



QUICK FIRE  
ACTIVITY FOR SENIORS

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# 5-MINUTE STORYTELLING

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FOR SENIOR CARE FULL OF  
COMPASSIONATE MOMENTS

## *Just a couple of notes*

- These scripts can be printed and passed around
- I would love it if you would share where they came from and give me a shout out!
- The memory log is generic on purpose and can be reproduced.
- If you are interested in more formal options for a memory book, I have those available. Just respond to any email and ask about them.
- So far there are 6 pre-written scripts covering 6 different topics
- I'll let you know when more come out.
- If you have a one you would like to see made, let me know!

Thank you so much for taking the time to have a conversation with someone you care for! The impact you will have on them is boundless.

-Gael



5-Minute Storytelling starts with...

# WANDERLUST

A compassionate memory care activity for seniors.

by [thelegacyrecorder.com](http://thelegacyrecorder.com)



Did you ever travel outside the country?

Yes



No



Where did you go?

What's your favorite city?

What did you do there?

Did you travel within this country?

Where's your favorite place and why?

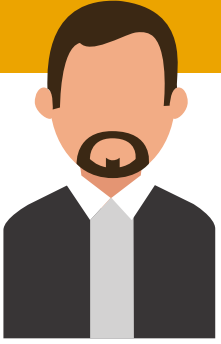
Let's jot that down in your memory log!

5-Minute Storytelling starts with...

## A MEAL

A compassionate memory care activity for seniors.

by [thelegacyrecorder.com](http://thelegacyrecorder.com)



Did you enjoy your dinner last night?

Yes



No



Did you eat meals like that growing up?

What did you eat often as a child?

What would have been the best dinner instead?

Why so? Does it remind you of something nice?

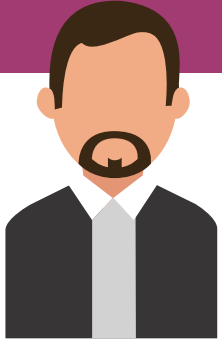
Let's jot that down in your memory log!

5-Minute Storytelling starts with...

## A GAME

A compassionate memory care activity for seniors.

by [thelegacyrecorder.com](http://thelegacyrecorder.com)



Did you play any games yesterday?

Yes



No



What did you play? Did you like it?

What was your favorite game as a child?

What was your favorite game as a child? Why?

Did you teach that game to your children?

Let's jot that down in your memory log!

5-Minute Storytelling starts with...

## THE SEASON

A compassionate memory care activity for seniors.

by [thelegacyrecorder.com](http://thelegacyrecorder.com)



Did you go outside today?

Yes



No



What's your favorite season? Why?

Do you have good memories from that season?

What's your favorite weather to be outside in? Why?

What's your favorite season? Why?

Let's jot that down in your memory log!

5-Minute Storytelling starts with...

# A SMILE

A compassionate memory care activity for seniors.

by [thelegacyrecorder.com](http://thelegacyrecorder.com)



Did you smile  
yesterday?

Yes

|

No



What made you  
smile? And  
why?

Does that  
remind you of  
something from  
your past?

What would  
have made you  
smile?

Did something  
like that happen  
in your past?

Let's jot that down in your  
memory log!

5-Minute Storytelling starts with...

## Music

A compassionate memory care activity for seniors.

by thelegacyrecorder.com



Have you listened to any music today?

Yes



No



What did you listen to?

What's your favorite band?

How did you become a fan?

What song should I listen to? Why?

Does that song remind you of anything from your past?

Let's jot that down in your memory log!

# 5 MINUTE STORYTELLING



MEMORY LOG TOPIC: \_\_\_\_\_

Name:

Date:

Staff Name:

Location:

Answer 1:

Answer 2:

Answer 3: