



Sensory Seedlings: Nature-Based Occupational Therapy Pilot Program

Join a new free pilot program designed to **support children's emotional and physical well-being** through guided nature-based therapy experiences in central Raleigh. Groups sessions will be offered June 18th, 23rd, 25th, and 30th from 9:30-10:30am.

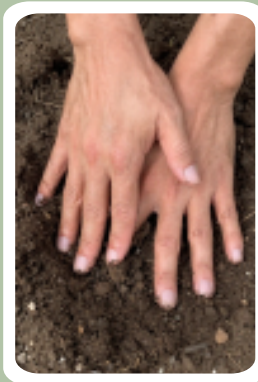
Led by licensed occupational therapists, this outdoor program uses forest play, movement, and sensory activities to promote calm, focus, and resilience. Ideal for ages 3-5.

Therapeutic Benefits:

- Reduces stress and anxiety through nature immersion
- Enhances sensory processing and emotional regulation
- Builds confidence, coordination, and social connection



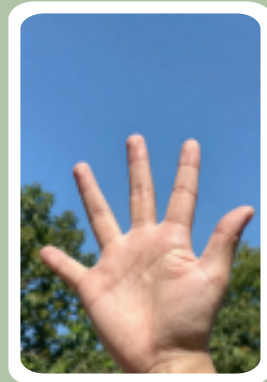
Gather



Ground



Garden



Grow

Our four-step framework will help to guide you and your child through the process of promoting emotional regulation using tools right in your backyard!

Learn more at www.sensory-roots.com

