

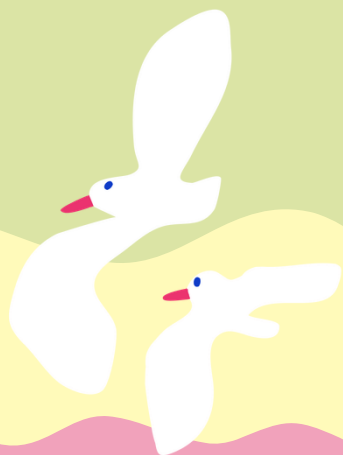


Co-funded by
the European Union

**HEALTHY
MIND,
HEALTHY
CHILD**

PRESS RELEASE #3

Innovative Outdoor Therapy Activities to Support Children's Emotional Wellbeing



The Healthy Mind, Healthy Child (HMHC) project is introducing innovative approaches to mental health support through Outdoor Adventure Therapy.

This methodology combines physical activity, teamwork and nature-based experiences to help children develop emotional resilience and coping skills. Activities such as hiking, group challenges and outdoor exploration provide safe environments where children can build confidence and strengthen social connections.

Research shows that nature-based activities can significantly improve emotional regulation, reduce stress and enhance social skills among young people.

