



Balanced Beings Outdoor Recreation
2148 East Desert Lane, Phoenix, AZ, 85042
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(623) - 210 - 2803

Farm Helpers: Day Adventures Information

Overview:

Homeschool friendly! Balanced Beings Outdoor Recreation offers Farm Helpers: Day Adventures sessions for small groups tailored to meet individual needs, preferences, and goals while enjoying the company of other children. Activities will include equine and animal experiences, various games, mindfulness activities like breathing exercises, basic yoga (and goat, chicken, or horse yoga!), beginners archery, service projects to help improve the ranch, and so much more.

Sessions may include and not limited to:

- Beginner's archery lessons under NASP BAI guidelines
- Horsemanship experiences
- Farm arts and crafts
- Games
- Micro-walks
- Build on social skills, emotional regulation, vocational skills
- Gardening
- Mini service projects
- Scavenger hunts
- Adventure and nature based play
- ...and more

*Maximum weight of participant 210lbs. for mounting WCR horses

Riding is not guaranteed every session

Purpose Summary:

Believing in a holistic approach, our interventions are thoughtfully designed to improve and maintain participants' overall well-being — mind, body, and spirit. Through experiential learning at our urban ranch setting, participants engage in outdoor recreation that fosters emotional processing, self-reflection, and the development of positive coping strategies that support lifelong growth and community contribution.

Programs are intentionally designed to cultivate intrinsic motivation and self-determination, guiding participants to willingly engage and discover the lifelong value of leisure and recreational hobbies. Balance Beings' Day Adventures program supports youth in experiencing firsthand how therapeutic recreation — including the intentional use of exercise and creative arts — can be a powerful tool in supporting positive mental health and reducing challenging behaviors. For example, a nature walk that doubles as an art supply collection brings movement, mindfulness, and creative expression together in one meaningful experience.

Beyond traditional approaches, participants are introduced to a rich variety of evidence-based modalities — including animal-assisted interventions, adventure therapy, mindfulness practices, therapeutic humor, and stress management techniques — all thoughtfully facilitated within NCTRC's scope of practice. Rather than feeling like a conventional therapy session, these experiences are designed to feel engaging, natural, and fun, while empowering participants to discover personalized coping strategies that genuinely work for them.

Ages:

7 - 15 years of age

Price:

\$50 per session, per child, paid in full before session

Location:

2148 East Desert Lane, Phoenix, AZ, 85042

Duration:

4 hours

When:

See “book online” for upcoming date

By appointment only

Minimum attendance:

1 child

Maximum attendance:

10 children

Things to know:

If you have more than one child attending, please register them each individually. Thank you for your time!

Documentation preferences may affect assessment requirements. Insurance billing is in transition of being offered. Program structure, documentation requirements, and pricing may change in the future if insurance options become available. All required registration, assessment

documentation, waivers, and in-person in-take interview must be completed and received no less than five days prior to booking and participation, as well as paid in full prior to participation. This information is required to allow sufficient time for review and to develop appropriate protocols, safety considerations, and individualized session planning.

Contact:

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