

Watching birds virtually



Objective: The aim is to offer an opportunity to observe birds while providing a virtual nature experience. By using digital technology, participants can explore bird watching without having to go outdoors, this is especially suitable for people with limited physical mobility.

Preparations:

- A computer, tablet, or TV with internet connection and a large screen.
- Speakers or sound system to enhance audio quality.
- Comfortable seating in a joint room where several participants can gather
- Make sure you have access to websites or apps that offer virtual bird watching or live cameras from bird nests or natural areas.

Virtual bird watching:

- Gather a group of elderly in a joint room, hall or environment and explain that you are going to participate in a virtual bird watching session.
- Watch the birds on the screen together and listen to their songs.
- Encourage participants to identify the bird species if they can and share their observations.
- If possible, offer information about the different bird species they observe, along with interesting facts about their behavior and habitats.
- Discuss the experience and ask participants about their thoughts, memories or associations related to the birds they have seen. This can trigger pleasant conversations and memories.

Time: Short or long



Activity: Calming



Fellowship: Together



The virtual bird watching can vary from a few minutes to 20-30 minutes or more. This is a group activity.

Example of video to use for watching birds virtually:

https://www.youtube.com/watch?v=rV_ERKtNyNA

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