

Photographing



Goals:

Using cameras or mobile phones, elderly can take photos that express their perspective and create memories. The activity promotes creativity, self-expression and a sense of achievement and joy. It can be done both individually and in groups, depending on the participants' preferences.

Preparations:

- Cameras or cell phones: Make sure that each participant has access to a camera or a cell phone with a camera function.
- Choice of theme: Discuss with the participants if there is a common theme for the photo shoot, or if each person can choose their own theme. The theme could be something as simple as "spring" or "my favorite things."

Photographing:

- Let participants explore and take pictures according to the chosen theme or their own ideas. They can photograph nature, people, objects, or anything that catches their attention.

Show the pictures to each other: After the photo shoot, participants come together to show their pictures and share their thoughts about them.



Time :

The time of the activity may vary depending on the wishes of the participants and the scope of the photo shoot. Plan for the activity to take between about 1 hour, including time for photography and discussion.



Alone or in a group:

This activity can be done individually or in a group.

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