

# Top Tips.

## Nature & Wellbeing

*Albert Einstein. "Look deep into nature, and then you will understand everything better."*

### Body

- Nature box – residents have to feel objects in a box which are nature related and guess what they are
- Create a nature collage – go out into the garden to find items
- Do some breathing exercises with nature sounds
  - Play catch outdoors
  - Make a bird box
- Have a hand massage in the garden
  - Sow some seeds
- Nature themed Oomph! Session
  - Go for a garden walk
  - Sweep the garden

### Mind

- Read from gardening books
- Create a gardening quiz
- Create a sowing seed calendar
- Check the world through a magnifying glass
- Bake a cake and relate the ingredients back to nature
- Play a garden memory game
- Play word games with nature themes
  - Nature crosswords
  - Nature puzzles
- Reminisce about past times in Nature

### Soul

- Keep a Nature journal – This could be a daily journal and include what residents can see in the garden.
- Nature Jokes – What did the big flower say to the small flower? What's up Bud!
- Bird watching – contact the RSPB for resources
  - Nature Poetry
- Read positive quotes which relate to the outdoors, "Nature does not hurry, yet everything is accomplished"
- Learn and discover what flowers do
- Watch nature documentaries – like the blue planet
- Watch residents' favourite gardening tv show
- Listen to the sounds of the beach, the forest or birds singing.