

# Get Outside

THERAPY SERVICES

See if you can find these things on our hike!

- Something furry*
- Something that sounds crunchy*
- 3 different colored leaves*
- 2 rocks that look alike*
- 1 Pinecone*
- A Bug with 6 legs*
- A Bug with wings*
- 1 Mushroom*
- A bird with bright color(s)*
- 5 Acorns*
- A Tree stump big enough to stand on*
- A Flower*
- Something that goes “splash” in the water*



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## Contact Us!

[GetOutsideTherapy.Org](http://GetOutsideTherapy.Org)

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[info@Getoutsidetherapy.org](mailto:info@Getoutsidetherapy.org)

Get Outside Therapy Services offers nature-based **occupational therapy** services to children and adults in Nashville and the surrounding areas! Using the outdoors as our therapy space, we work on building independence and confidence in daily routines, feeding and eating, and sensory regulation challenges. Schedule a free, 15-minute consultation today to see how Get Outside Therapy can serve you!

