

Mother's Day REMINISCE

Printable Activity for Seniors,
Caregivers & Families

My Mother's Day Memories

Mother's Day Reflection Prompts

Read aloud, discuss together, or write on the lined page.

- **What is one of your favorite memories of your mother or a mother figure in your life?**
- **What is something your mother used to say you still remember?**
- **What meal, recipe, or smell reminds you of home and your mother?**
- **What is one thing you would love to tell your mother today?**

Mother's Day Reflection Prompts

- What is one lesson your mother taught you?
- How was Mother's Day celebrated when you were younger?
- What made your mother feel special?
- What is something you admired about your mother?
- What did your mother do that made your house feel like home?

