

# Thriving Through Nature

## Nature-based

### Occupational therapy social connection groups

Groups  
available for  
4–15-year old's



Our nature based social skills groups provide children with a calm and nurturing space where they feel confident and safe enough to build new relationships with peers.

#### Developmental areas we support include;

- Social connectedness
- Play
- Emotional regulation
- Self-regulation
- Sensory processing
- Body awareness

- Executive function
- Attention
- Fine and gross motor skills
- Visual motor skills
- Safety awareness

To register your interest, please see our website [www.thrivingthroughnature.com.au](http://www.thrivingthroughnature.com.au) or send an email to [info@thrivingthroughnature.com.au](mailto:info@thrivingthroughnature.com.au).