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Play, Learn and Grow Together



Minecraft Mates

Who loves Minecraft? It is a group program that children can attend to create Minecraft characters using Hama beads. The group allows children to learn and work alongside other children with the same shared interest.

4+ yrs

Details:

Tuesday 30th January at 10am - **Cardiff**
45 minutes.

Areas of skill development:

- Fine motor skills
- Hand-eye coordination
- Social skills
- Bilateral coordination
- Spatial awareness
- Executive functioning
- Visual perceptual skills
- Persistence and resilience



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.

6+ yrs

Details:

Tuesday 16th January and 23rd January at 10:30am - **Cardiff**
45minutes

Areas of skill development:

- Pincer Grasp/Pencil Grip
- Hand and Finger Strength
- Scissor Skills
- Bilateral Coordination
- Hand Writing

Keep busy fingers and busy minds active with Tricky Fingers!

Contact us to register now!



(02) 4959 8920



www.happydots.com.au



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**Book now!
Don't miss out!**

January 2024

School Holiday Groups!



happydots
Occupational Therapy for Children



Dino Dots

Prepare to have a roaringly good time! For kids that live and breathe all things Jurassic, these dinosaur themed activities will assist in developing fine and gross motor skills whilst also learning fun facts about our long-lost dinosaur friends. Whether its digging for fossils, creating dinosaur craft or pretending to be a T-Rex these activities will make gaining new skills fun!

3-7yrs

Details:

Friday 19th January at 11:15am - **Cardiff**
45 Minutes

Areas of skill development:

- Gross motor
- Fine Motor Dexterity and coordination
- Social Skills
- Communication



Diggin' Dots

Diggin' Dots is a group for craft and plant lovers. Come and personalise a pot for your own plant to take home and care for.

5+ yrs

Details:

Wednesday 24th January at 3pm - **Cardiff**
45 minutes

Areas of skill development:

- Social Skills
- Fine motor skills
- Following instructions
- Mindfulness

Practice social skills and mindfulness while spreading indoor plant joy.



Little Picassos

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

4+ yrs

Details:

Friday 12th January and 19th January at 10am - **Cardiff**
Thursday 18th January at 2pm - **Medowie**
45 minutes

Areas of skill development:

- Imagination and creativity
- Fine motor skills
- Attention and concentration
- Emotional regulation
- Upper limb strength and shoulder stability

Design, create, express yourself!



Game On

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

Jnr 4-8 yrs | Snr 9+ yrs

Details:

Senior - Thursday 18th January and 25th January at 2pm - **Cardiff**
Junior - Wednesday 17th January and 24th January at 2pm - **Cardiff**
6yrs+ - Thursday 18th January at 3pm - **Medowie**
45 minutes

Areas of skill development:

- Social skills
- Communication
- Fine motor skills

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



Sensory Science

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

4+ yrs

Details:

Thursday 11th January and 25th January at 9am - **Cardiff**
Wednesday 24th January 11am - **Medowie**
This session is 90 minutes

Areas of skill development:

- Tactile skills
- Problem solving
- Motor planning
- Visual perceptual skills
- Attention span

*Might get messy,
please wear
old clothes!*

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



Creative Chefs

Will you be the next MasterChef?

Join our creative chefs group and learn how to prepare simple meals in a fun, engaging environment. You will learn basic preparation skills and get to eat the food you prepare.

6+ yrs

Details:

Monday 15th January at 9am - **Cardiff**
Thursday 11th January at 2pm - **Medowie**
Tuesday 16th January at 8am - **Medowie (Breakfast Club)**
45 minutes

Areas of skill development:

- Executive functioning
- Independence in activities of daily living
- Kitchen safety
- Knife cutting skills



Superhero

Superheroes: Put on your masks and capes and come dressed as your favourite superhero to practice your skills! Week one will focus on your superhero strengths to fly through the sky, swing and jump over obstacles to build your gross motor skills.

Week two will develop your fine motor skills and work on hand strength and motor coordination skills!

5-8 yrs

Details:

Thursday 18th January 11am - **Cardiff**
Wednesday 24th January 11:30am - **Cardiff**
Wednesday 10th January 10am - **Medowie**
45 minutes

Areas of skill development:

- Fine motor skills
- Following instructions
- Motor planning
- Problem solving
- Imagination and creativity



Groovy Dots

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

5-10 yrs

Details:

Monday 15th January at 11am - **Medowie**
45 minutes

Areas of skill development:

- **Social Interaction**
- Body Awareness
- Fine and Gross Motor
- 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.

*Join us for some
School Holiday fun!*

