



Occupational Therapy Physical Therapy/Fitness Speech Therapy Social Skills Training

Summer Programs 2016

June 20-August 22, 2016

ABOUT OUR GROUPS:

All programs are individualized for your child/adolescent. Maximum group size for all groups is 5 children with at least two therapy practitioners. Parents have the option of picking 1 day per week or all days! Children may also participate for one week or all weeks of the summer.

****If your child qualifies for occupational therapy &/or speech therapy services, group services may be covered by your insurance.****

Call 860-284-9779 or email info@creativedevelopmentct.com for more information/registration.

PRESCHOOL AGED GROUPS:

Little Leaps Play Group

Ages: 3-5 years old

Offered: Wed/Fri 9-10am or 1-2pm

This preschool readiness class focuses on social language and practicing skills needed for preschool. This group includes play exploration activities, circle time, craft/language stations and snack time. Parent involvement is welcomed.

What Do You Say After Hello?

Ages: Entering K/1st grade

Offered: Mon/Wed 1-2pm

This social skills group is designed to facilitate the development of age appropriate social skills and communication through functional activities and experiential learning. Group members will be encouraged to practice skills presented in-group sessions, with facilitator and peers.

Mealtime Fun for Preschoolers

Ages: 4-5 years

Offered: Tues/Thurs 11-12am

This group encourages healthy eating in a fun positive way for all children. Children will have the opportunity to make and eat a variety of healthy and fun foods that encourage improving independence with eating, simple meal preparation as well as expand their food repertoire.

The "Fun"ctions and Foundations of Handwriting for Preschoolers

Ages: 4-5 years

Offered: Mon/Wed 2-3pm

This group will utilize a multi-sensory approach to teach handwriting in a fun, energetic way as well as make handwriting easier. Children will enjoy this interactive group that combines music, play, obstacle courses and games to turn handwriting into a positive experience. This

group focuses on improving foundational skills to assist with progressing in handwriting. Pre and post-testing will be used to assess individual progress.

SCHOOL AGED/OLDER CHILDREN GROUPS:

Let's Get Ready for Kindergarten!!

Ages: 5-6 years

Offered: Mon/Wed 10-11am Tues/Thurs 3-4pm

Utilizing Kindergarten/goals and objectives, this program will offer small group instruction with individualized goals. Alphabet, pre-reading, math skills, visual motor, fine motor skills, how to interact in school social situations, and handwriting will be addressed.

The "Fun"ctions and Foundations of Handwriting

Ages: 6-8 years

Offered: Tues/Thurs 2-3pm Mon/Wed 4-5pm

Many children struggle with correct letter formation, pencil grip, spacing, or just need more practice in handwriting. This group will utilize a multi-sensory approach to teach handwriting in a fun, energetic way as well as make handwriting easier. Pre and post-testing will be used to assess individual progress.

Fitness Group: Vision for Sports and Fitness

Offered: Mon,Wed, Fri 1-2pm or 4-5pm

This group will focus on understanding and utilizing vision together to maximize overall coordination during sports related activities. The members of this group will work with both an occupational therapy practitioner and a personal fitness trainer. This group will be held outdoors and indoors as children participate in various sports/fitness games. Children will enhance their core strength, coordination, visual skills and endurance in this fitness group!

Fitness Group: Promoting Lifelong Activity for Youth (PLAY)

Offered: Mon/Wed/Fri 3-4pm or Mon/Wed: 5-6pm

The health and well being of an individual during childhood is a key to one's future positive lifestyle. P.L.A.Y is a program designed to develop long lasting health related initiatives based on physical fitness. One of the any goals of P.L.A.Y is to give children a stepping-stone to a happy healthy life. The program has been developed around the ideas of improving motor function, body control, strength, neuromuscular skills, cardiovascular endurance and physical-psychological connections.

Michelle Garcia Winner's Social Thinking Group

Offered: Mon/Wed/Fri 2-3pm; Tues/Thurs: 4-5pm

Social thinking is what we do when we interact with people: we think about them. And how we think about people affects how we behave, which in turn affects how others respond to us, which in turn affects our own emotions. A treatment framework and curriculum developed by Michelle Garcia Winner targets improving individual social thinking abilities, regardless of diagnostic label. Social Thinking books and activities, created by Winner or based on Winner's work, now offer a range of strategies that address individual strengths and weaknesses in processing social information. This group will use the social thinking curriculum to focus on the pragmatic language skills needed for interacting and communicating with others.

Social Butterflies

Offered: Tues/Thurs 3-4pm; Mon/Fri 5-6pm

Having a good friend is an invaluable piece of childhood. Social Butterflies is a social group designed to address the individual needs of girls related to self-awareness, trust building, developing and maintaining friendships.

Organize Me

Offered: Mon,Wed,Fri: 2-3pm; Tues,Thurs 3-4pm

Students need to be able to be aware of their strengths along with how to best use them in order to achieve success. Applying this insight in the areas of homework completion, note taking, organization in daily routines, study strategies and critical thinking will all be addressed in this class. Students will work together to become active learners and become more insightful with regards to their organizational needs.

Cooking Creations

Offered: Mon: 6-645pm; Wed: 5-545pm; Tues/Thurs 5-5:45pm

This group promotes healthy eating and a positive lifestyle for children. This group incorporates meal/snack preparation to help children expand their food repertoire and eat a greater variety of foods in a holistic way. While also working on sequencing and the process of making various fun snacks, this group will also focus on improving communication and mealtime social skill expectations.

Fun Kids Yoga:

Offered: Tues/Thurs 5-6

Fun for all ages! This group will incorporate relaxation techniques and yoga sequences, which will improve coordination, stability, endurance and mindfulness. Participants will play age appropriate group games, which are yoga based. Breathing techniques will also be taught in order to promote relaxation, emotional regulation and calms and organizes both the child's body and mind. Through yoga type exercises, the participants will gain increased confidence, social participation, better sense of movement and sense of maintaining a calm body.

Life Skills

Offered: Mon/Wed 2-3pm, 5-6pm; Tues/Thurs-4-5pm

This group will include community based learning such as grooming/hygiene, chores, grocery shopping, banking, eating at a restaurant, video rental, laundry and cooking along with other necessary assessed skills. Participants will learn prerequisite skills followed by applying the skills into practice in real-life situations. Students will develop greater independence with home & community based life skills as well as develop/facilitate social skills that are applicable to daily life.



Therapeutic Intensive Life Skills Program

This program is geared towards adolescents/young adults and is a LIFE SKILLS based therapeutic program. This program is offered MONDAY through THURSDAY from 9-12pm or 12-4pm.

The participants will work both individually and together to improve independence in life skills and leisure activities through participation in the following routines/activities:

SCHEDULE OF MORNING ACTIVITIES

9-10am- **Making breakfast:** The participants will have the opportunity to make breakfast together using various strategies. The participants will also eat together, socialize while eating and clean up following breakfast. This hour will focus on social skills, table manners and independence with meal preparation and clean up.

10-11am- **Activities of Daily Living:** The participants will complete activities such as being able to shave independently, brush hair, apply deodorant, brush their teeth as well as participate in folding clothes, vacuuming and other various “chores” to improve independence.

11-11:30- **Yoga Relaxation:** This group will incorporate relaxation techniques and yoga sequences, which will improve coordination, stability, endurance and mindfulness.
Participants will play age appropriate group games, which are yoga based.

11:30-12- **Games, Games, Games!** The end of the morning will focus on playing classic board games as well as outdoor activities. Skills reviewed will be following directions, turn taking and peer interaction. Rules for each game will be taught in a systematic way and reviewed.

SCHEDULE OF AFTERNOON ACTIVITIES

12-1- **Lunch:** The participants will have the opportunity to make lunch together using various strategies. The participants will also eat together, socialize while eating and clean up following lunch. This hour will focus on social skills, table manners and independence with meal preparation and clean up.

1-2-**Promoting Lifelong Activity in Youth:** This fitness group was developed by our personal fitness trainer and is one of our most popular programs. This hour will focus on the health and well being of an individual and to develop long lasting health related initiatives based on physical fitness.

2-3- **Michelle Garcia Winner’s Social Thinking Group:** A treatment framework and curriculum developed by Michelle Garcia Winner targets improving individual social thinking abilities, regardless of diagnostic label. This group will use the social thinking curriculum to focus on the pragmatic language skills needed for interacting and communicating with others.

3-4- Prevocational/Activities of Daily Living: The participants will complete activities grooming activities, life skills activities such as folding clothes, vacuuming and other various “chores” to improve independence. Office/organization activities will be completed as well as planning meals and using “Peapod” by Stop and Shop to grocery shop and put away grocery food items when they arrive.