



Sensory



Roots

Children's Nature-Based Therapy Pilot Program

Join a new pilot program designed to **support children's emotional and physical well-being** through guided nature-based therapy experiences at Carl Alwin Schenck Forest (Reedy Creek Rd Raleigh).

Led by licensed occupational therapists, this outdoor program uses forest play, movement, and sensory activities to promote calm, focus, and resilience. Ideal for ages 3-7.

Therapeutic Benefits:

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

Perfect for families seeking a peaceful, developmentally supportive weekend activity

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!



Gather



Ground



Garden



Grow

- Group sessions offered at \$25.00 for 3 week program
- Held Sun Oct 12th, 19th, and 26th from 3-5pm
- All materials provided

Scan the QR code below for more sign up information!



Learn more at www.sensory-roots.com