

NEW...PONY PALS FARM THERAPY PROGRAM

SEVEN BENEFITS CAN YOU EXPECT FROM FARM THERAPY

Connection with Nature and Mindfulness;

Animals live in the moment. We create that same mindful opportunity for your student, which fights anxiety and improves well being. In general, being in a natural environment calms the autonomic nervous system, having positive physiological effects on the heart and brain.

Sensory Integration; Participants explore touch, smell, and sounds that are different, varied and perhaps at first may be unfamiliar and overwhelming. With this opportunity their sensory systems become more regulated.

Sense of Purpose; Caring for, feeding, nurturing, and providing for the animals creates a deep sense of purpose which promotes self worth and results in behavior regulation.

Social/emotional connection; A connection with animals is a social and emotional connection. For some it is easier to build interactions with animals than people. The setting also provides conversation starters and therefore promotes on topic connection with peers/therapist/leaders.

Motor skills; Clients may have specific motor goals such as squatting, upper body strength, balance or fine motor coordination. Working with/supporting the animals requires many physical skills from egg collection to shoveling. Here is functional opportunity to develop those skills.

Positive behavioral habits; Participants learn routines and appropriate safety behaviors in this setting.

Cognitive and Sequencing; Clients are given specific cognitive/language tasks such as measuring out food, preparing the pen etc. There will be opportunity for more advanced cognitive goals such as research on animals, family trees and the egg collection program.



Shelley Latendresse , Occupational Therapist with
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