



# Rural Childhood Box

The objects in this reminiscence box are connected to domestic life in the country. Cooking, for instance, cleaning, and general housework.

They've been selected to help stimulate memories and conversation for people who grew up on a farm, lived in a rural area, or spent their holidays in the countryside from the 1940's and 50's.

The objects will provide a useful starting point for conversations about the past. Some of the older objects might remind people of their grandparents too.

You could use these objects as a basis for a variety of sensory activities linked to memories of household tasks - such as baking, butter-making, or doing the washing. For instance, you could make Bara Brith or Brwes together...

Try introducing fresh herbs like rosemary, thyme, chives, into your reminiscence sessions; or seasonal plants, fruits and seeds - such as wildflowers, pine cones, conkers, apples or damsons. These will help to stimulate memories of different times of the year.

Who knows where your conversations might lead you!

Remember that objects can stir both good and bad memories and strong feelings in all of us - use your own judgment wherever necessary.



Balance Scales and Weights



Bread Bin



Box of 6 Teaspoons



Rolling Pin



Sieve



Wooden Box, Dolly Pegs, Scrubbing Brush & Carboloc Soap



Iron and Trivet



Potato Ricer



Wooden Shortbread Mould



Donkey Stone



Wooden Butter Mould



Pair of Butter Pats



Hand Mirror



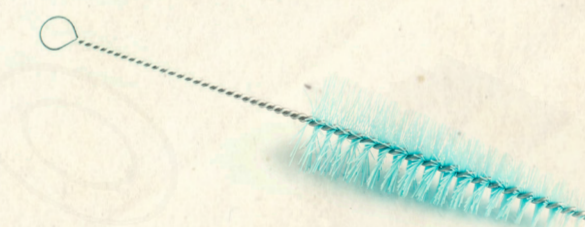
Old Soaps



Silver Polish



Wartime Documents



Bottle Brush



Wooden Egg Cup



Tea Strainer



Sparkly Bangle



5 White Doilies



Biscuit Tin



Four Spice Jars

## Some Online Resources

These websites will provide supporting information for your sessions and give you further ideas for activities.

<https://www.peoplescollection.wales/discover/query/recipesReminiscence>

Traditional Welsh Recipes  
<https://museum.wales/collections/welsh-fare/>  
Welsh Traditional song  
<https://songs.trac.wales>  
Welsh Nursery Rhymes  
<http://welshnurseryrhymes.wales/Addysgol>



# Bocs Cartref Cefn Gwlad



Mae'r pethau yn y bocs atgofion hwn yn gysylltiedig â bywyd ar yr aelwyd yn y sir. Coginio, er enghraifft, yn ogystal â glanhau a gorchwylion cyffredinol o gwmpas y tŷ. Fe'u detholwyd er mwyn proci'r cof a thanio sgwrs ymysg pobl a gafodd eu magu ar fferm, oedd yn byw mewn ardal wledig, neu a ddaeth ar eu gwyliau i gefn gwlad yn y 1940au a'r 50au.

Mae'r gwrthrychau'n fan cychwyn defnyddiol wrth siarad am y gorffennol. Efallai y bydd rhai o'r eitemau hŷn yn atgoffa pobl o'u neiniau a'u teidiau hefyd.

Ceisiwch gyflwyno perlysiâu ffres fel rhosmari, teim neu gennin sifi yn eich sesiynau hel atgofion; neu blanhigion, ffrwythau a hadau tymhorol – fel blodau gwyllt, moch coed, concyrs, afalau neu eirin. Bydd y rhain yn helpu i brocio atgofion am wahanol adegau o'r flwyddyn.

Pwy a wŷr i ble fydd eich sgyrsiau'n eich tywys chi?!

Cofiwch y gall gwrthrychau godi atgofion melys a chwerw, a theimladau cryf – defnyddiwch eich synnwyr cyffredin lle bo angen.

Gallech ddefnyddio'r gwrthrychau'n sail ar gyfer amrywiaeth o weithgareddau synhwyrdd sydd a wnelont ag atgofion o waith tŷ – pobi, gwneud menynd, neu olchi dillad. Er enghraifft, gallech gwneud bara brith neu frwes gyda'ch gilydd...



Clorian Gydbwysu a Phwysau



Bin Bara



Blwch gyda Chwe Llwy De



Rholbren



Hidlur



Blwch Pren, Pegiau Doli, Brush Sgwrio, Sebon Coch



Haearn a Thybedd



Reisiwr Tatus



Mowld Teisen Frau Pren



Bloc Sgwrio



Mowld Menyn Pren



Pâr o Fatiau Menyn



Drych Llaw



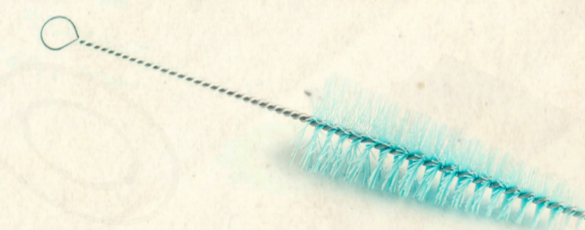
Hen Sebon



Polish arian



Dogfennau Amser Rhyfel



Brush Potel



Cwpan Wy Pren



Hidlydd Te



Breichled Ddisglair



5 Doili Gwyn



Tun Bisgedi



Pedwar pot o sbeisys

## Adnoddau ar-lein

Ar y gwefanau hyn fe gewch chi wybodaeth i seilio'ch sesiynau arnynt, a syniadau am fwy o weithgareddau.

<https://www.casgliadywerin.cymru/discover/query/ryseitiau>

Ryseitiau Cymreig traddodiadol  
<https://amgueddfa.cymru/casgliadau/amser-bwyd/>  
Caneuon Cymraeg traddodiadol  
<https://caneuon.trac.cymru/>  
Hwiangerddi  
<http://hwiangerddi.cymru/Addysgol>