



### Lego Club

Lego Club is one of our most popular groups with a huge focus on social skills & fine motor skills in a fun, play based environment.

**Dates:** Friday, 9th & 16th April 2021 at 2pm

**Duration:** 1 hour

**Suitable age range:** 5 to 12 years

**Areas of skill development:**

- ☺ Problem solving
- ☺ Social skills such as sharing & turn taking
- ☺ Fine Motor skills
- ☺ Following instructions
- ☺ Motor planning

Our Lego Club is a fun social activity focusing on manual dexterity, fine motor and motor planning skills. Explore. Create. Build.



### Game On (Junior)

This group aims to take our children's love of video games and combines it with opportunities to develop skills that are important in everyday life.

**Dates:** Thursday, 8th & 15th April 2021 at 11am

**Duration:** 1 hour

**Suitable age range:** 5 to 9 years

**Areas of skill development:**

- ☺ Social Skills
- ☺ Communication
- ☺ Fine Motor Skills
- ☺ Emotional Regulation

This group was so popular last holidays, and always fills really fast, so get in quick!



### Little Picasso's

This painting group allows your child to develop and express their artistic and creative side whilst learning basic painting techniques. A calming background ambiance will also encourage your child to relax and concentrate, whilst having fun!

**Dates:** Friday, 9th & 16th April 2021 at 10am

**Duration:** 1 hour

**Suitable age range:** 7 years and above

**Areas of skill development:**

- ☺ Artistic creativity
- ☺ Fine motor skills
- ☺ Attention and concentration
- ☺ Emotional Regulation
- ☺ Upper limb strength & shoulder stability
- ☺ Social interaction

Our little Picasso artists will complete their own canvas painting to take home and have the opportunity to help create a painting to be displayed at the clinic!

## Did you know?

We also offer:

- ☺ School Screenings
- ☺ Parent Workshops
- ☺ Teacher Education

Ask us for more information

# happydots

Occupational Therapy for Children

## April School Holiday Program 2021 Cardiff



Contact us to register (02) 4959 8920  
[www.happydots.com.au](http://www.happydots.com.au)



### Girl Talk

A fun, lighthearted social group to get a chance to meet other girls like you, share and gain experiences and create positive interactions! We believe there is no limit to a girl's potential and am happy to offer an environment that inspires, motivates and cultivates confidence!

**Dates:** Tuesday, 6th & 13th April 2021 at 9.30am

**Duration:** 1 hour

**Suitable age range:** 10 to 17 years

#### Areas of skill development:

- ☺ Self Esteem
- ☺ Peer Interactions
- ☺ Socialisation
- ☺ Expressive and Receptive Language
- ☺ Opportunities of self expression and creativity

Small group gathering to and to build connections and empower pre teen and adolescent girls!



### Sensory Science Lab

In Sensory Science Lab your child will engage and explore simple science experiments that are loads of sensory fun and also teach basic scientific concepts.

**Dates:** Wednesday, 7th & 14th April 2021 at 12pm

**Duration:** 1 hour

**Suitable age range:** 5 to 10 years

#### Areas of skill development:

- ☺ Tactile Skills
- ☺ Problem Solving
- ☺ Motor Planning
- ☺ Visual Perceptual
- ☺ Attention Span

Sensory Science Lab is an exciting, fun way to explore with others creative, multi sensory play whilst discovering the important scientific concepts and skills.



### Groovy Dots

A combined music and movement approach allows you to have fun together while supporting your child to develop confidence as they learn new skills.

**Dates:** Tuesday, 6th & 13th April 2021 at 11am

**Duration:** 1 hour

#### Areas of skill development:

- ☺ Social Interaction
- ☺ Body Awareness
- ☺ Fine and Gross Motor Skills
- ☺ Emotional Regulation
- ☺ Attention and Concentration

Join us for a fun time incorporating music & movement. Groovy Dots is a wonderful way to nurture your child's development in a supportive, flexible and playful environment.



### Tricky Fingers

Join us for some fine motor fun in a small group environment. Each activity is designed to improve fine motor skills in the most creative way possible.

**Dates:** Tuesday, 6th & 13rd April 2021 at 2pm

**Duration:** 1 hour

**Suitable age range:** 4 to 8 years

#### Areas of skill development:

- ☺ Pincer Grasp/Pencil Grip
- ☺ Hand & Finger Strength
- ☺ Scissor Skills
- ☺ Bilateral Coordination
- ☺ Handwriting

Fine Motor Practice without putting pen to paper!



### Game On (Senior)

Game On for the older kids! This group aims to take our children's love of video games and combines it with opportunities to develop skills that are important in everyday life.

**Dates:** Thursday, 8th & 15th April 2021 at 12.30pm

**Duration:** 1 hour

**Suitable age range:** 10 to 16 years

#### Areas of skill development:

- ☺ Social Skills
- ☺ Communication
- ☺ Fine Motor Skills
- ☺ Emotional Regulation

Gaming among other like minded children is a wonderful way for your child to expand social friendships.



### CORE

Core Strength is important for so many aspects of child development. Join us for a range of fun activities that you can also practice at home to build a strong core for your child.

**Dates:** Thursday, 8th & 15th April 2021 at 10am

**Duration:** 1 hour

**Suitable age range:** School age

#### Areas of skill development:

- ☺ Core Strength
- ☺ Improved Posture
- ☺ Improved Fine & Gross Motor Skills
- ☺ Coordination
- ☺ Following Instructions

By building a strong core you are building a strong foundation for life!