

## Enjoy the View



**Goals:** The aim of this activity is to enable the experience of nature and the environment from your own home, terrace, balcony or through the window.

- Choose a time that suits you and when the light is good, so that you can see the surroundings.
- Go out on your terrace or balcony, or sit by a window with a nice view.
- Sit down and enjoy the view and the natural elements around you.
- Observe birds, trees, flowers or other nature-elements that surround you.
- Use the time to relax and be present in the moment.



**Time:**

The duration of the activity can vary depending on the person's wishes, ranging from 5 minutes or longer.



**Alone or in a group:**

This activity is intended to be carried out individually.

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