

## Walk outside and sit down for a cup of coffee/tea



### Goals:

- Promote physical activity and a healthy lifestyle.
- Create a relaxed and social environment for conversation.
- Enjoying a cup of coffee or drink in the fresh air.

### Description:

#### Step 1: Planning and preparation

- Decide which participants will take part in the activity and inform them of the time and place of the meeting.
- Choose a nice place to go, for example a local cafeteria or a nice area in nature if you bring your own coffee/tea.
- Make sure that all participants are dressed for the weather and have comfortable shoes for walking.
- Prepare the participants by explaining the purpose of the activity, namely to enjoy a walk and a cup of coffee or other drink together.

#### Step 2: The walk

- Meet at the agreed meeting point and start the walk together.
- Encourage participants to walk at a calm pace and to enjoy nature or the urban environment during the walk.
- Create a relaxed and inviting atmosphere by talking about different topics or simply enjoying silence.

#### Step 3: The coffee break

- Once you have reached your destination, order coffee, tea or drinks according to the participants' wishes. If you have your own coffee/tea, bring it.
- Find a comfortable place to sit and enjoy the coffee or drink together.
- Encourage conversations on various topics and allow participants to socialize.

#### Step 4: Return

- After finishing the coffee break, start the walk back to the starting point.
- Continue to enjoy the conversation and physical activity on the way back.

### What is required:

- Comfortable clothes for the weather and comfortable shoes for the walk.
- Possibly an umbrella if it is rainy.

- Money to buy coffee or drinks at the chosen café or venue, or your own coffee/tea, cups, sugar and milk.

This activity can be adapted to the size and preferences of the group. Going out for a cup of coffee combines physical activity with social interaction and allows participants to relax in the fresh air. It is a simple and enjoyable activity to promote well-being and fellowship.

**Time: Long**



**Activity: Activating**



**Fellowship: Together or alone**



1 hour. This activity can be done as a group activity or individually with the elderly and the caregiver.

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