

Nature Box Activity



Create your own nature activity box or tray to stimulate discussion and reminisce about nature and the outdoors.

Here's some ideas to get you started...

Nature Box Activity

Family/friend box

Ask a family member or friend to bring in something special from their garden or a walk.



Favourite location box

Some people have a favourite place they used to walk or visit regularly that may have location specific plants, e.g. a heath.
Could you collect a few items to stir memories?

A box for hands or feet

Think differently and outside the box!

Create a tray that can be explored using the feet, such as sand or grass.

Helpful resources

sensorytrust.org.uk
woodlandtrust.org.uk
wildlifetrusts.org
dementiaadventure.org