

Enjoy and discuss the view together



Objective: The goal of this activity is to promote social interaction, build community and give older people the opportunity to share their thoughts and experiences while enjoying a beautiful view.

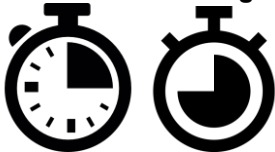
Preparations:

- Find a suitable place with a beautiful and relaxing view, such as a garden, balcony, terrace or viewpoint.
- Make sure there is enough comfortable seating for participants, including chairs, benches or blankets.

Enjoy and discuss the view:

- Gather a group of elderly at the chosen location with the beautiful view.
- Initiate a discussion by asking open questions related to the environment and the experience. Examples of questions could be: "What do you think about the view?" or "Do you have any memories that remind you of this place?".
- Give participants the space to share their thoughts, memories and reflections about the place and the view.

Time: Short or long



Activity: Calming



Fellowship: Together



The duration of the activity can vary depending on the group and their interest, usually it takes about 30 minutes.

This is a group activity.

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