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(02) 4959 8920



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April 2024

**School Holiday
Groups!**



happydots
Occupational Therapy for Children



Bejewelled

Get ready to unleash your inner artist! From vibrant threads to sparkling beads, you'll have a blast creating one-of-a-kind bracelets. With endless colors and patterns to choose from, the possibilities are limitless! Whether you prefer simple designs or intricate patterns, there's something for everyone. Crafting is even more fun when you're surrounded by friends!

4 yrs +

Details:

Wednesday 17th April at 11:00am - **Medowie**

Wednesday 24th April at 11:00am - **Cardiff**

45 minutes

Areas of skill development:

- Social Skills
- Manual Dexterity
- Hand-eye co-ordination
- Visual processing
- Following Instruction
- Attention and concentration



Superheroes

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

5-8 yrs

Details:

Tuesday 23rd April at 12:00pm - **Medowie**

45 minutes

Areas of skill development:

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



Under the Sea

Calling all little ocean explorers! Join us for an exciting adventure under the sea as we engage in a variety of fine motor and sensory activities designed to stimulate young minds and senses.

4+ yrs

Details:

Thursday 18th April 9:00am - **Cardiff**

Tuesday 23rd April at 11:00am - **Medowie**

45mins

Areas of skill development:

- Sensory Exploration
- Fine Motor
- Social Skills
- Imagination and creativity
- Attention span



Rockin' Dots

Get excited for Rockin' Dots! A musical & sensory experience that addresses teamwork, fine motor skills, rhythm and following instructions. Learn some basic music principles and work together to perform a simple tune by the end of the group. Come enjoy rocking out and making music!

6+ yrs

Details:

Monday 22nd April at 10:00am - **Medowie**

45 minutes

Areas of skill development:

- Attention & concentration
- Social skills Communication
- Turn Taking
- Self Regulation

Come along and join in the musical fun of Rockin' Dots!



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:

Thursday 18th April at 9:00am - **Medowie**

Tuesday 23rd April at 10:00am - **Cardiff**

45 minutes

Areas of skill development:

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

Join us for some
School Holiday fun!



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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:

Thursday 18th April at 11am - **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



Carnival Circus

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 and work together to build teamwork skills.

5-8 yrs

Details:

Monday 15th April at 10am - **Medowie**
45 Minutes

Areas of skill development:

- Gross motor
- Bilateral coordination
- Balance
- Communication



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:

Wednesday 17th April at 9:00am - **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:

Tuesday 16th April at 9:00am - **Cardiff**
Tuesday 16th April at 10:00am - **Medowie**
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:

Tuesday 16th April at 10am - **Cardiff**
45 minutes

Areas of skill development:

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

**Might get messy,
please wear
old clothes!**

Design, create, express yourself!



Football Club

Football club is a group for kids who love to run around and pass a footy. Focusing on fostering a love for sport while prompting teamwork, sportsmanship and fundamental skill development.

6-9+ yrs

Details:

Thursday 18th April at 11:15am | **Medowie Meet at Boyd Oval**

45 minutes

*Weather Permitting

Parent supervision required

Areas of skill development:

- Social Interaction
- Gross motor
- Motor Co-ordination
- Communication
- Following instructions



Story Telling Superstars

Story Telling Superstars will support children to build story telling skills in a fun and engaging way. Children will be taught how to develop their own story and then will be given the opportunity to tell and act it out to the group.

Jnr: 5-7 yrs

Snr: 8-10 yrs

Details:

Junior: Monday 15th and 22nd April at 9:00am - **Cardiff**

Senior: Monday 15th and 22nd April at 2:00 - **Cardiff**

45 minutes

Areas of skill development:

- Social skills
- Following instructions
- Narrative retell and generation
- Vocabulary development

The Story Telling Superstars group is an engaging way to support your child's language skills using topics of interest.



Pokemon Pals

Step into a realm where imagination knows no bounds and friendship thrives, as we present to you the enchanting world of pokemon Pals - a captivating social group designed especially for young adventurers and Pokemon enthusiasts!

7-8+ yrs

Details:

Monday 15th April at 11:00am - **Medowie**

45 minutes

Areas of Skill development:

- Gross Motor Activity
- Hand-eye co-ordination
- Social Skills
- Following Instructions

A social environment where kids can share their mutual love for Pokemon.



Games Club

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.

Senior Group 9+ yrs

Details:

Thursday 18th April at 4:00pm - **Medowie**

45mins

Areas of skill development:

- Social skills
- Communication
- Fine motor skills
- Attention span
- Social Skills



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