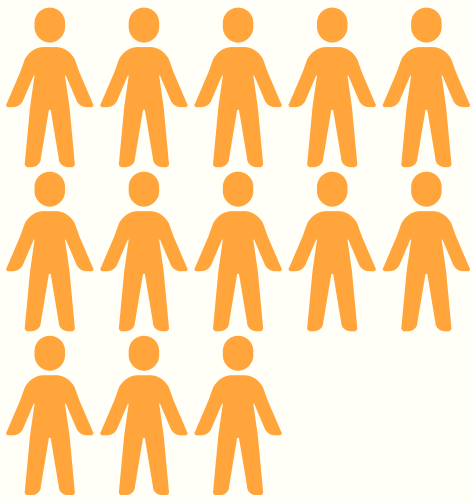


# THE IMPACT OF A NATURE OT GROUP ON SOCIAL EMOTIONAL SKILLS IN CHILDREN

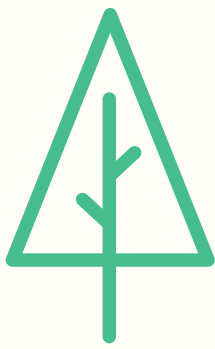
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Newton, MScOT



13 children, aged 5-11 years,  
participated in an 8-week  
Nature OT Group.

Curriculum focused on  
developing social and  
emotional skills.

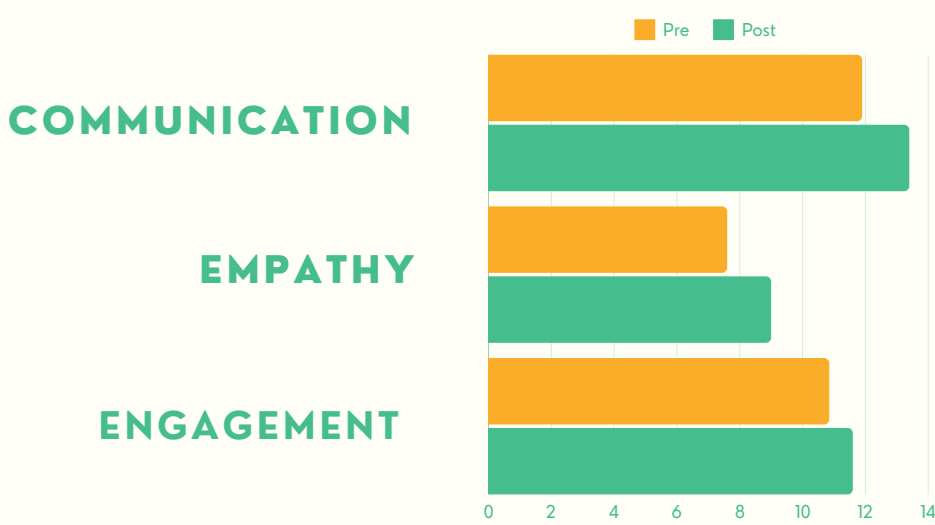
Parents completed a Social  
Skill Inventory System (SSIS)  
form at the beginning and at  
the end of the 8 weeks.



Nature is shown to have emotional, motor and  
social benefits for children with ADHD and Autism  
Spectrum Disorder.

Larchwood OT uses unstructured, natural  
environments for all private and group therapy  
sessions.

**Children showed significant  
improvements in social skills and a  
positive shift in Autism Spectrum  
scores after an 8-week Nature OT group  
intervention.**



- Improvement in the Social Skills scale as a whole and the subscales of communication, empathy, & engagement was noted in the findings.
- Communication & empathy moved from Below Average to the Average Behavior Level when compared to normative values.
- Social Skills among the participants improved from the 6th to the 12th percentile.

Improvements in social skills align with Larchwood OT group goals, providing strong evidence that our curriculum and approach are facilitating change.

The results also revealed moderate to large effect sizes with clinical significance. This nature-based group program offers a promising future for group interventions.



Learn more at [www.davisoccupationaltherapy.com](http://www.davisoccupationaltherapy.com)