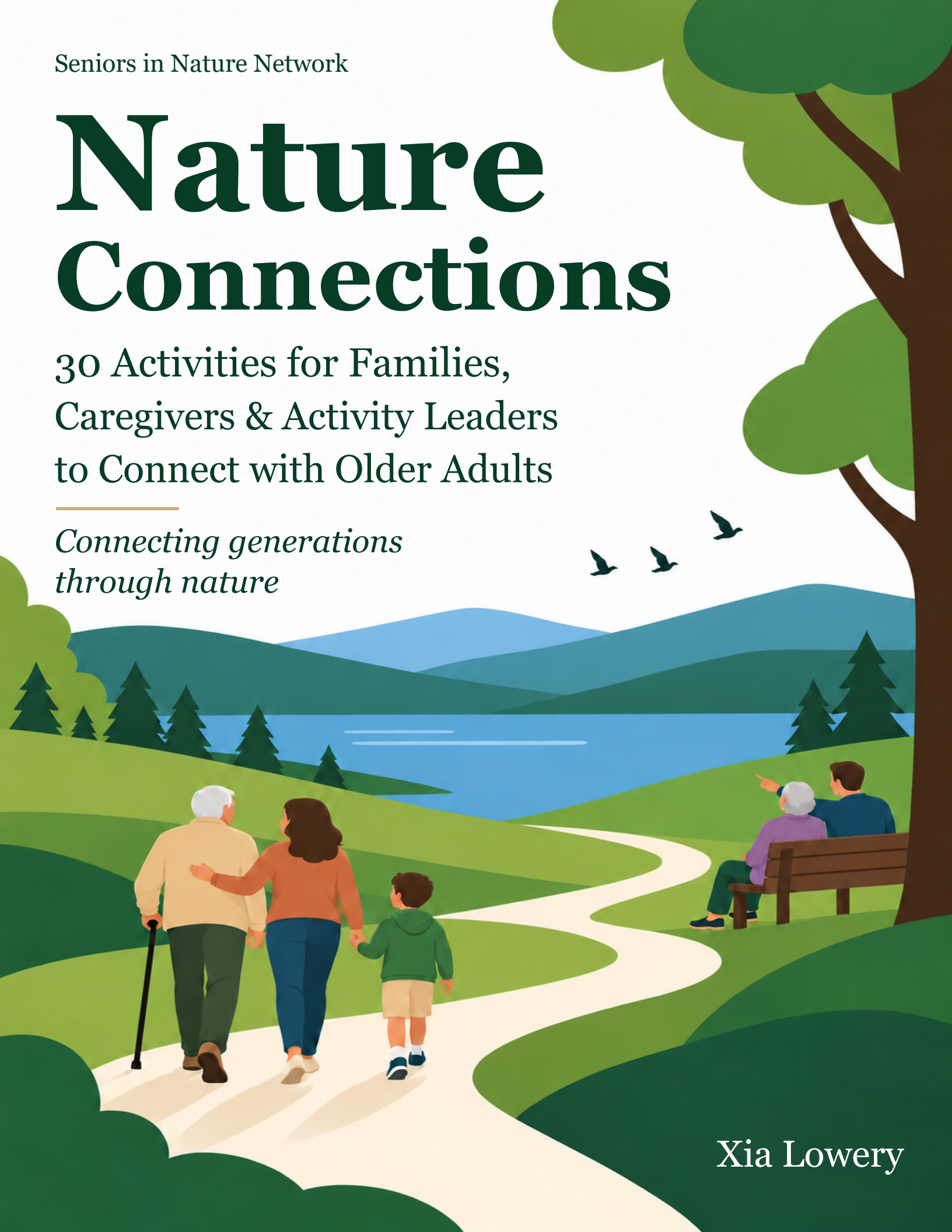


Seniors in Nature Network

Nature Connections

30 Activities for Families,
Caregivers & Activity Leaders
to Connect with Older Adults

*Connecting generations
through nature*



Xia Lowery

A small invitation to connect.

Two complete activities from Nature Connections

INSIDE THIS PREVIEW

Explore the contents, then try What's That Sound? and From Garden to Sunday Dinner. Original book page numbers are retained so you can find these activities in the full edition.

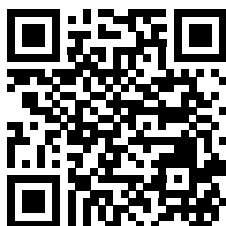
MAKE IT YOUR OWN

Choose a comfortable pace. Talking, listening, looking, or simply enjoying time together all count. Worksheets are optional; a family member or caregiver may record a memory with permission.

EXPLORE THE COMPANION RESOURCES

[Free Lesson Plans, printables, and audio](#)

The full book contains 30 activities across six chapters. Visit the website for availability and purchasing updates.



Scan for free companion resources
and book updates.



Choose your connection

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What's That Sound?

Activity Type:

Individual or group

Setting:

Indoor

Duration:

15-20 min

Accessibility:

Wheelchair accessible;
memory care adaptable

Materials:

Phone, tablet, or
speaker; website audio
recordings

WHY IT CONNECTS

Encourage listening, sensory awareness, and conversation without requiring reading or writing.

THE ACTIVITY

1. Open sustainableliving.org/lesson-plans and find Listen to nature. Choose a few recordings: birds, frogs, crickets, rain, ocean waves, or a stream. Preview them and set a comfortable volume.
2. Play a short clip without naming it. Ask participants to describe the sound: high or low, steady or changing, near or far? Identifying the animal is optional. Replay if requested.
3. Reveal the recording's name and compare it with another. Which sound would you expect near a pond? Which would you hear after rain? End by choosing a favorite sound together.

INVITE CONVERSATION

Where might you hear this? What does it sound like to you? Does it remind you of anywhere?

LISTEN IN DIFFERENT WAYS

For a relaxed version, offer two choices: Does this sound more like water or an animal? For a challenge, compare the robin with the dawn chorus and notice how many different voices you hear. Keep eyes open or closed as preferred. A participant may enjoy listening without answering.

LEADER TIP

There is no need to identify the species. Offer eyes-open listening; closing eyes is optional. Skip any sound that feels unpleasant.

FREE RESOURCES

[Listen to recordings](#)

[Listening guide](#)

From Garden to Sunday Dinner

Activity Type:

Individual or group

Setting:

Indoor

Duration:

30-45 min

Accessibility:

Wheelchair accessible;
memory care adaptable

Materials:

Food journey pictures;
familiar food packaging;
optional menu or recipe

FREE RESOURCES

[Open this lesson's materials](#)

WHY IT CONNECTS

Use favorite meals and food traditions to explore farming, shopping, and how food reaches the table.

THE ACTIVITY

1. Open an imaginary supper club: If we were planning a favorite Sunday dinner, what would be on the menu? Let participants choose a main dish, vegetable, bread, or dessert. Write their menu on paper or a whiteboard.
2. Choose one ingredient from the meal and follow its journey. An apple pie might begin with an orchard, picking, packing, transport, and a kitchen. Use the food pictures only when helpful; the participant's recipe stays at the center.
3. Invite a then-and-now conversation about gardens, farm stands, grocers, milk delivery, markets, or preserving food. End with a practical tip, memorable meal, or recipe the group would like to pass on.

INVITE CONVERSATION

Who cooked the meal everyone requested? What was worth growing yourself? Did you barter, can, freeze, or buy in season? What always tasted better fresh?

MAKE IT FUN

Invite a friendly choice: homegrown tomatoes or sweet corn? Apple pie or berry crumble? Ask each person to make the case for a favorite. Then ask what farmers, cooks, shopkeepers, water, soil, and transport contributed to the meal. There is no winning answer.

LEADER TIP

Food traditions vary. Invite the participant's actual experience rather than assuming a farm background or a particular family role. Tasting is optional and should suit their dietary needs.

Small moments in nature. Meaningful time together.

A bird outside the window. A familiar garden scent. A story about summers long ago. Nature offers countless ways to spend time together, wherever the day takes you.

Nature Connections brings together 30 flexible activities for families, caregivers, and activity leaders to enjoy with older adults. Begin with an interest, a memory, or something nearby - and see where the conversation leads.

- Spark stories with word games and familiar places.
- Explore gentle movement, sensory experiences, and everyday discoveries.
- Adapt activities for a chair, a window, a garden, or a group.
- Find free companion printables and nature recordings online.

ABOUT XIA LOWERY

Xia combines six years of experience supporting older adults with a master's degree in Environmental Conservation from the University of Wisconsin-Madison and a background in environmental education.



Seniors in Nature Network

sustainableseiorliving.org