

# The Need for Nature

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## Therapy in Nature

The idea behind nature therapy is that nature has a restorative effect. That being outside in nature can lead a stressed state to physiological relaxation - which can in turn lead to immune function recovery.

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## Benefits

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Being in natural outdoor spaces has physiological & psychological benefits.

Time in nature is shown to:

- Increase attention for individuals with developmental disabilities
- Decrease stress levels and increase mood
- Increase gross motor skills through stability-based movement

## Nature Time

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Nature can be used for motor, sensory, mental, and social development and can provide positive impacts on an individual's occupational engagement and skills.

Outdoor environments naturally offer sensory input through auditory, visual, tactile, and olfactory stimulation.



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