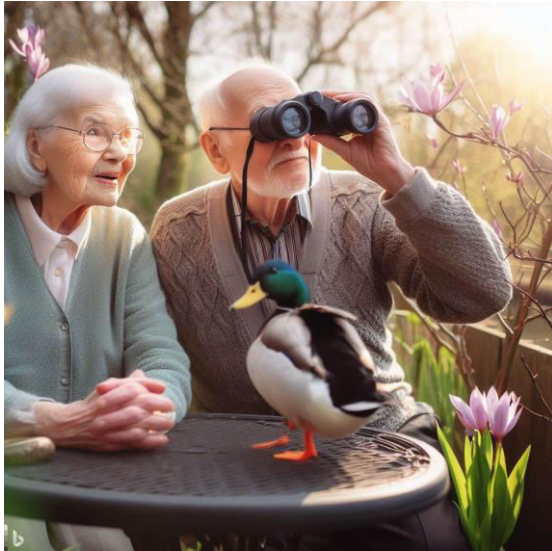


Watching birds Outdoors



Objective: The aim is to offer the opportunity to venture into nature, experience of bird watching.

Preparations:

- Choose a natural environment suitable for bird watching, such as a park, garden or natural area.
- Bring binoculars to facilitate bird observations.
- Depending on the participants' ability and interest, you can provide information material on common bird species in the area.

Watching birds outdoors:

- Gather participants outdoors at the chosen location
- Help participants use binoculars to try to spot and identify different bird species.
- When someone spots a bird, try to identify it and share information about the species and its behavior.
- Discuss the different bird species and encourage participants to share their observations and reflections.
- Provide seating so that participants can relax and enjoy the surroundings.

What is needed:

- Binoculars
- Information about different bird species

Time: Long



Activity: Calming



Fellowship: Together



30 minutes to several hours

This is a group activity

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGPT's proposal

