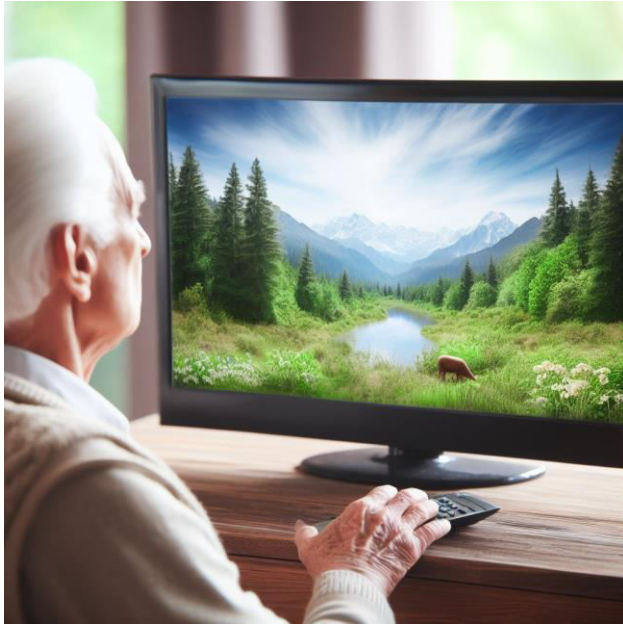


Virtual nature experiences



Objective:

The aim of this activity is to enable people to enjoy the beauty of nature even if they cannot physically be outdoors. The activity aims to promote relaxation and well-being by creating a virtual nature experience.

Preparations:

- A computer, tablet, or smartphone with an internet connection.
- Headphones or speakers to enhance audio quality.

Instructions:

- Choose a time and place that suits the elderly
- Choose a virtual nature experience that you enjoy. It could be a forest walk, a seashore, a waterfall or a cornfield.
- Put on your headphones or speakers and start the virtual nature experience.
- Relax and focus on the sounds and images of virtual nature. Imagine that you are there and let your mind wander freely.
- Breathe deeply and let the calm and beauty of nature fill you with peace and well-being.



Time:

The virtual nature experience can vary depending on the wishes of the elderly, ranging from a few minutes to longer sessions of 20-30 minutes or more.

Alone or in a Group:



This activity is intended to be carried out individually.

Examples of videos you can use:

- [Walk in forest in spring](#)
- [Walk in forest in summer](#)
- [Walk in forest in autumn](#)
- [Walk in forest in winter](#)
- Walk in a Wheat Field: https://www.youtube.com/watch?v=Bnl7lvc_RYU
- Picking Raspberries: https://www.youtube.com/watch?v=Bnl7lvc_RYU
- Picking Blueberries: <https://youtu.be/xxM8EpZhLRQ?si=M6vdJVqZHRTaBa5I>

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 ChatGTP's proposal