you to recall pleasant experiences and boost mood through reflection.

GETTING STARTED

1. Shuffle the deck of cards. If you only want to pick prompts from one category, then shuffle the categories separately.
2. Select a card from the deck. Read it and respond to the prompt with whatever comes to mind. If it doesn't apply, discard and select a new one.
3. If using the deck with other people, they can ask questions or share related memories.

TIPS FOR A GREAT EXPERIENCE

- ✦ There are no right or wrong answers. Each memory is unique and valuable.
- ✦ Some prompts may bring up emotional or sensitive memories - this is natural.
- ✦ Feel free to skip any topics that make you uncomfortable or are too personal.
- ✦ When using the cards with others, listen actively and ask questions when appropriate.

BONUS ACTIVITIES

- ✦ **Group Storytelling:** Have each participant add to a collective story based on the prompts.
- ✦ **Memory Journal:** Use the prompts for individual reflection and write down your memories.
- ✦ **Picture Pairing:** Bring old photos and match them to relevant prompts for added engagement.

Remember, Golden Memories is designed to spark joy and connection. Adapt these rules to best suit your needs and preferences. Enjoy your journey through cherished memories!

Need help or have an issue? Email us: support@thinkpsych.com

Designs by: Michelle Padilla

ThinkPsych LLC
PO Box 662
Lumberton, NJ 08048



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