## Welcome

As it was a series of activity we made an effort for the participants to get to know each other.

## Target group

Participants in the early stages of dementia living at home. Participants should already physically active.

# Supervisors

It is important that the library employees or the hosts of the activities participates in the entire process from start to finish. Recognizability of hosts ans venue and security are important factors.

# Objective

The course consists of two elements; physical exercise in nature and reading aloud literature according to the method Shared Reading.

## Group size

Recommended group size for the activity: 6-8 participants. 2 employees from the library.

# Nature, exercise, and literature

Anne Thunbo

Physical exercise in nature and reading aloud literature according to the method Shared Reading.

#### Duration

Duration of the activity is 2-3 hours

## Materials

Practically clothing for outdoor activity

Finding a forest or nature area for nature exercise

## Facilities

Litterature, short story, poem and venue for the conservation of shared reading activity

Coffee, tea, fruit and bread.

# Goodbye

Make sure everyone knows how to get home. Will they be followed? Are they picked up? Do they go themselves?

# Tips

Check that everyone is weather right clothes. Does anyoneed to change clothes or shoes. Help if needed.

