

LEST WE FORGET



REMEMBRANCE DAY

FREE Sample
Resource Pack

Produced By



Includes

Poem

Fact Page

Craft Activities

Poster

Music & Reminiscence

www.activity-circle.com

How to Use This Pack

This pack is designed to help you create a thoughtful and engaging Remembrance activity session without needing to prepare everything from scratch.

You can use the resources individually or combine several of them to create a longer group session.

Choose what feels right

There is no need to complete the pack from beginning to end.

Choose the activities that best suit the people you are supporting, their interests, abilities and experiences.

Allow conversations to develop naturally

Remembrance activities can lead to powerful memories.

Give people time to respond and allow the conversation to go wherever their memories take them.

Be sensitive to difficult memories

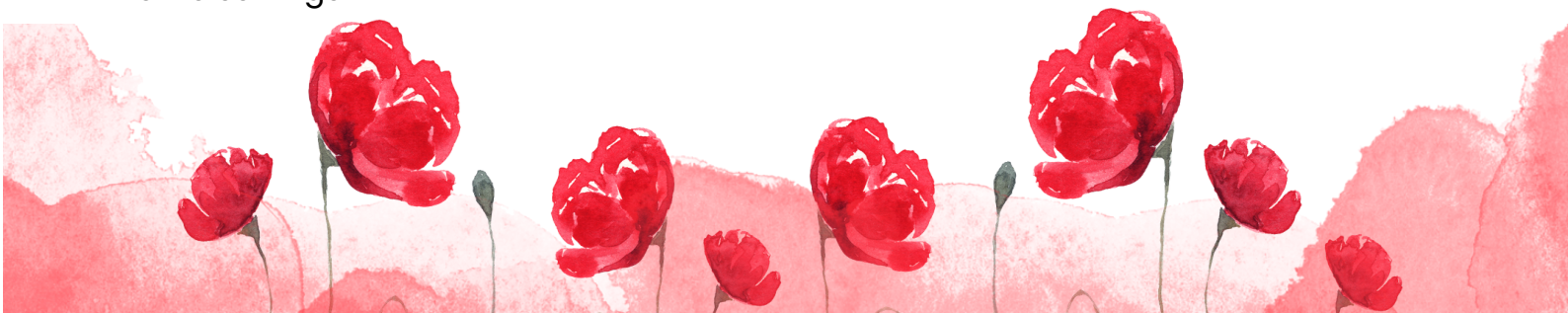
War and conflict can be emotional subjects.

Some people may have experienced bereavement, separation, military service, evacuation, fear or other difficult events.

Adapt the activities

The resources can be adapted for:

- Group activities
- One-to-one sessions
- Short conversations
- Longer planned sessions
- Care homes
- Day centres
- Community groups
- Home settings



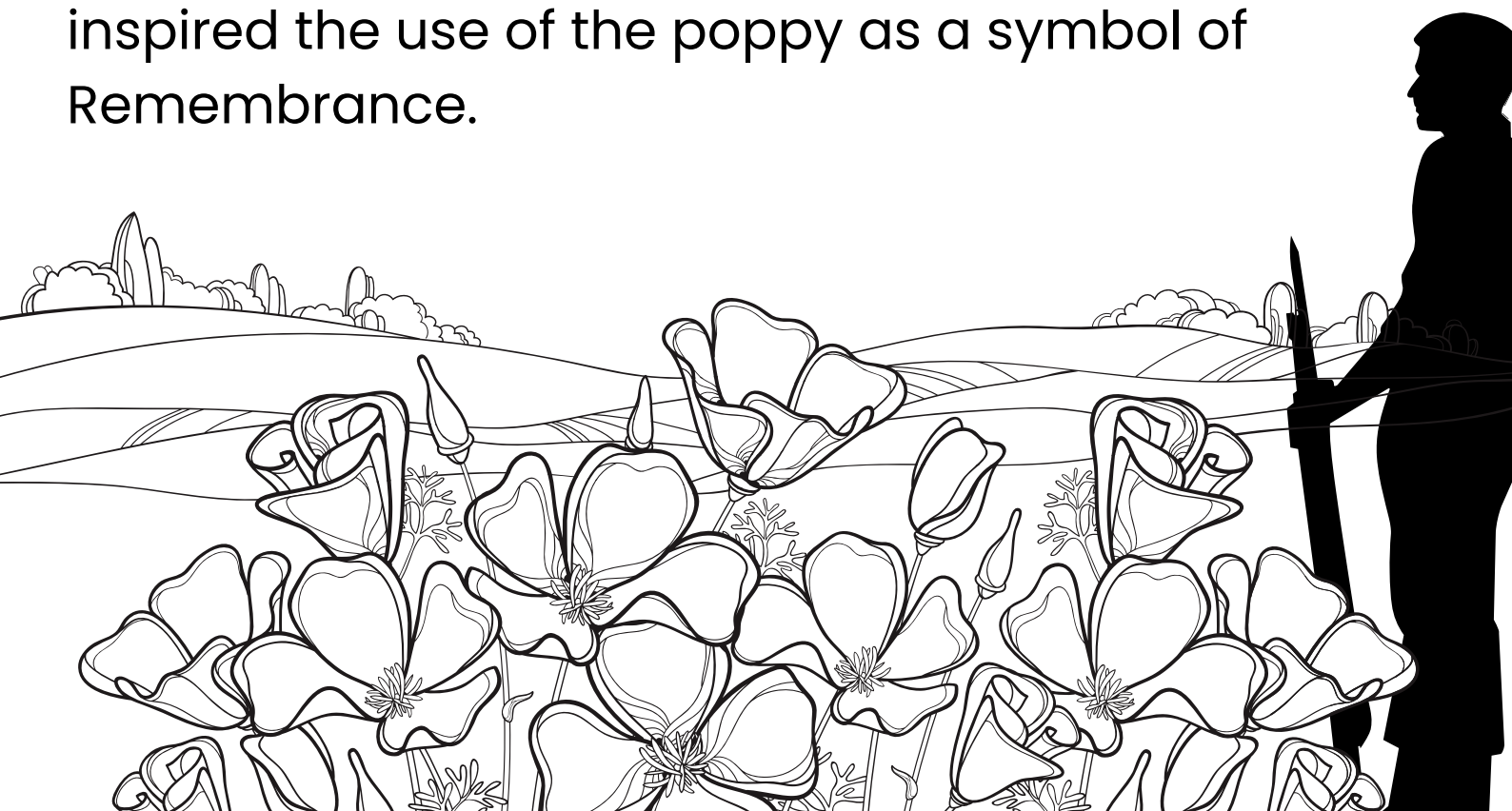
REMEMBRANCE DAY



The poppy is a symbol of Remembrance and hope, including hope for a positive future and peaceful world.

They are a show of support for the Armed Forces community, those currently serving, ex-serving personnel and their families; and a symbol of Remembrance for all those who have fallen in conflict.

In the spring of 1915, shortly after losing a friend in Ypres, a Canadian doctor, Lieutenant Colonel John McCrae wrote his now famous poem after seeing poppies growing in battle-scarred fields. This inspired the use of the poppy as a symbol of Remembrance.



REMEMBRANCE DAY



In Flanders Fields

by John McCrae



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

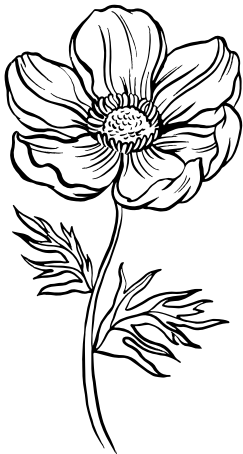
Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.



A decorative purple vine with leaves and small flowers in the top left corner.

REMEMBRANCE DAY FACTS

1. Remembrance Day is held each year to remember those who have served and sacrificed in conflicts, including those who lost their lives.



2. Remembrance Day falls on 11th November every year.

The Armistice that ended fighting on the Western Front came into effect at 11am on 11 November 1918.

3. Poppies are a symbol of Remembrance Day.

This is because they are a symbol of World War I where lots of poppies were growing on the disturbed battlefields.

There was also a soldier called John McCrae who wrote a poem called 'In Flanders Fields' which was inspired by the poppies.



DECORATING YOUR POPPY



WARTIME MUSIC & MEMORIES

Music can bring back powerful memories. A familiar song may remind someone of a person, place, dance hall, radio programme or moment from earlier life.

Use the songs below as conversation starters. You do not need to work through every question – allow the conversation to develop naturally and follow the memories that are most meaningful to the people taking part.

Songs to listen to

You could try:

- We'll Meet Again
- White Cliffs of Dover
- It's a Long Way to Tipperary
- Pack Up Your Troubles
- Don't Sit Under the Apple Tree
- Boogie Woogie Bugle Boy
- I'll Be Seeing You
- A Nightingale Sang in Berkeley Square
- Lili Marlene
- The Lambeth Walk

Conversation starters

- Do you remember hearing any of these songs?
- Where would you usually hear music when you were younger?
- Did your family have a radio?
- Were there particular programmes everyone listened to?
- Did you ever go dancing? Where did you go?
- Can you remember learning any dances?
- Who were your favourite singers or bands?

Follow the memory

A song may lead to memories that have nothing to do with the war itself – a first dance, a favourite outfit, a family member, a journey, a local dance hall or an evening spent around the radio.

These memories are often more important than completing the activity.

Take your time, listen, and let the conversation go wherever the music takes it.



Wear a Poppy to Remember and Give Thanks.

Lest we forget.

Looking for a complete Remembrance activity session?



The full Activity Circle Remembrance Day Resource Pack contains 29 printable pages, including:

- Remembrance facts and poetry
- Christian service and prayers
- Creative poppy activities
- Wreath activity
- Wordsearch
- Acrostic poem
- Wartime music & reminiscence resources
- UK and US certificates
- Posters and display materials

Full Resource Pack – £3.99

www.activity-circle.com

