NATURE-BASED THERAPY

NATURE NOTES

Connecting You To Nature

Sleeping Otters

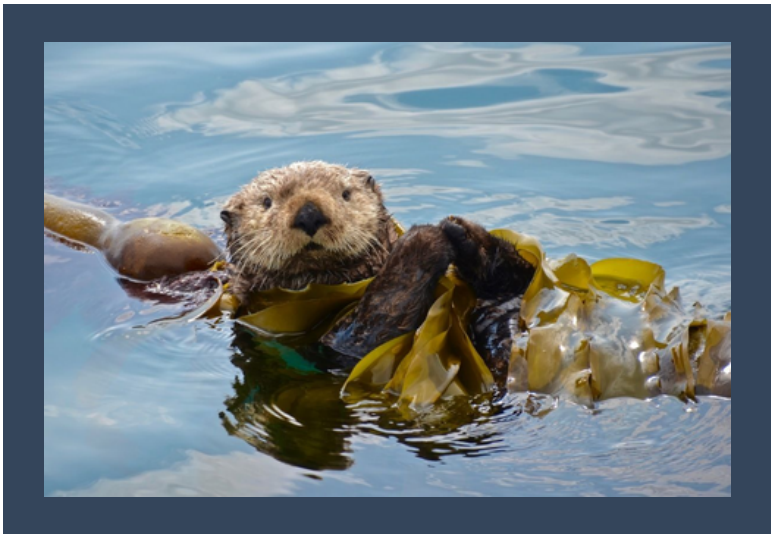
While you may cover yourself with a blanket, an otter wraps itself in seaweed! When it's time to nap, sea otters twist themselves in kelp so they don't float away. If there is no kelp nearby, they 'grab hands' with other sea otters, floating together while they sleep. This group of snoozing otters is called a 'raft'.

REFLECT

What is your bedtime routine? Do you enjoy a bedtime story, song or snack?

CONNECT WITH NATURE

How are you like an otter? What makes you feel comfortable and ready to rest... blankets, pillows, stuffed animals?



SCAN & WATCH: A video of a day in the life of a sea otter...

NATURE-BASED THERAPEUTIC SERVICES:

professionally facilitated educational and play-based interactions with plants, animals and natural landscapes to bring about measurable outcomes in human health and wellbeing

Benefits

Reduce Anxiety | Reduce Stress | Increase Relaxation | Improve Mood | Motivation | Happiness | Comfort | Promote Physical Activity | Express Emotions | Increase Sensory Stimulation | Social Connection

Minnesota Landscape ARBORETUM

Pediatric Integrative Health and Wellbeing Program