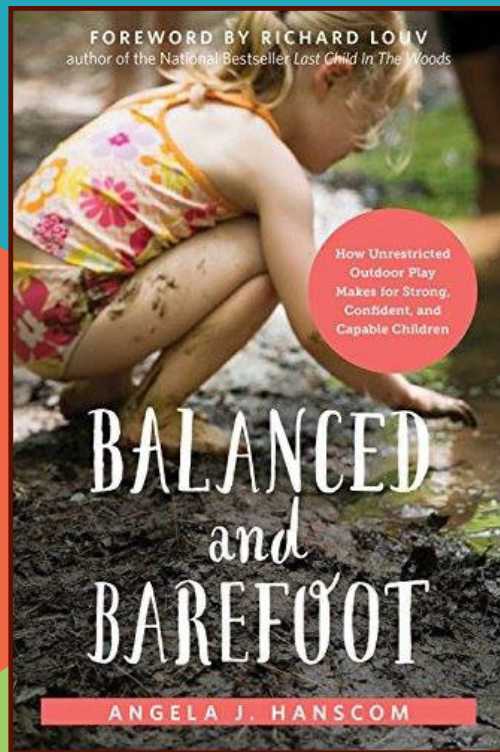


Supporting Unstructured Outdoor Play in Early Years Settings



eccdc

with Internationally
Acclaimed Angela
Hanscom, Author of
Balanced and Barefoot

8:30 am • Registration and Breakfast

9:00 to 11:00 am • Workshop Opening and Keynote

Presentation: The Decline of Play Outdoors – And the Rise in Sensory Issues

As we continue to decrease children's time and space to move and play outdoors, we are seeing a simultaneous rise in the number of children that are presenting with sensory and motor deficits. At the same time, classroom teachers are observing more and more children having trouble with attention, falling out of their seats in school, increased clumsiness, and even aggressiveness with games like tag on the playground.

So, how can we reverse this alarming trend of sensory and motor issues in children? How can we ensure that children are fully engaging their bodies, minds, and all of their senses?

Using the same philosophy that lies at the heart of her popular TimberNook program - that nature is the ultimate sensory experience, and that psychological and physical health improves for children when they spend time outside on a regular basis - Angela Hanscom offers several strategies to help children thrive in outdoor environments using a therapeutic approach to nature play.

Stretch Break

11:00 am to 1:00 pm • Morning Workshop: Unveiling the Therapeutic Potential of Outdoor Play

Participants will get the opportunity to engage in a TimberNook experience first-hand. Afterward they will learn how to analyze the therapeutic components of outdoor play – allowing participants to comprehend the impact outdoor play has on child development at a deeper level.

1:00 pm to 2:00 pm • Networking Lunch

2:00 pm to 4:00 pm • Afternoon Workshop Free Play: How to Inspire Kids to Play Independently

This workshop will discuss the environment and its critical role in inspiring creative play experiences for children. Participants will learn the "key ingredients" that go into preparing outdoor settings that foster independent play in both the home and school environment.

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Session Details

Saturday October 28, 2017

8:30 am to 4:30 pm

St. Catharines Museum, 1932 Welland Canals Parkway, St Catharines

Registration Options

\$125 includes the workshop sessions, continental breakfast, lunch, and a copy of Angela's book *Balanced and Barefoot* with Foreword by Richard Louv

or

\$80 includes the workshop sessions, continental breakfast, and lunch

To register, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org



Angela Hanscom, MOT, OTR/L

Angela Hanscom is a pediatric occupational therapist and the founder of TimberNook, an internationally recognized program in the United States and New Zealand. She is the author of the book, *Balanced & Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children* by New Harbinger. Angela has been featured on the Children & Nature Network, Huffington Post, MindShift, Babble.com, NPR's Education blog, the DIY Network, The Jerusalem Post, Times of India, Johnson & Johnson TEDx Talks, and is a frequent contributor to the Washington Post Answer Sheet. Hanscom resides in the state of New Hampshire, in the US.