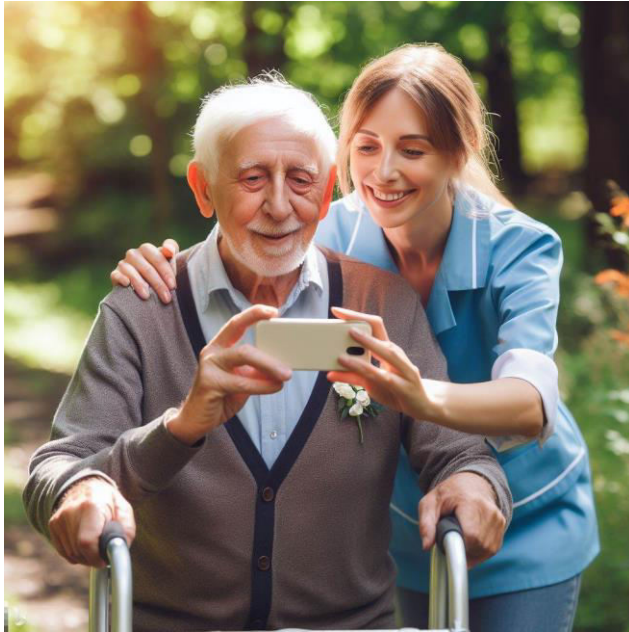


## Take meaningful pictures of the environment



**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.

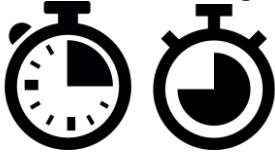
### Preparations

- 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: Short or long**



**Activity: Activating**



**Fellowship: Alone**



From 10-60 minutes

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