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psychomotricity



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Working outside with natural materials

Description: A senior is asked to collect materials from the forest for constructing a picture or a figure of his or her favorite animal. Then the senior is asked to talk about the animal and how he or she has played with it in childhood. The senior is then asked to construct a pasture or shed or simply a place for the animal. Scissors or glue is offered when needed.

Goals: Cognitive skills: Initiative when looking for different materials from nature and creativity when constructing. Social skills: Trust between the senior and the practitioner to be able to tell the story. Gross motor skills: Development of muscular strength and balance when walking on uneven surfaces and when bending down. Fine motor skills: Development of finger handiness when constructing an animal or a shed from tiny sticks.

References: Renate Zimmer (2010): Handbuch der Psychomotorik
Karvinen E., Kalmari T., Koivumäki K. (2011): Ikäihmisten liikunnan kansallinen toimenpideohjelma