

# Dementia Worksheets: Memory Recall

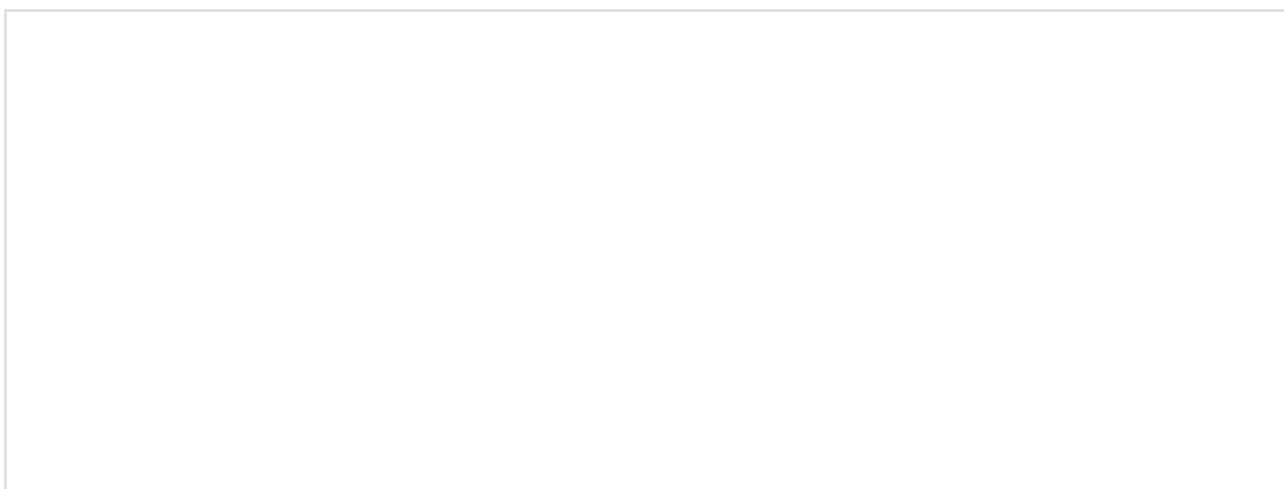
## Instructions:

Take your time to complete the following exercises. Look at the pictures and prompts, and write down your thoughts and memories. Feel free to ask for assistance if needed.

## 1. Picture Recall:

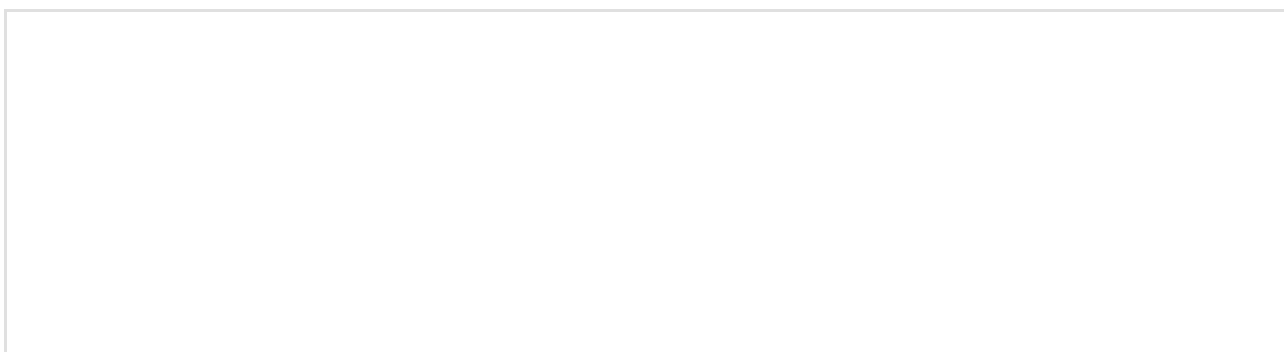
Look at each picture and try to remember any related memories. Write down any details that come to mind.

### Family gathering:



Memories or people associated:

### Childhood home:



Memories or specific moments:

**Favorite hobby or activity:**

Memories or experiences:

## **2. Word Association:**

Look at each word and write down any memories or thoughts that it brings to mind.

### **1. Sunshine:**

Memories or feelings associated:

### **2. Friendship:**

Special moments or people:

### **3. Laughter:**

Any funny or joyful memories:

## **3. Personal History:**

Complete the sentences with details from your life.

### **1. My favorite childhood memory is:**

**2. A place I loved to visit when I was younger was:**

**3. My proudest accomplishment in life so far is:**

**4. Reflective Thoughts:**

Take a moment to reflect on the memories you've written down. How do they make you feel? Is there a particular memory that stands out to you today?