

nature play

the OT way



AIM OF THE GROUP

Nature play therapy is an evidence-based program that strengthens attachment and interaction between caregivers and children by introducing them to the pleasure and power of being in nature and using nature-based activities in therapy together.

Through the program, caregivers will be exposed to a range of nature play based occupational therapy activities. We aim to build confidence when using these activities to help caregivers create positive interactions with their children. At the same time, children benefit from enjoyable nature play aimed at improving fine motor skills, gross motor skills, sensory processing, executive function and self-regulation.

Caregivers are encouraged to attend these group sessions with their child.

CHILDREN WHO WILL BENEFIT FROM THIS GROUP

- Children with NDIS occupational therapy goals can be supported in this small group.
- Children with goals to improve fine and gross motor skills.
- Children with sensory challenges impacting on their participation in activities.
- Children who have challenges maintaining self-regulation.
- Children who need support to navigate and engage in a group structure.
- Children learning how to socialise positively with other children and adults.

HOW CHILDREN BENEFIT FROM THE GROUP

Research shows that time spent in nature and in outdoor spaces:

- Allows children and caregivers to disconnect from their busy lives and re-connect with each other.
- Improves mental and physical wellbeing.
- Increases resilience and self-regulation.
- Reduces stress and fatigue.
- Improves cognitive skills, specifically memory, attention, and concentration.
- Improves a range of functional skills including fine motor and gross motor.
- Improves sensory processing and connection with nature.
- Enhances imaginative play, social skills and communication.

PARENT / CARER ROLE

- Engage with your child during the outdoor activities.
- Support your child with nature play skills thereby helping them to engage successfully in learning and social opportunities.
- Upskill in a range of ideas and activities provided in sessions to continue their implementation at home.
- Communicate regularly with the facilitator regarding your child's development and ongoing developmental needs.
- Have fun 😊

To enquire about this group, contact the Mpower Intake team.

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