

# Program 1

## Session 1

### Emotional dimension

Recognition and expression of emotions, empathy, emotional connection and evocation of personal memories.

## Presentation



Through a video featuring images with a **low level of movement**, a brief initial introduction is carried out, including a warm greeting and simple questions, such as asking what participants have done during the day. Gradually, the message guides the person to feel **welcomed and safe**, facilitating orientation and understanding of where they are and what they are doing in that space. This gradual accompaniment promotes an experience of **calm, trust, and presence**, preparing the person for the intervention in a respectful and non-invasive manner.

## Immersion



Following the initial presentation, a **smooth transition** is made to a second audiovisual content with a **higher level of movement**. In a gradual and respectful manner, the person is introduced into the dynamic to be activated, progressively increasing visual and sensory stimulation.

This controlled shift supports the **activation of sensory receptors**, attention, and engagement with the experience, preparing the individual to participate more actively, always within an environment perceived as safe and comfortable.

## Activation 1



Affective connection with free-roaming animals, evoking calm, dignity, and a sense of freedom.

### Main therapeutic objective

To stimulate emotional regulation, affective connection, and inner well-being through the observation of free-roaming horses, fostering positive emotions such as calm, serenity, warmth, gentleness, and a feeling of freedom.

## Description of the video

The video shows horses living freely in a natural environment, moving gently, trotting, or walking across wide open spaces. The animals display fluid movements, calm behaviours, and attitudes characteristic of a harmonious group. The scene conveys sensations of:

- **Freedom and openness** (open landscapes).
- **Calm strength** (firm yet gentle movement).
- **Nobility and sensitivity** (gaze, posture, and interaction among horses).
- **Natural connection with the environment.**

These elements generate a deeply positive emotional stimulus in older adults.

## Emotional aspects to observe

### Emotional language of the horses

- Gentle walking movements → calm, serenity.
- Harmonious trotting → vitality, balanced energy.
- Relaxed body postures → trust, safety.
- Interactions among horses → bonding, contact, care.

### Sensations the scene may evoke

- Tranquillity through the fluidity of movement.
- Admiration for the beauty and nobility of the animals.
- Memories of nature, rural environments, or previous experiences with animals.
- A sense of inner freedom when observing open spaces.

### Common emotional symbolisms

- Horses are often associated with freedom, nobility, and emotional strength—symbols that evoke positive feelings, inner resilience, and personal balance.

## Guiding questions for working on the emotional dimension

### Projected emotional recognition

- “What emotion does the movement of these horses convey to you?”
- “How does it make you feel to observe them in their natural environment?”
- “Would you say the horse seems calm, curious, energetic, or attentive?”

### Affective emotional connection

- “What sensations arise in your body as you watch the way they move?”
- “Does it awaken tenderness, calm, or admiration?”
- “Is there a horse that particularly caught your attention? Why?”

### Associations and memories

- “Does it remind you of a place, a moment, or an experience in your life?”
- “How does remembering life outdoors or in nature make you feel?”

## Suggested complementary activities

- **Breathing in rhythm with the horse’s movement:** inhale as the animal raises its head, exhale during gentle trotting.
- **Emotional identification:** name the predominant emotion while observing each scene.
- **Sensory description:** “Describe the physical sensations you experience while watching them move.” This can be complemented with textures similar to a horse’s coat, such as blankets, to enrich the tactile experience and enhance realism and involvement while maintaining visual focus.
- **Reminiscence:** sharing memories related to nature, animals, or freedom.
- **Guided visualisation:** imagining being in that landscape, feeling the wind and the calm.

## Expected responses in older adults

- Reduction in anxiety or tension.
- Increase in positive emotions such as calm, tenderness, or gentle joy.
- Emotional openness and greater ease in expressing feelings.
- A sense of well-being associated with the contemplation of nature.
- Greater contact with pleasant or meaningful memories.

## Adaptations according to cognitive level

### **Mild cognitive impairment:**

- Short questions: “Does it calm you? Do you like it?”
- Pointing to a horse and asking about the emotion it conveys.

### **Moderate cognitive impairment:**

- Offering response options: “Does the horse seem calm or restless?”
- Focusing on recognising a single main emotion.

### **Older adults without cognitive impairment:**

- Allowing deeper symbolic reflection on freedom, nature, emotional strength, or life memories.

## Activation 2



Induction of calm, contemplation, and affective connection through the observation of marine animals in an immersive environment

### Main therapeutic objective

To promote emotional regulation, a sense of inner peace, and affective connection through an immersive marine environment that uses gentle movements, underwater animals, and soothing visual atmospheres.

## Description of the video

The video recreates a deep marine environment in which the following elements can be observed:

- **Marine animals moving fluidly**, such as fish, manta rays, or luminous creatures.
- **Clear, undulating water** that creates a visual rocking effect.
- A **submarine cave** with soft lighting and a relaxing sound environment.
- An overall sense of **depth, gentle mystery, and serenity**.

The presence of living beings underwater and the harmony of their movements foster emotional responses of calm and contemplation.

## Emotional aspects to observe

### Emotional response to the fluidity of water

- A sense of calm induced by undulating movement.
- Visual relaxation through soft colours and slow rhythms.
- Reduction of emotional tension.

### Affective connection with marine animals

- Gentle fascination when observing creatures moving freely.
- Emotions of care, curiosity, or wonder.
- Symbolic experiences of tranquillity and protection.

### Feeling of immersion and emotional containment

- A feeling of being “surrounded” by a safe environment.
- Minimal emotional arousal; predominance of peace.
- Support for introspection and inner serenity.

## Guiding questions for working on the emotional dimension

### Immediate emotional exploration

- “What emotion arises as you watch the animals move in the water?”
- “Which part of the video felt most relaxing to you?”

### Connection with bodily sensations

- “What do you notice in your body as you watch the movement of the water?”
- “Do you feel your breathing change as you watch these images?”

### Affective associations

- “Does it remind you of a moment in nature or by the sea?”
- “What word best describes what you felt during the video?”

## Suggested complementary activities

- **Guided breathing:** inhale as the water rises in the image and exhale as it descends.
- **Emotional identification:** choose a predominant emotion and describe it.
- **Positive visualisation:** imagine being inside the marine cave and feeling protected.
- **Emotional dialogue:** share sensations with the group or therapist.

## Expected responses in older adults

- Significant reduction in anxiety or agitation.
- Greater emotional stability and sense of safety.
- Spontaneous expression of emotions such as calm, fascination, or tenderness.
- Observable physical relaxation (looser shoulders, slower breathing).
- Overall improvement in immediate well-being.

## Adaptations according to cognitive level

### **Mild cognitive impairment:**

- Point to an animal and ask: *“How do you think it feels moving in this way?”*
- Use brief and concrete questions.

### **Moderate cognitive impairment:**

- Offer simple choices: *“Does it make you feel calm or uneasy?”*
- Focus observation on only one or two elements of the video (water and an animal).

### **Older adults without cognitive impairment:**

- Facilitate deeper reflection (symbolism of the sea, calmness, freedom).
- Explore personal emotional associations.

## Relaxation



Once the main activity has concluded, a **transition and closing phase** begins, designed to support the individual in a gradual, contained, and respectful manner. During this stage, **simple evaluative questions** are introduced to facilitate expression of how the activity was experienced and what sensations, emotions, or perceptions it generated.

This closing phase is **supported by audiovisual material with soft, relaxing music** and harmonious, gently moving images, which facilitate the integration of the experience, promote calm, and encourage a conscious and positive conclusion to the immersive journey.