

Mindful Movers: Self-Regulation and Social Group (Ages 3-5)

Mindful Movers will lead children through a 12-week group with an emphasis on strengthening and building self-regulation and social skills to support their confidence and play skills. The group will incorporate intervention approaches including a sensory-motor and play-based approach to assist children in learning and practicing skills through movement and developing an understanding of their bodies in relation to their environment and others. The group will incorporate lessons from both the Zones of Regulation and We Thinkers social skills curriculum to build and create their own “toolboxes” to support their self-regulation and social skills when playing or learning with others wherever they go.

To Reserve a Spot:

- **For families who are currently receiving OT services:** Please email our clinic coordinator, Emily at eo@littlehandsot.com with your interest
- **For new families who have not received OT services:** To ensure appropriate peer pairings and group treatment goals, we require an initial evaluation. Please email our clinic coordinator, Emily at eo@littlehandsot.com to schedule an initial evaluation and complete our [OT Intake Form](#).
- **Sign up early, as group space is limited.**

Day: Mondays: 2:45 pm - 3:30 pm

Dates: September 30th - December 16th

Cost: \$1300 (Note: Superbills provided upon request)

- All 12 group sessions will be prepaid.
- Given the pacing of therapy activities in a group setting, we will not be offering make-ups for any missed group sessions.

Duration: Each course is 12 sessions long, occurring once weekly

Session Sign-Up Deadline: September 26th

Each week, the group will focus on building skills related to:

- Social Skills:
 - Making and keeping friends
 - Entering play
 - Flexibility in play
 - Physical and emotional regulation during play
 - Expressing/understanding feelings during play.
- Self-Regulation Skills:
 - Understanding their own unique sensory system and matching their arousal levels to a particular activity.
 - Learning tools to assist with self-regulation when interacting, learning and playing with others.
- Recommendations for supportive activities and/or strategies will be provided to parents weekly.