

## Memories through nature and environment



**Objective:** To promote fellowship and discussion through memories of the environment and nature. The activity promotes social interaction, community and cognitive stimulation while giving participants the opportunity to relive and reflect on their experiences.

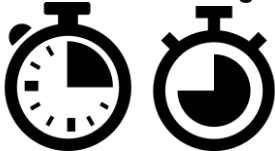
### Preparations:

- Create a suitable place where participants can sit together and discuss.

### Share memories.

- Start by introducing the topic: sharing memories and reflections about the environment and nature.
- Encourage participants to share their personal memories and experiences related to nature. These can be memories
  - from their childhood
  - favorite places to visit
  - special moments in nature
- Let each participant speak and share their memories
- Conclude with a summary of the most significant memories shared and thank participants for their contributions.

**Time: Short or long**



About 20-30 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. [Äldreinstitutionets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal