

THE SMART NEWSLETTER

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By



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THE ENDLESS BENEFITS OF NATURE

Did you know that spending at least 120 minutes in nature per week can significantly boost health and well-being?

How much time do you spend in nature? With busy days and what can feel like even busier nights, nature can easily be limited to the time it takes us to walk to and from the car. Take a minute to write down the times you are able to be in nature? Do you spend time outside and if so, are you paying attention? When you are indoors, are you finding ways to bring the outdoors in? Sitting by a window, having plants, listening to nature sounds, etc. have proven benefits. With the world focused on kids and screen time, it is important for us, as adults, to take a hard look at our habits. What is one small change you can make starting tomorrow to bring more nature into your day? Your body and mind will thank you!

8 Benefits of Nature

1. Better Breathing
2. Improved Sleep
3. Reduced Depression Symptoms
4. More Motivation to Exercise
5. Mental Restoration
6. Boosted Immune Function
7. Protection from Short-Sightedness
8. Improved Emotional Well-Being

**READ THE FULL
ARTICLE HERE!**

Read on to page 2 to explore nature interventions!

NATURE INTERVENTIONS

IDEAS FOR EVERY RECREATION PROFESSIONAL

START SEEDS IN ICE CREAM CONES AND THEN PLANT IN THE GROUND WHEN READY. IT'S THE PERFECT BIODEGRADABLE HACK.



BIODEGRADABLE PLANT STARTERS:

- PERFECT FOR ALL AGES
- AFFORDABLE
- GREAT INTERVENTION FOR FINE MOTOR SKILLS AND HEALTHY LIFESTYLE EDUCATION
- **PRO TIP: CHECK OUT YOUR LOCAL LIBRARY. MANY LIBRARIES OFFER SEEDS TO MEMBERS.**

SIDEWALK CHALK PAINT:

- NONTOXIC AND WASHABLE
- MIX TOGETHER ONE CUP CORNSTARCH, ONE CUP WATER, AND YOUR CHOICE OF FOOD COLORING
- GREAT INTERVENTION FOR SELF-EXPRESSION, FINE MOTOR SKILLS, AND GROSS MOTOR SKILLS
- **PRO TIP: MIX THE PAINT IN A CUPCAKE TIN TO ALLOW FOR MANY COLORS AND PORTABILITY**



SMART PARTNER HIGHLIGHT



Therapeutic Recreation Ontario (TRO)

by The TRO Board of Directors

Therapeutic Recreation Ontario (TRO) is the professional association that represents Therapeutic Recreation practitioners in the province of Ontario, Canada. TRO was established in 1999 and has since grown to a membership of more than 1800 professionals, educators, and students!

Our mission is to empower our TRs and partners through professional development, advocacy and sustainable growth. We offer quality membership services, networking opportunities, evidence-based research and best practices.

ANNUAL TRO CONFERENCE

TRO conducts several professional development events throughout the year. Our largest event is our annual conference which takes place in June. The 2024 conference offers attendees access to a selection of 37 sessions over 2 days and includes education on topics such as children and youth, persons with disabilities, long-term care, mental health, palliative care, research, private practice, facilitation techniques and more! We're so pleased to be offering the 2024 Conference in-person and via our virtual live-stream. Registration for in person and virtual live-stream tickets for the 2024 Conference closed at the end of May. Keep an eye out for the session recordings that will be publicly available for purchase [here](#) following the end of the conference.



COMMUNITIES OF PRACTICE

To bring the TR community together, TRO hosts Community of Practice meetings for specific areas of focus. We currently have Communities of Practice for Aging, Mental Health, Pediatrics and Private Practice. Each Community gathers virtually every few months to connect, network, discuss best practice and share resources. Community of Practice meetings are open to anyone, not just TRO members. No registration is required. For more details, upcoming meetings and how to join, please visit the [Event Calendar](#) on the TRO website.



SMART PARTNER CONT...

WEBINARS

In addition to our annual conference, TRO offers a program of webinars each year on a variety of topics. Recordings of our previous webinars are available to access on-demand [here](#). Past webinars have focused on topics such as virtual reality, introduction to grants and funding proposal, exercise programming for seniors and more.

ADVOCACY

In addition to Professional Development opportunities, TRO advocates for TR in a variety of ways. One way we do this is by providing advocacy materials to support TRs in advocating to their employers, colleagues, clients, and community. Advocacy resources include presentations, infographics, brochures, posters, documents, and media guidelines. Many of our advocacy materials are publicly available for download [here](#).

STAY IN TOUCH!

AT TRO, WE BELIEVE IN SHARING RESOURCES AND COLLABORATING – WE’RE STRONGER TOGETHER!

WE ARE ALWAYS OPEN TO SHARING KNOWLEDGE, EXPERIENCES, AND MATERIALS.

PLEASE FEEL FREE TO CONTACT [INFO@TRONTARIO.ORG](mailto:info@trontario.org) SHOULD YOU LIKE TO CONNECT WITH A MEMBER OF THE TRO TEAM.

IF YOU’RE INTERESTED IN SUPPORTING OUR VISION OF THERAPEUTIC RECREATION FOR ALL,

PLEASE

STAY IN TOUCH BY SIGNING UP TO JOIN OUR [MAILING LIST](#) OR FOLLOWING US ON [INSTAGRAM](#), [FACEBOOK](#), AND [LINKEDIN](#).



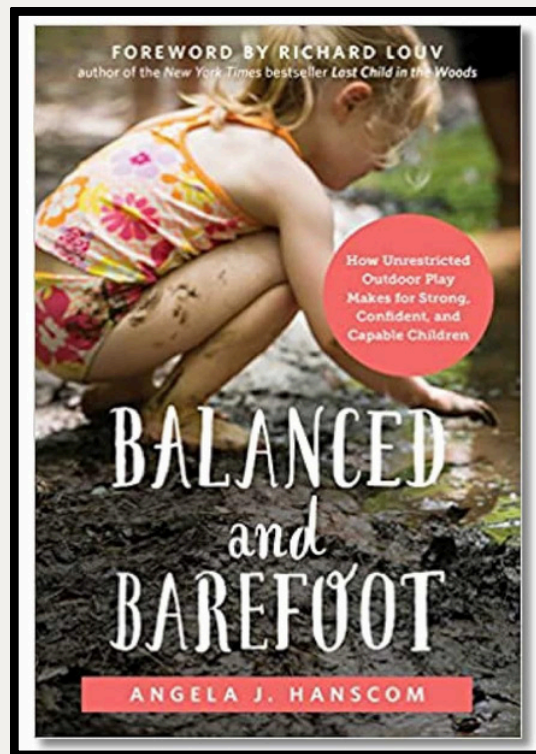
[CLICK TO VISIT THE TRO WEBSITE](#)

*Thank you TRO for
being a SMART Partner!*

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BECOMING A
SMART
PARTNER!](#)**

SMART BOOK PICK

Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children



“Today’s kids have adopted sedentary lifestyles filled with television, video games, and computer screens. But more and more, studies show that children need “rough and tumble” outdoor play in order to develop their sensory, motor, and executive functions. Disturbingly, a lack of movement has been shown to lead to a number of health and cognitive difficulties, such as attention deficit/hyperactivity disorder (ADHD), emotion regulation and sensory processing issues, and aggressiveness at school recess break. So, how can you ensure your child is fully engaging their body, mind, and all of their senses?”

Author Angela Hanscom offers several strategies to help your child thrive, even if you live in an urban environment.

[**CLICK HERE TO PURCHASE THE BOOK**](#)

SMART RESOURCE SPOTLIGHT

The National Wildlife Federation
Connecting Kids and Nature



**NATIONAL
WILDLIFE
FEDERATION**

"Studies show outdoor time helps children grow lean and strong, enhances imaginations and attention spans, decreases aggression, and boosts classroom performance." (NWF Website)



THE GREEN HOUR PROGRAM:

The National Wildlife Federation's Green Hour program is designed to encourage parents, schools, childcare centers, park agencies, camps, grandparents, and others to adopt a goal of one hour each day for children to play and learn outdoors in nature. Learn more about the program by visiting the website below.

**[CLICK HERE TO VISIT THE CONNECTING KIDS
AND NATURE WEBPAGE](#)**

LEARN MORE ABOUT SMART CEUS HUB



SESSIONS INCLUDED IN THE BUNDLE:

- Positive Psychology Based Interventions
- Therapeutic Recreation and Outdoor Mindfulness in Mental Health
- Adaptive Dance: Using the Foundations of TR and Recent Research Trends
- 5 Senses Grounding Activity- Helping Participants Cope with PTSD, Anxiety, and Stress
- 1:1 Recreation Therapy Interventions
- The Use of Experiential/Adventure Based Activities and Metaphors in Substance Use TR Programs

THE SMARTER TOGETHER CONTINUING EDUCATION VIRTUAL BUNDLE

**ACCESS TO ALL
SESSION RECORDINGS
FOR \$99**

[CLICK HERE TO PURCHASE](#)

THE UNLIMITED CEUS MEMBERSHIP

The Best Value In RT Continuing Education

\$179/YEAR = UNLIMITED ACCESS

***ALL COURSES NCTRC PRE-APPROVED**

Did you know SMART CEUs Hub offers a corporate membership?



- Available to groups of four or more who purchase the Unlimited CEU Membership
- Offers 20% off the original price of \$179 which saves over \$35 per membership
- Includes unlimited access to the course catalog for the life of the membership
- Must be renewed annual and maintain four or more memberships to remain eligible

THANK YOU TO OUR SMART PARTNERS



[Click here to learn more about partnerships.](#)