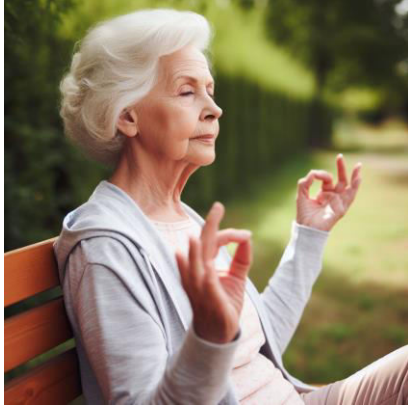


Outdoor relaxation



Objective:

The aim of this outdoor exercise is to promote relaxation and peace of mind and at the same time it enables one to enjoy nature and fresh air. The activity can be performed sitting in a wheelchair or on an outdoor park bench.

Equipment:

- A comfortable park bench or a wheelchair with good stability and brakes
- A beautiful and quiet place outdoors, such as a garden, terrace or a balcony with a beautiful nature view

Description:

- Go to a nice park bench or transfer the wheelchair to the outdoor location of your choice.
- Make sure the place is quiet and free from distracting noises.
- Encourage the participant to close his/her eyes and focus on breathing deeply. Take a few calm deep breaths together.
- Then describe what you see in the environment and nature around you. For example, describe the clouds in the sky, the leaves on the trees, the birds singing, feeling the breeze in your hair, etc.

Let the elderly enjoy the peace and quiet of nature. The time can vary according to the wishes of the elderly from a few minutes to, for example, 20 minutes. It is important to be flexible and adapt the exercise to the individual's ability and interest.



Time required:

This outdoor relaxation exercise can vary in length depending on the needs and wishes of the participant, usually between 10-20 minutes.



Alone or in a group:

This exercise is ideal to perform 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