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family trail

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FREUD MUSEUM
LONDON

Meet Sigmund Freud

Sigmund Freud was a doctor who invented a special way of understanding how our minds work and helping people feel better.

Did you know?

Sigmund Freud discovered that when we're feeling sad, scared or confused, talking about our thoughts and feelings can be very helpful.



Sometimes we don't know where our thoughts and feelings come from.

Sometimes we do things without knowing why!

I invented a special way of finding out.
I called it: **PSYCHOANALYSIS**.

psychoanalysis

Pronounced: sai – koh – an – al – uh – sis

It's a big word! It is actually made of two words:

'Psycho' comes from the Greek word for 'mind'.

'Analysis' means examining something to see how it works.

So, psychoanalysis means examining the mind to understand how it works.

Freud's way of examining the mind was by **talking**.

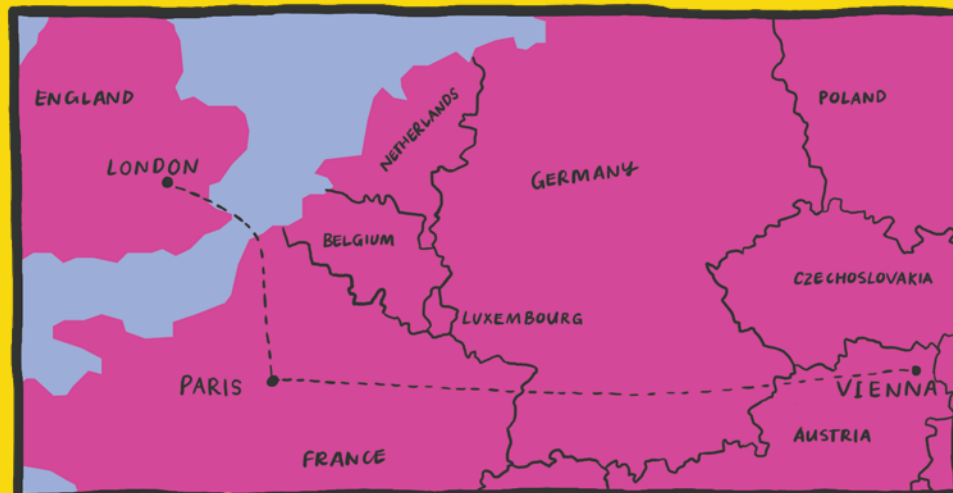
Why did the Freud family come here?

Sigmund Freud and his family came to England as **refugees**.

A refugee is someone who has had to leave their home country because it was too dangerous for them to stay. The Freuds came here from Austria.

In 1938, the Nazis took control of Austria. The Nazis were a political party that had come to power in Germany in 1933. They made anti-Jewish laws that made life very difficult and dangerous for Jewish people.

The Freuds were Jewish, so they came to England where it was safe.



Did you know?

Sigmund Freud bought a new coat specially for his journey from Vienna to London.

Can you find it?



Something to talk about...

Has your family always lived in the same country?

If not, why and how did they move?

If you had to leave your home suddenly, what would you take with you?

Sigmund Freud's Study

This room is where Sigmund Freud spent most of his time. It is filled with things he loved: books, art, and antiquities.



Did you know?

Antiquities are objects that were made by past civilisations, such as the ancient Romans, Greeks or Egyptians. Many of the antiquities Freud collected had been dug up from the ground by **archaeologists**.

Archaeologists are people who investigate past civilisations by studying the things they left behind, such as art, pottery, buildings, or even bones!

It's good to talk!

Sigmund Freud thought that by talking to someone who listens to us in a special way we can discover new things about ourselves. He would invite his patients to lie on his **couch** and say whatever came to mind.



Something to think about...

Freud thought that being a psychoanalyst listening to a patient is a bit like being an archaeologist. Can you think why?

Salvador Dalí

This portrait of Sigmund Freud was made by Salvador Dalí



Can you find it?



MELTING CLOCKS!
LOBSTER PHONES!

Did you know?

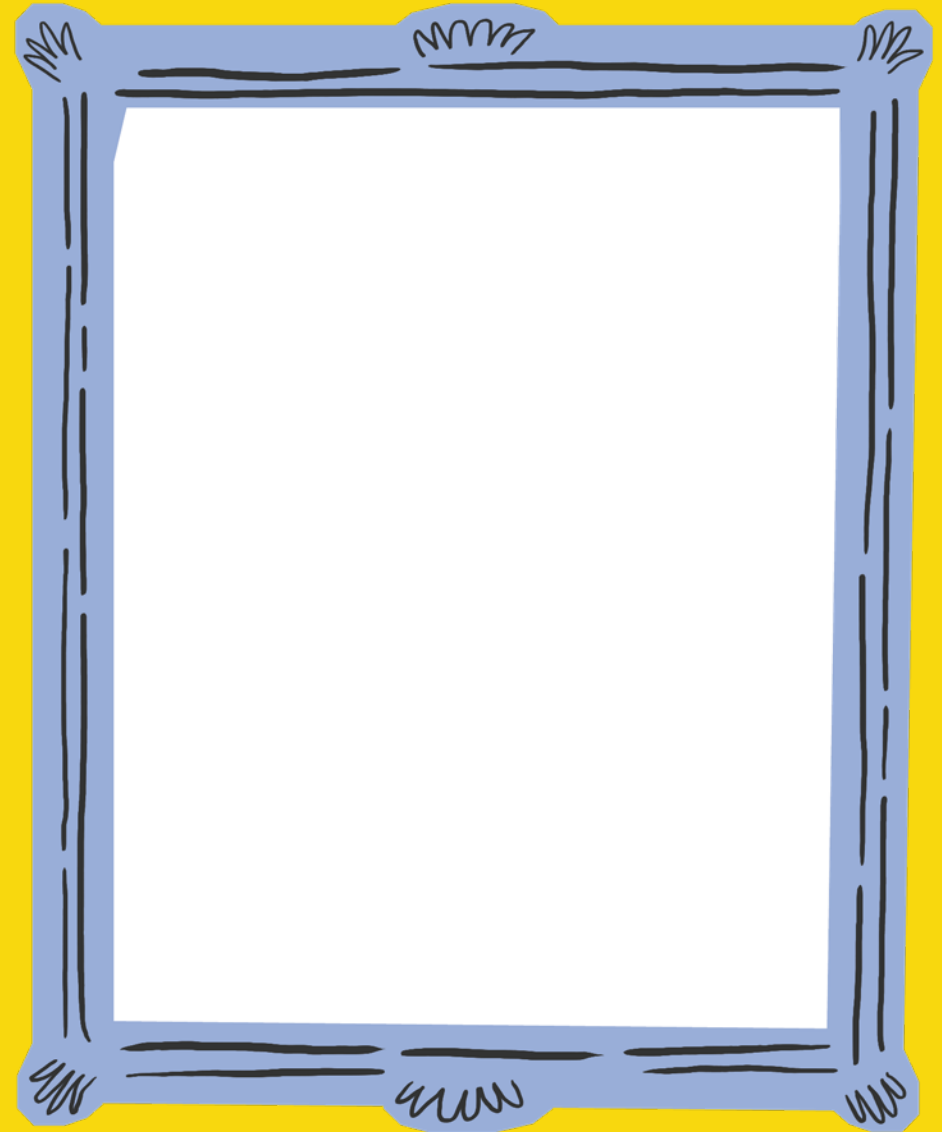
Salvador Dalí was a **surrealist** artist. His artworks are filled with things that don't seem to make sense!

In this portrait, he has decided to make Sigmund Freud's head look like a snail!



Something to do...

Draw someone you are visiting the museum with today, but make them look like an animal!





Dreams!



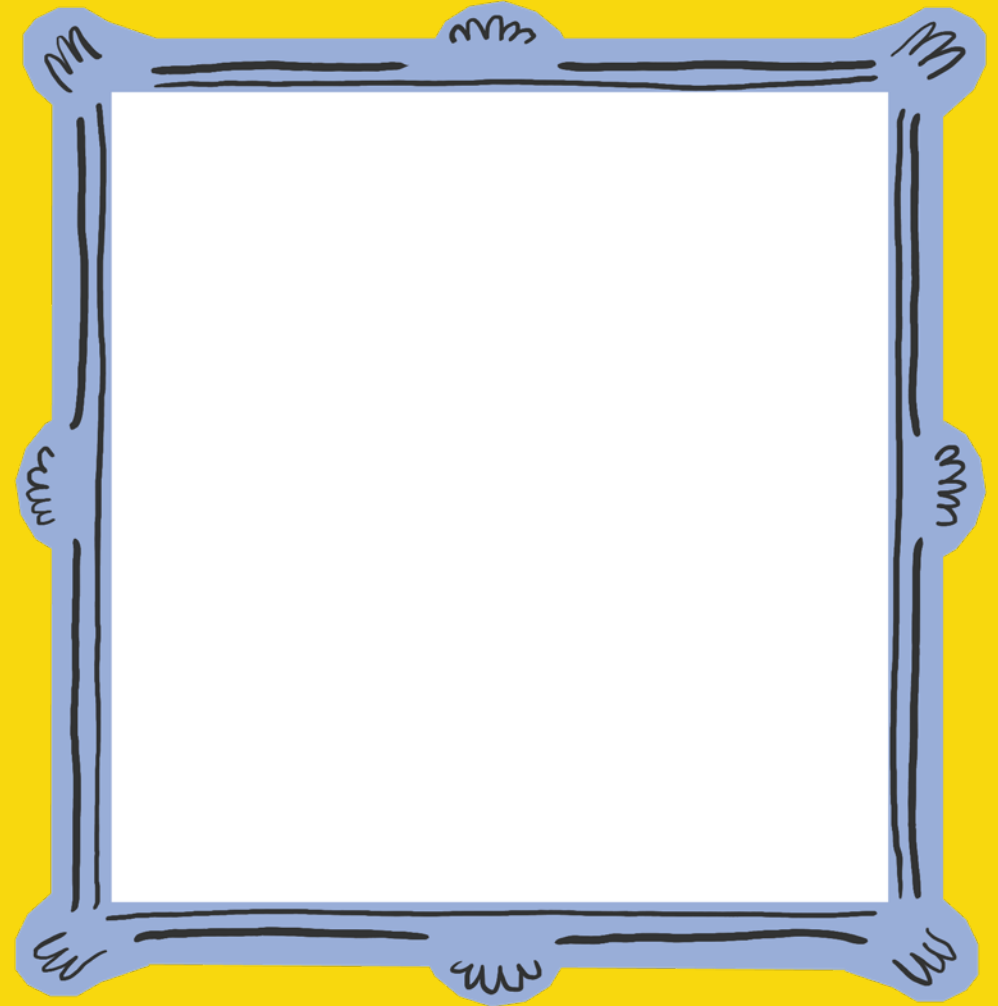
This is a painting of a dream that one of Freud's patients told him about. Can you find it?

In the dream, the patient saw some white wolves sitting in a tree.

Freud thought we could understand our dreams by exploring what each part of a dream makes us think about.



Can you remember one of your dreams? Draw it here.



Write down what each part of your dream makes you think of.



Meet Anna Freud

Sigmund Freud's youngest daughter **Anna Freud** lived here for over forty years. Anna Freud was a psychoanalyst too, but she mostly worked with **children**.

I loved children. I spent my life with them, trying to understand how they grow up.



Your own observations

Anna was in charge of a nursery. She asked her staff to write detailed notes about the nursery children's behaviour while they were playing, eating, reading, or even sleeping!

These notes were called **observations**.



Activity...

Write your own observations about the adults you are visiting the museum with today.

You can be as playful or as serious as you like! What do adults do that you find strange... funny... interesting... annoying... boring?

The replica couch

Can you find it? Go through the Anna Freud room and turn right.

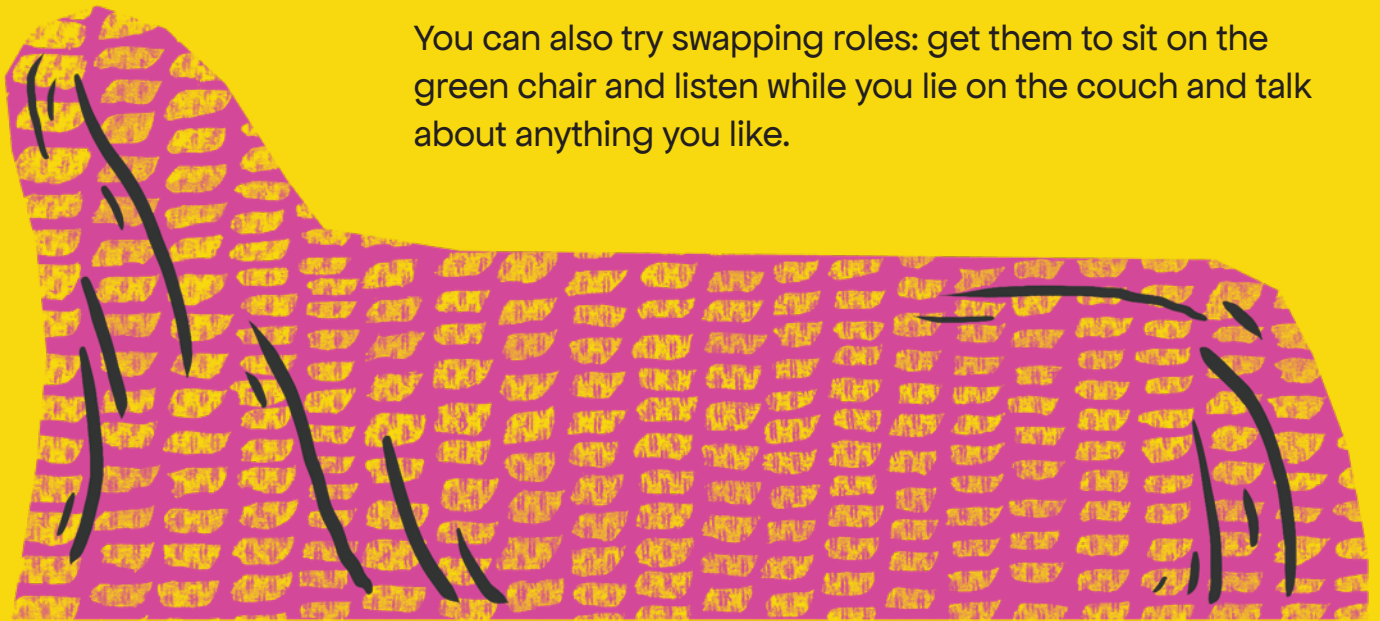
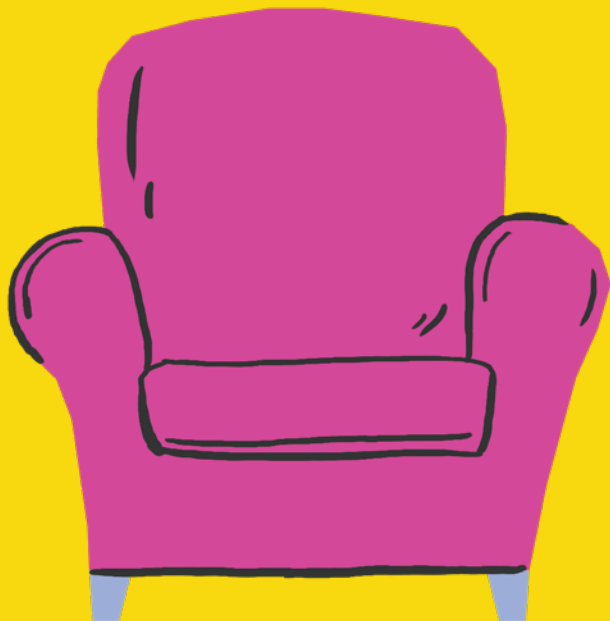
Something to think about...

Have you ever talked to someone about how you are feeling? It might be someone in your family, a friend, or even a teacher.

In psychoanalysis, the patient is invited to lie on the couch and say whatever comes to mind.

the psychoanalyst sits here

the patient lies here



Something to do...

Get an adult you're here with to lie on the couch while you sit in the green chair. Your adult is now your patient. Ask them to talk about whatever comes to mind. You can also ask them things like:

How are you feeling?

Why do you think you're feeling like that?

Have you had any dreams recently?

Tell me about a memory from your childhood!

You can also try swapping roles: get them to sit on the green chair and listen while you lie on the couch and talk about anything you like.

Cut out the beard and wear it to be just like Freud.



For Grown Ups



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