

## Art with materials from nature (simple wreath)



### Goals:

- Promote creativity and self-expression among elderly
- Provide a meaningful activity linked to nature.

### What is needed:

You can collect materials from nature in advance such as leaves, twigs, cones, stones, flowers, and other interesting objects or you can go out into nature to collect materials together with the participants. If you choose to take the elderly on a short nature walk to collect materials, it is important to make sure that the walk is adapted to the mobility of the participants. During the walk, encourage the participants to look for materials that capture their attention and imagination.

Get craft supplies: paints, brushes, glue, cardboard, scissors, and other materials for artistic expression.

Create a suitable workspace with enough seating and materials.

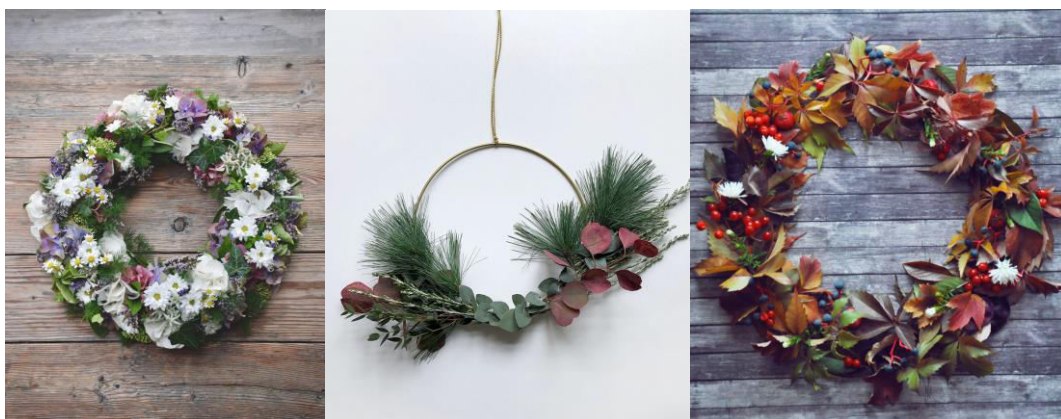
### Introduction:

Explain the goal of the activity: to create works of art using the materials collected from nature.

### Art workshop:

- After collecting materials, give participants time to plan and create their artwork.
- Encourage them to be creative and use the materials in different ways.
- Once the artwork is finished, encourage participants to share their thoughts on their own work and how nature has inspired them.
- Afterwards, organize a small exhibition where participants' artwork can be presented

Here is one example of an art workshop using materials from nature that you can modify or use as such with elderly: **Create a simple wreath**



**Needed materials:**

- A circular base for the wreath (such as a thin metal wire, a bow-shaped branch or a ready-made wreath base from a craft store, you can also cut a suitable base from a piece of puff).
- Materials from nature, such as leaves, twigs, flowers, cones, berries, or dried plants.
- A thread, string or glue to attach the materials to the base.
- Scissors and wire cutters (if needed).

**The wreath:**

- The wreath base: If you are using a metal wire, shape it into a circle of the desired size and make sure the ends are firmly attached together. If using a puff piece, shape it as desired or use a ready-made wreath base.
- Choose the first materials that you want to use to cover the wreath base. These can be leaves, twigs or other green plants. Use a piece of wire or string to attach them to the base.
- Continue adding the materials in layers, depending on the type of wreath you want to make.
- Attach each layer with wire, string or glue depending on your design.
- You can use flowers, berries or cones to give your wreath extra decoration.
- Once you are satisfied with your wreath, finish it by securing the last materials with wire or string. Cut off the excess wire.
- Collect all the wreaths and create an exhibition to showcase the participants' work, ask permission from those who participated in the activity.

**Time: Long****Activity: Activating****Fellowship: Together**

60 minutes or more.

This is a group activity.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGPT's proposal