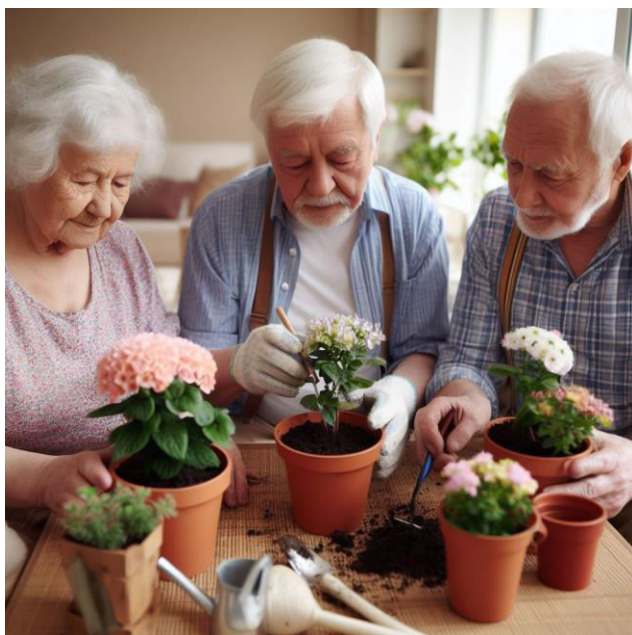


Gardening



Objective: The aim is to promote physical activity and a sense of satisfaction by engaging in gardening.

Preparations:

- Select a garden or gardening area where participants can engage in gardening. The activity can also take place indoors, if needed.
- Ensure there is access to gardening tools such as gloves, spades, rakes, flowerpots, and soil.
- Provide participants with suitable plants, flowers, or vegetables to plant, depending on the season and individual preferences."

Gardening:

- Gather the participants in the garden and explain what kind of gardening you will be working with.
- Assist the participants in choosing suitable spots to plant or tend to existing plants.
- Encourage participants to plant, water, weed, or tend to the plants
- Promote fellowship by encouraging participants to discuss their gardening projects, exchange tips, and share experiences.

Time: Short or long



Activity: Activating



Fellowship: Together



From 30 minutes to over several hours.
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 ChatGTP's proposal