

SUMMER GROUPS



Occupational Therapy

SPO.T. in the park Occupational Therapy	Printing in the Park	Introduction to The Alert Program: "How Does Your Engine Run?"®
July 25-29th Monday to Friday	July 25-29th Monday to Friday	July 25-28th Plus a post-group follow up phone consult.
9:45-11:00 a.m.	11:30-12:30 p.m.	6:30-7:30 p.m.
~3-5 years old	~ 5-8 years old	~6-9 years old
<p>This group provides children with varied sensory and motor activities in a playful and therapeutic atmosphere to enhance motor development and sensory exploration. Children will participate in a variety of fine and gross motor games. Aspects from the Handwriting Without Tears preschool program will be used. Note: A Speech & Language Pathologist will be in group on the Monday to provide guidance for language and will be available for consult with staff if needed. Language activities previously set-up by her will be incorporated throughout the week.</p>	<p>Children in this group will work on pencil grasp, in hand manipulation skills, letter formation (primarily lower-case), kinesthetic printing, shoulder stability and more! A different group of letters will be targeted each day. Group will start out with full body warm-ups and move into small group rotation through assorted activities. Each child will start a Handwriting Without Tears workbook in the group and then take it home at the end of groups to complete at home.</p>	<p>Children will learn concepts from The Alert Program® and participate in activities to learn about what makes their engines run in high, low and just right. (www.alertprogram.com) Parents will review daily work at home between sessions. Children will complete an engine tool list on their final day to go away with strategies that they can start to use at home.</p>
\$275	\$250	\$250
Kingswood Park, St.Albert	Kingswood Park, St.Albert	McQueen Hall, Edmonton

Registration forms available at www.mindfulmovementinc.com.

Please contact Rachel Devereux @ 780-916-5459 or rachel@mindfulmovementinc.com