

By the bonfire



Objective: The aim of this activity is to create a relaxing and shared experience for older people around a bonfire. The activity aims to promote relaxation, social interaction and fellowship.

Preparations:

- Place an imaginary bonfire in a suitable location.
- Make sure there is enough seating around the fire for the participants. Use comfortable chairs or benches.

By the bonfire:

- Gather a group of participants around the fire in a pleasant and relaxing place.
- Start the fire and make sure that the lamp representing the fire inside the fire is plugged into an electrical outlet.
- Encourage participants to sit around the fire and let them relax and enjoy the glow and warmth of the fire.
- Sing some songs together with the elderly.
- Encourage conversation, laughter and fellowship around the fire. Share stories, memories or discuss topics that interest the group.

What's needed:

- A few logs
- Some larger stones to place in a circle around the fire to keep the logs upright
- A faux fire, such as a string of lights
- An extension cord for the light string connected to a power outlet
- A wireless speaker
- [The sound of a crackling fire](#) that can be played through the speaker
- Songbooks with lyrics
- Chairs, benches

Time: Long



30 minutes or more.

This is a group activity.

Activity: Calming



Fellowship: Together



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