



Hi Little Hands Community,

Our team is so excited to be offering camps this summer that are in compliance with all the latest safety precautions & social distancing measures! These groups will be engaging, fun, and playful for children of all ages! Groups will have around 2-4 children (not to exceed 4). Families will have the option of choosing virtual, outside, or in-clinic with strict precautions. To accommodate more families we are offering additional weeks!

Below are the details on the four camp programs we are offering:

- Self Regulation & Social Skills Intensive
- Connecting Our Hands To What We See
- Kindergarten Buddies Group
- Courageous Kids Group

Reserve Your Spot:

In order to reserve your child's spot please email Gabrielle Perelmuter (gp@littlehandsot.com).

Self-Regulation & Social Skills Intensive

Age Level: All Ages

This is a Monday thru Friday camp and will take place the weeks of July 13-17, July 20-24, and July 27-31 from 9:00AM to 11:00AM (possible extended care upon request).

Week 1: July 13 at 9:00 AM to 11:00 AM (Camp Fee: \$850) *Ages older 3 to younger 5's*

Week 2: July 20 at 9:00 AM to 11:00 AM (Camp Fee: \$850) *Ages 5 & up*

Week 3: July 27 at 9:00 AM to 11:00 AM (Camp Fee: \$850) *Ages 5 & up*

What We Will Work On:

- Children are paired up according to age and social skill areas in need of support.
- **Groups target skill enhancement in the following areas:** making and keeping friends, entering play, appropriate play, showing good sportsmanship, flexibility in play, physical and emotional regulation during play and expressing/understanding feelings during play.
- A sensory-motor based approach is implemented to assist the children in learning and practicing skills through movement and an understanding of their bodies in relation to their environment.
- **Children work together to learn the following self regulation skills:** Understanding their own unique sensory system, matching their arousal levels to a particular activity, tools to assist with self regulation in a classroom, tools to assist with emotional self regulation when interacting with others and independence in identifying their individualized sensory needs.
- Each session will incorporate lessons based on the “zones of regulation”, which helps students understand how to change or maintain an optimal state of alertness for functional activities in school and at home, as well as the “SuperFlex Social Thinking Curriculum” (a social thinking curriculum).
- Social language facilitation: Learning/practicing skills related to pragmatic skills such as: conversational turn-taking, initiating and maintaining a conversation, maintaining appropriate eye contact, maintaining topic of conversation and whole body listening in a conversation.
- Recommendations for follow through and reinforcement of learned skills at home is provided

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Connecting Our Hands To What We See

Age Level: 7 & Up

This is a Monday through Friday camp and will take place the weeks of June 22-26 and July 6-10 from 10:00AM-12:00PM. The program has been designed to support elementary and middle-school aged children with various fine-motor, visual-perceptual, and visual-motor integration challenges.

Note: Supplies will be included. All abilities are welcome and modifications will be made upon request.

Week 1: June 22 at 10:00 AM to 12:00 PM (Camp Fee: \$850)

Week 2: July 6 at 10:00 AM to 12:00 PM (Camp Fee: \$850)

What we will work on:

- This group will focus on empowering kids to “DIY” and build resilience. The children will be using multi-sensory materials and more advanced tools such as; hot-glue guns, hammers, drills, irons, etc.
- Children will be working on following instructions and visual sequences (visual-perception) to complete complex crafts.
- These crafts will target visual-motor integration skills; capturing perceptually what their eyes see, processing it, then motor-planning to accurately control their hand movements.
- To manipulate these tools and materials the children will enhance their fine motor coordination and build finger & hand strength.
- They will have to problem-solve and build their frustration tolerance to reach their end product.
- In this group we reinforce a “Can Do” attitude and encourage self-expression.

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Kindergarten Buddies Group

Age Level: These camps are intended for children who are preparing for or have just completed kindergarten.

This is a Monday thru Friday camp and will take place the weeks of July 13-17, July 20-24, and July 27-31 from 11:30 AM to 1:30 PM (possible extended care upon request)

Week 1: July 13 at 11:30 AM to 1:30 PM (Camp Fee: \$850)

Week 2: July 20 at 11:30 AM to 1:30 PM (Camp Fee: \$850)

Week 3: July 27 at 11:30 AM to 1:30 PM (Camp Fee: \$850)

What We Will Work On:

- Children learn with their peers how to be prepared for Kindergarten.
- Children who have already completed Kindergarten get to take on a leadership role and showcase their skills, increasing confidence and preparing for first grade.
- This exciting and interactive group focuses on the following skills: easing transitions, understanding the expectations of a classroom, handwriting readiness, making new friends, following directions and self regulation in a classroom setting.
- The group is guided through a sensory integrative approach of movement, art and music. Lessons are taught in a multi sensory environment to help children optimize learning.
- The Handwriting Without Tears curriculum is used to provide a foundation for the children's pre writing readiness and handwriting skills, in a fun, tactile and creative approach.
- The self-regulation curriculum, "The Zones of Regulation" is implemented to assist the children in preparing themselves (self-regulation) for optimal learning.
- Recommendations for follow through and reinforcement of learned skills at home is provided

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Courageous Kids Group

Age Level: Preschool & Elementary

This is a Monday thru Friday camp and will take place the weeks of July 13-17, July 20-24, and July 27-31 from 9:00AM to 11:00AM (possible extended care upon request). This group is a social and emotional regulation skills group for the anxious child and welcomes all ages.

Week 1: July 20 at 9:00 AM to 11:00 AM (Camp Fee: \$1,000)

Week 2: July 27 at 9:00 AM to 11:00 AM (Camp Fee: \$1,000)

About This Camp:

Courageous Kids is a sensory motor based behavioral therapy program. The program has been designed to support preschool and elementary aged children with various anxiety based disorders such as, but not limited to:

- Selective mutism
- Generalized anxiety
- Sensory processing disorder
- High functioning ASD

The goal of this program is to support children with communicating and participating more freely and comfortably in school and other social settings. A classroom-like setting is created that offers children a safe environment to practice verbal participation: “courageous talking”, “courageous moving” and “courageous playing”.

Children are positively reinforced for being brave and courageous!

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