



Calm Dots

This group aims to introduce children to relaxation strategies in a fun and social way. These strategies can then be used by children and their families throughout their day-to-day lives to assist with achieving a calm, grounded and regulated state.

Dates: Thursday, 7 and 14 July ay 11am

Duration: 1 hour

Suitable age range: 7+ years

Areas of skill development:

- ☺ Relaxation
- ☺ Self-Regulation
- ☺ Mindfulness
- ☺ Concentration



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: Thursday, 7 & 14 July 2022 from 1.30pm

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.

happydots

Occupational Therapy for Children

Individual & Group Therapy focusing on the following areas of skill development:

- ☺ Sensory Processing abilities
- ☺ Fine Motor (handwriting)
- ☺ Gross Motor
- ☺ Self care
- ☺ Play & Interaction
- ☺ Attention & Concentration



happydots

Occupational Therapy for Children

July School Holiday Program 2022 Cardiff



Contact us to register (02) 4959 8920

www.happydots.com.au



ndis National Disability Insurance Scheme

All groups are NDIS approved



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, 8 & 15 July 2022 at 9am

Duration: 1 hour

Suitable age range: 7+ years

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 creations to take home or to be displayed in the clinic!



Creative Chefs

Learn how to prepare simple meals at home by yourself in this fun cooking class. You will learn basic preparation skills and get to eat the food you've prepared!

Dates: Friday, 8 & 15 July 2022 from 11am

Duration: 1 hour

Suitable age range: 10 to 18 years

Areas of skill development:

- ☺ Executive function – reading and following instructions
- ☺ Meal preparation
- ☺ Kitchen safety
- ☺ Basic cutting skills

Will you be the next Masterchef?



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: Wednesday, 6 and 13 July 2022 from 9am

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!



Carnivale Circus Group

This group takes the fabulous excitement of the circus and encourages everyone to have a go at completing some tricky balancing acts, create hilarious animals, work together to put on a show and lots more!

Dates: Thursday, 7 & 14 July 2022 from 9am

Duration: 1 hour

Suitable age range: 4 to 8 years

Areas of skill development:

1st week:

- ☺ Gross motor
- ☺ Bilateral coordination
- ☺ Balance
- ☺ Communication

2nd week:

- ☺ Fine motor
- ☺ Cutting
- ☺ Pincer grip
- ☺ Manual dexterity

Roll up, roll up! Run away with the Happydots circus!



The Amazing Race

Compete in amazing race inspired challenges, complete challenges and decipher clues. It is a race to the finish may the best team win!

Dates: Friday, 8 & 15 July 2022 from 1pm

Duration: 1 hour

Location: Speers Point Park Rotunda

Suitable age range: 8 to 15 years

Areas of skill development:

- ☺ Problem solving
- ☺ Memory
- ☺ Gross motor
- ☺ Coordination
- ☺ Communication

Can you dominate the amazing race?

*Parent supervision is required.



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: Wednesday, 6 & 13 July 2022 from 10am

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.