



NEWSLETTER JUNE 2021



«Green» Therapy

Beneficiaries through the activity of gardening become familiar with an unexplored area full of seeds and herbs that grow up easily.

The main goals of the activity are to explore different textures of surface, such as wet or dry soil and soft of fluffy fruits using their sensations as well as to plant some veggies' seeds like tomatoes, peppers, lentils, and some flowers and herbs, like mint.

Through planting, beneficiaries are satisfied getting the feeling that they take care of something and decorate their rooms with plants. They observe the life circle of plants and by this they might raise their environmental awareness and develop some skills like responsibility, optimism and self-esteem.

In fact, gardening is highly connected with feelings of anticipation, patience and hope, which are very therapeutic according to psychological research, as they lead to stress reduction.

Specifically, for these beneficiaries who experience a lot of stress in their daily life, this kind of activities might be relaxing and euphoric.



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και Ένταξης

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Visit to the Goulandris Museum of Natural History

Some beneficiaries of UAMsS had the opportunity to enjoy a magical journey into the world of natural history, Goulandris Museum. Specifically, on June 30, the minors admired the various exhibits from the animal and plant kingdom of the Natural History museum. The minors were impressed by the wonderful collection of insects, like beetles and butterflies in a variety of colors and sizes. Also, the tall giraffe was very imposing at the entrance of the museum. Equally impressive for the beneficiaries but also the professionals of the shelter was the model of the dinosaur skeleton. In the end, a unique experience offered the most interactive part of the Museum, the "Center Gaia", where the operation of the planet Earth is presented.



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Catrina's House

A cute black and white intruder is around our yard since a few months ago. The playful cat, that has been named Catrina by the staff and minors, is our new pet. Since the beginning, minors felt connected with the cat and they decided to take care and be responsible for her. This month, beneficiaries constructed a little house and some games for the cute pet, as a creative activity. Petting a cat helps minors develop empathy, which is a highly important feature for them. By living with her, beneficiaries learn to communicate in body language and understand her signs. This is quite helpful not only for taking care an animal but also humans.



The beneficiaries of UAMsS showed once again their exceptional skills in Pastry, by making delicious ice cream along with the help of the staff. Chocolate, cream, sorbet, peanut.... Whatever flavor you choose, ice cream is definitely the most enjoyable dessert of the summer.



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