



# TED History - Your Stories



TED have been speaking to our members and people aged over 50 in East Lindsey about their lives and memories. Each one of us has a tapestry of experiences in our lives. Although these doesn't have to have been mind-blowingly exciting! It seems that as people move into their older years that society, and very often older people themselves, adopt a negative view of themselves.

This project is about getting a feel for your experiences, interests and passions. Experiences that seem astonishing or unusual to one person might be the normal for someone else.

## Example questions to get you story started could include:

- What are some of your happiest memories? ... Strangest memories? ... Silliest memories?
- What was it like when you were a teenager? ... Young adult? ... New parent?
- Where have you lived? ... Where was your favourite place?
- What kind of clothes have you enjoyed wearing?
- What music have you enjoyed listening to?
- What have been some of your favourite hobbies? .... Friends? ... Places you visited? ... Jobs?
- What is something that people wouldn't know about you just by looking at you? Some examples I have encountered using this question:
  - 1.I am one of 15 children
  - 2.I was followed home by a squirrel who became a family pet
  - 3.I worked with XXX (a famous person)
  - 4.I was born in XXX (a country that wouldn't have been obvious e.g Singapore)
  - 5.I have done a parachute jump
  - 6.I have run X amount of marathons



## About you:

What is your name? \_\_\_\_\_

How old are you? \_\_\_\_\_

How old are you in the story? \_\_\_\_\_

Where do you live? \_\_\_\_\_

Where did you live during the story? \_\_\_\_\_

What is an interesting fact about you? \_\_\_\_\_

---

---

---

**We have left space on the back for you to write your story**

Write your story here:

Thank you for taking part in our project. We will be sharing these stories on our TED website and collecting all stories to add to a printed version.

Please let us know if you would like to receive a copy of your story once it has been designed:

Yes  (if yes, please leave your contact information)

No

