# **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...



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## **Nature Box Activity**

#### **Random selection**

Collect a series of natural objects that you find on your walk to work or in the grounds of your care home (or other setting) to share.



#### Seasonal box

Collect a series of natural objects that particularly signify the season or change in season. Spring, Summer, Autumn and Winter.

#### **Texture box**

Collect a series of natural objects that represent different textures, e.g. rough, smooth, bumpy, spiky and ridged.

#### **Different environments**

Create a box around the theme of a landscape, e.g. The beach The Woodland The Riverbank



### **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

