



Utilizing Nature-Based Programs to Promote Self-Regulation

One child's perspective...

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Meet John:

Rude,
disrespectful &
argumentative

Likes animals, video
games, and contact
sports

Impulsive,
hyperactive,
unfocused



Poor social skills

Hits, kicks &
throws things

Low frustration
tolerance,
difficulty
transitioning,
school refusal

What Is Self Regulation?

Self-regulation involves an individual's ability to manage and control their level of alertness, cognition, emotional responses, and behavior when presented with any given situation/stimuli.



Self-Regulation Looks Like...



Sensory Modulation

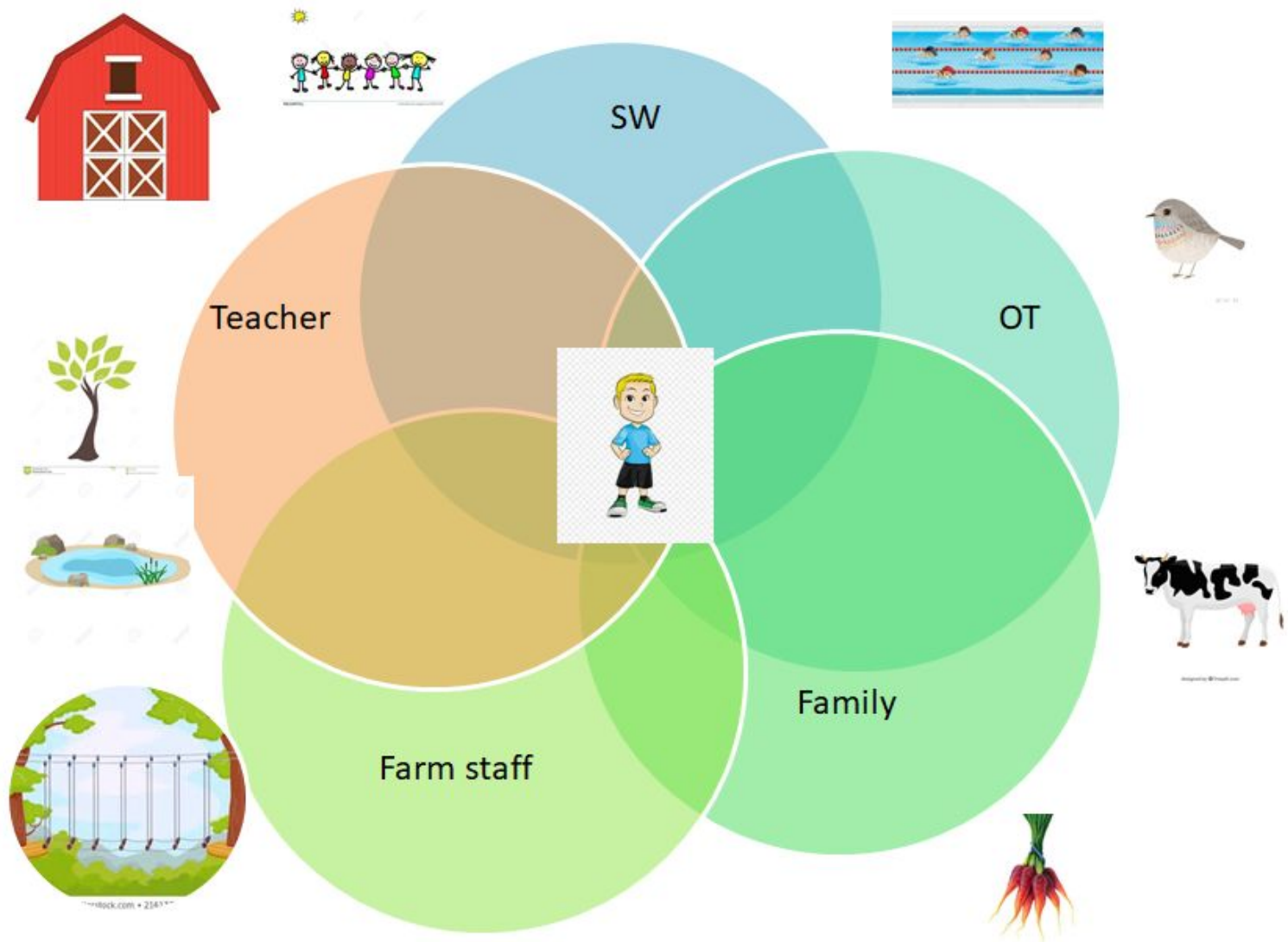
Sensory threshold	Self-regulation	
	PASSIVE ←	→ ACTIVE
<p>HIGH</p> <p>↑</p> <p>↓</p> <p>LOW</p>	<p>poor registration</p> <ul style="list-style-type: none"> • <i>missing stimuli</i> • <i>responding slowly</i> 	<p>sensory seeking</p> <ul style="list-style-type: none"> • <i>persuit of stimuli</i> • <i>associated with intelligence and creativity</i>
	<ul style="list-style-type: none"> • <i>distractability</i> • <i>discomfort with sensory stimuli</i> <p>sensory sensitivity</p>	<ul style="list-style-type: none"> • <i>acting to reduce/prevent exposure to stimuli</i> • <i>efforts to make exposure more predictable</i> <p>sensory avoiding</p>

Emotional Regulation:

Recognizing, Understanding and Managing Emotions...



The Treatment Team



Others in the diagram: Residential Staff, Psychiatrist, Recreation, Nurses, Outside providers and many others

Why Nature?

A photograph of a sunlit forest with tall trees and mossy ground. The scene is peaceful, with sunlight filtering through the canopy and casting long shadows on the forest floor covered in green moss.

**I go to nature to be soothed and
healed, and to have my senses put
in order.**

John Burroughs

Functional

Dependable

Motivational

Connecting

Pleasurable

Flexible

Comforting

Genuine

Purposeful

Unpredictable



Creating Interventions



Person/Animal Factors



Environment



Task

Addressing Treatment Goals Through AAT



Self-Regulation Through Nature:



BLUE

I feel sad, sick, tired, bored, moving slowly...

I can:

- Ask for walk
- Throw a ball with the dogs

GREEN

I feel happy, calm, okay, focused, ready to learn...

I can:

- Pay attention
- Stay in class

Yellow

I feel frustrated, worried, silly, need to move, excited, a little loss of self-control...

I can:

- Spend some time with Bo-peep
- Run around the circle

RED

I feel mad/ angry, terrified, yelling, cursing, threatening, out of control

I can:

- Go to my safety bench under the trees
- Ask for headphones

Thank You

