

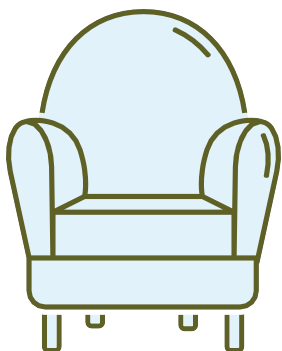
How can you bring the feeling of the outside inside?

Can you think of ways in which the use of technology might help the person you care for connect with nature and the outdoors?

For example:

- Could you find a TV show based on nature theme that might interest them?
- Can you source DVD's or music CD's combined with sounds from nature such as bird song, babbling brooks, waves, wind through trees, rain etc.
- Do you have tablet or smart phone that you could use to watch short nature-based video clips/programmes? How about trying out some of the clip examples listed here.

Keep a record of the things you try on the back of this sheet and note down specific examples of exactly how the person you care for reacted to these new experiences.



These are just a few ideas as possible starting points. Can you find others that have a special **meaning and purpose** to the person you care for?

Nature footage available online:		
UK National Parks		
Brecon Beacons	https://youtu.be/wfjGRqnQZVg	4.14 mins
Broads National Park	https://youtu.be/Fi6VRfOZUhY	4.46 mins
Cairngorms	https://youtu.be/Fi6VRfOZUhY	3.44 mins
Dartmoor	https://youtu.be/dmdHud3oss8	0.58 mins
Exmoor	https://youtu.be/aDhxiYqj-1o	11.40 mins
Lake District	https://youtu.be/Zc1jLUjVgoc	9.31 mins
Loch Lomond and the Trossachs	https://youtu.be/8uUkVg8Erjc	2.00 mins
New Forest	https://youtu.be/iOqllKu7gs0	4.06 mins
Northumberland National Park by night	https://youtu.be/kkPYmBvBa3g	4.31 mins
North York Moors	https://youtu.be/AZyQMCv69y4	8.11 mins
The Peak District	https://youtu.be/L2B5C_BvSPk	5.24 mins
Pembrokeshire	https://youtu.be/VcCivz7xW_g	2.37 mins
Snowdonia	https://youtu.be/4yf-axuPuLo	2.41 mins
South Downs	https://youtu.be/wMVY-38v_pU	2.04 mins
North Yorkshire Moors National Park	https://youtu.be/nT2sTUv2QmQ	5.14 mins
Birds:		
Singing Pied Flycatcher Birdsong	https://youtu.be/aYX-S-0uvmA	2.41 mins
British Garden Birds	https://youtu.be/G-36Jhgnnfo	2.04 mins
An osprey fishing in spectacular slow motion	https://youtu.be/nMw-PspfdkQ	5.15 mins

(continued)

Nature footage available online (continued):

National Parks Around the World:

Yellowstone National Park <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Woodlands:

<https://www.countryfile.com/wildlife/virtual-escapes-magical-woodlands-and-forests>

Kielder Water <https://youtu.be/XoolkC0rdA0> 2.36 mins

Puzzlewood: A magical woodland in the Forest of Dean <https://youtu.be/jNyySzl1rhQ> 1.05 mins

Fingle Woods: Spring <https://youtu.be/s2SXUTmL6q8> 2.27 mins

Bluebells: The Great Woodland Spectacle <https://youtu.be/j2qztfKc3Q> 3.02 mins

Glen Affric: A landscape worth restoring <https://youtu.be/pyC-w67yz8A> 5.11 mins

Trees:

A Year in the life of an oak tree <https://youtu.be/zdKYWiVy9FY> 1.05 mins

A Year in the life of a beech tree <https://youtu.be/bnwiPETX7Jw> 1.05 mins

Virtual escapes:

Peaceful rivers and splashing streams <https://www.countryfile.com/go-outdoors/virtualescapes-best-rivers-britain>

Britain's most beautiful spring hills <https://www.countryfile.com/wildlife/virtual-escapesbritains-most-beautiful-spring-hills>

Britain's shimmering shores <https://www.countryfile.com/photography/virtual-escapes-britains-shimmering-shores>

Wildlife:

Live streamed video footage of animals in nature e.g. brown bears, birds of prey nesting, African wildlife, ocean creatures (almost 100 in the collection) www.explore.org/livecams