



Assisted Learning

Posh Pony offers caring and professional Assisted Learning programs to people of all ages, backgrounds and abilities to find a unique way of connecting, communicating and caring.

We tailor a series of purposeful experiences to assist in achieving specific learning outcomes, NDIS goals or a holistic approach to physical and emotional wellbeing and developing important life skills..



Some of the many benefits of Assisted Learning include:

- Using a plant or animal as a provocation to spark self-initiated and interest-based learning that can be used to achieve NDIS, individual and therapists learning goals.
- Promoting autonomy and fosters healthy self-esteem and self-worth that encourages our participants to be self-motivated to achieve challenging tasks.
- Being in nature is grounding and promotes feelings of calm and wellbeing
- Social and community participation
- Developing feelings of empathy for others
- Helping relive anxiety, stress and promotes mindfulness
- Developing social skills
- Encouraging self-emotional regulation
- Developing strength, agility and balance
- Specific fine and gross motor skills can be developed and strengthened using task analysis and individual lesson plans
- Being in nature is also thought to strengthen the immune system

Assisted Learning will foster your capacity to understand and respect the natural environment and the interdependence between people, plants, animals and the land.

We're based in Kurnell in the Sutherland Shire of Sydney and our Assisted Learning sessions are held in our suburban farm.

We're proud to work in partnership with Super Groms Therapies to provide Assisted Learning sessions.

Posh Pony reconnects people with nature by promoting the interconnectedness and interdependence of human beings and the animal world.



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