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

**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.
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**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