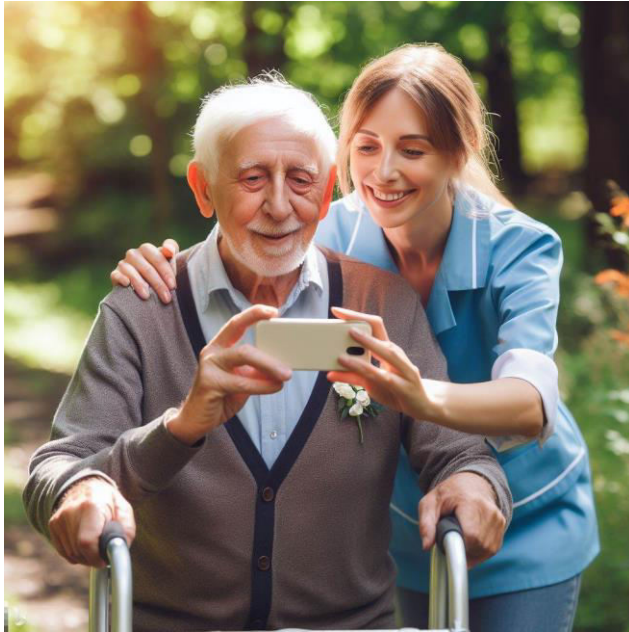


## Take meaningful pictures the environment



**Objective:** The aim is to encourage the elderly to explore and document their environment through photography. The activity aims to promote creativity and attention to details in everyday life.

### Preparations


- Ensure the participant has access to a camera or a smartphone with a functional camera.
- Create a list of themes or subjects for the photos. Themes might include "nature," "architecture," "people," "colors," "patterns," or "moments of joy."
- Let the participant choose a theme that interests the most.

### Instructions:

- Walk in nature without stress.
- Slow down the rhythm of your steps and focus your attention on how the ground feels under your feet.
- Take a nature journey, as if you were traveling to a place that is new for you.
- Look at the plants, trees and paths as if you were a tourist in a new country.
- Open your senses to nature experiences.
- Whether you go on a short or long trip to nature, you can use a camera to document your experience of nature.
- Take pictures that you consider significant or beautiful within the chosen theme.
- When you have finished, sit together and look at the pictures on a computer or mobile device.
- Have the participant describe why he/she chose certain pictures
- Encourage discussion and reflection on the local environment and the significant moments that the participant captured in the picture.

**Time :** 

From 30-60 minutes

**Alone or in a group:** 

This activity is intended to be carried out individually, the caregiver can assist with the camera and technology and participate in the discussion about the photos and their significance.

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