



Outdoor Play Residency

February 2025

What is Nature Play?

Nature Play is all about enhancing and promoting healthy child development. We use the inherently therapeutic qualities of nature to support children in both our therapy stream (outdoor occupational therapy, social skills, and physiotherapy groups) and our general enrichment stream (TimberNook). We also offer school residencies, where we provide play experiences for the children, professional learning for the teachers, and guidance for how to use the power of nature play to support learning and wellness for the entire school population.

School Residency- what to expect

During our winter residency, classes will get the opportunity to engage in outdoor play experiences at the school. The sessions are designed to encourage creativity, problem solving, resilience, and teamwork, as well as developmentally appropriate gross motor, fine motor, and social skills. Teachers will have lots of opportunities to learn as well, and our hope is that the ideas and learning experiences can continue to resonate in the school, long after the residency wraps up!

What to pack

We are an all-weather program (with the exception of extreme cold (below -15C with windchill)). Your child's teacher will be in touch about their scheduled days with Nature Play. On these days, please send your child with the following to ensure they can have a safe and enjoyable experience with Nature Play!

- Warm, well-fitting winter boots (no fashion boots please!)
- Non-cotton socks if possible (Hot Chilly's from Costco are a great and affordable option!)
- Snowpants
- Warm winter jacket
- Mitts (NOT gloves!)
- Buff or balaclava
- Toque

If you need assistance in gathering any of those items, please talk to your classroom teacher or get in touch with me directly and we can help to source some winter gear for you!

We can't wait to get outside and play with your kids this winter!

Sincerely,

Devon Karchut, Physiotherapist and owner of Nature Play Ltd

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