

Join us at Little Hands this summer for therapy camps!



Summer Therapy Intensive Camps:

1. Self-Regulation & Social Skills Intensive (Preschool through Elementary)
2. Kindergarten Buddies Group (Social Emotional Well Being)
3. Courageous Kids Group (All Ages)
4. Handwriting Fun with Fidgets (All Ages)
5. Girl Power: Building Self Concept & Tools to Support Anxiety (ages 9-15)
6. Let's Get Organized Intensive (ages 9 & up)

Self-Regulation & Social Skills Intensive

Choose from one of the week's below:

FEE: \$890 (Per Week)

Note: Superbills provided upon request

Week 1: June 27 - June 30 (10:00 AM to 12:30 PM)

Age Group: Preschoolers

Week 2: July 25 - July 28 (10:00 AM to 12:30 PM)

Ages Group: Grades 1-3

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”.
- 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.

[Register Online](#)

To reserve your child's spot please [complete the online camp sign up form](#) by March 31, 2022. If you have any questions please contact Bryce Roller (br@littlehandsot.com).

Signup Link: <https://fs29.formsite.com/littlehands/xp28pzh0v6/index.html>

Kindergarten Buddies Group (Social Emotional Well Being)

Choose from one of the below weeks or sign up for both. This camp is designed for children that are going into kindergarten or who just completed kindergarten.

FEE: \$890 (Per Week)

Note: Superbills provided upon request

Week 1: July 11 - July 15 (11:30 AM to 1:30PM)

Week 2: July 18-July 22 (11:30 AM to 1:30PM)

What We Will Work On:

- 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 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

Kids will be paired based on age

FEE: \$1,100 (Per Week)

Note: Superbills provided upon request

Week 1: July 18 - July 21 (9:30 AM to 12:00 PM)

Week 2: July 25 - July 28 (9:30 AM to 12:00 PM)

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
- Social Communication Challenges

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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THERAPY INTENSIVE 4

Handwriting Fun With Fidgets

Choose from one of the below weeks or sign up for both. Kids will be paired based on age. The program has been designed to support elementary and middle-school aged children with various fine-motor, visual-perceptual, and visual-motor integration challenges related to handwriting.

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

Fee: \$890 (Per Week)

Note: Superbills provided upon request

Week 1: June 27 - July 1 (10:00AM-12:00PM)

Week 2: August 1 - August 5 (10:00AM-12:00PM)

About this camp

- This group will focus on empowering kids to increase confidence in fine motor skills related to handwriting.
- The children will be using multi-sensory materials in a fun way to support their legibility.
- 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.

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THERAPY INTENSIVE 5

Girl Power (Ages 9 & up)

The program is designed for girls who are working on building their self concept & need some extra calming strategies.

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

Fee: \$1150 (Per Week)

Note: Superbills provided upon request

Ages: 9 and up

Week: July 18-21 (9:00 AM-12:00 PM)

About this camp

- Support building a stronger self-concept & Self efficacy
- Learning strategies to cope with the anxiety that comes along with relationships, mainstream media and academic pressures.
- Reduce anxiety through group work, self-reflection, and meaningful occupations.
- Topics include: Building and maintaining positive friendships, Social Media and Mainstream Media: How to stay positive in the madness, Academia & Pressures for Perfection & What have I learned about self.

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Let's Get Organized!

Kids will be paired based on age. This group is designed to prepare students for the upcoming school year.

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

Fee: \$890 (Per Week)

Note: Superbills provided upon request

Ages: 9 and up

Week 1: August 1- August 4 (9:30AM-12:00PM)

About this camp

- Learning strategies for time management
- Exploring sensory tools and cognitive strategies to support attention and concentration skills
- Learning strategies to manage complex sensory environments and develop impulse control skills
- Strengthening planning, sequencing, and organizational skills (Executive Functioning)
- Building social thinking skills and facilitating positive peer interactions

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