

Simple Activity Ideas

If you would like to add a few gentle activities to your picnic, here are some easy ideas. Use familiar items and choose what works for your group.



Nature and the senses

- Sound corner: birdsong playlist, gentle wind chimes, a bubbling water feature
- Scent table: herbs like mint, lavender, rosemary, or flowers to smell
- Texture tray: pinecones, smooth stones, leaves, bark, soft fabric
- Colour hunt: find something green, yellow, soft, bright, or patterned
- Simple nature art: leaf rubbing, flower arranging, nature collage



Gentle movement

- A short, accessible walk with rest stops
- Simple stretches, seated movement, or a sway to music
- A nature scavenger hunt, like “find something smooth”



Music and meaningful moments

- Sing along to your favourite songs. Create a Spotify playlist and include attendees' top summer songs. Use our playlist if it's easier: <https://dementiaadventure.org/big-green-picnic/#bgp-playlist>
- Simple rhythm games using shakers or tapping hands.
- Storytelling, poetry, or “name that tune”



Top tip

Choose only two to four activities. A simple event is often the most enjoyable and less overwhelming.