

# Therapies associated with Nature

## Theme/Place:

Greening spaces for children and youth - Florianópolis / Santa Catarina

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## **Context and objective:**

Conducting therapies that take place in external spaces, presenting natural resources that enable experiences through free play and exploration of natural environments, offering support to neurodiverse and disabled children, within each specific area.

## Methodology:

Individually, in pairs or in groups of children previously agreed between the therapists, weekly outings to external environments (parks, trails and dunes) are organized, using the technical knowledge of each professional so that the therapeutic objectives are achieved.

#### **Results:**

We observed through the therapeutic evaluation that the accomplishment of the therapy in naturalized environments provides possibilities for faster and more effective learning in relation to the sensorial, motor, communicative and social aspects, since when they are exposed to uncontrolled environments, they need a greater adaptation of the your neuropsychomotor system as a whole.

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