

SCHOOL HOLIDAY GROUPS

Fine Motor – Strength and Pencil Grip - This group will include activities designed to improve hand strength, fine motor skills such as finger isolation and hand deviation and develop an appropriate pencil grasp. A factsheet with ideas for home on hand strength and pencil grip will also be included. Suitable for those children who experience pain or fatigue in their hands when writing, or are struggling to develop a functional and efficient pencil grasp.

Social Skills - This group aims to encourage and promote social skills in conversations and games. Suitable for children who have difficulties participating in conversations or games, due to emotional regulation, difficulties with turn taking, reading other children, appropriately managing conflict or are shy.

Attention and Concentration - This group aims to assist children to improve their attention and concentration in busy environments such as school. Suitable for children get distracted in busy classrooms and have difficulties staying on task.

Gross Motor - This fun group is designed at improving body strength, body awareness, core/postural stability as well as motor planning. Many table-top activities such as writing, cutting etc... require a strong core and overall body. This group is suitable for children who 'w' sit, have difficulties planning body movements, need to develop their core or overall strength.

Handwriting Fun - More frequently children are becoming reluctant to participate in handwriting. They feel they cannot do it, and therefore are unmotivated. This group is designed to build children's confidence in their handwriting, while also refining their skills related to letter formations, sizing and spacing.

School Skills – Letters and Cutting - This group focuses on improving many school based skills such as colouring, cutting and basic writing. This group is suitable for children who are disinterested in participating in these activities at home or school, have difficulties with efficiently cutting out shapes or struggle with their letters.

Fidgety Kids - Many children experience difficulties sitting still in class or at home. This group is designed to develop regulation and compensatory methods designed to reduce and manage the child's need to fidget. This group is suitable for those children who continually touch or play with objects during class, have difficulties remaining seated or constantly need to move.

NEW Mealtime Manners – This is a fun group designed to teach or reinforce good mealtime manners such as using cutlery, sitting at a dining table, cutting up food and all other aspects of engaging in mealtimes. PLEASE LET US KNOW OF ANY ALLERGIES

NEW Fitness Fun – Teaching children how to engage in various forms of fitness in a fun way. A way to encourage fitness and physical activity in a fun and motivating way! PLEASE BRING A DRINK BOTTLE AND HAT

Check out the timetable below for days and times for these groups and contact us to book a place.

| Date | Day | Time | Group | Cost |
|----------|-----------|----------------|-------------------------------------|---------|
| 14/01/19 | Monday | 10:00-11:00am | Attention and Concentration | \$80.00 |
| 15/01/19 | Tuesday | 10:00-11:00am | Mealtime Manners – NEW! | \$80.00 |
| 16/01/19 | Wednesday | 10:00-11:00am | Handwriting Fun | \$80.00 |
| 17/01/19 | Thursday | 10:00-11:00am | Fine Motor-Strength and Pencil Grip | \$80.00 |
| 18/01/19 | Friday | 10:00-11:00am | Social Skills | \$80.00 |
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| 21/01/19 | Monday | 10:00-11:00am | Fidgety Kids | \$80.00 |
| 22/01/19 | Tuesday | 10:00-11:00am | Prep for School – NEW! | \$80.00 |
| 23/01/19 | Wednesday | 1:00-2:00pm | Handwriting Fun | \$80.00 |
| 24/01/19 | Thursday | 10:00-11:00am | Gross Motor Skills | \$80.00 |
| 25/01/19 | Friday | 10:00-11:00am | Attention and Concentration | \$80.00 |
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| 28/01/19 | Monday | PUBLIC HOLIDAY | | |
| 29/01/19 | Tuesday | 2:30-3:30pm | Fine Motor-Strength and Pencil Grip | \$80.00 |
| 30/01/19 | Wednesday | 10:00-11:00am | Fitness Fun – NEW! | \$80.00 |
| 31/01/19 | Thursday | 10:00-11:00am | Fidgety Kids | \$80.00 |
| 01/02/19 | Friday | 10:00-11:00am | Gross Motor Skills | \$80.00 |

Interested in a group, but not able to make the day or time, let us know and we will let you know, if groups get rescheduled. One on one sessions are still available over the holidays and can help your child use the school holiday break to build their skills ready to return to school. If you have any questions, please do not hesitate to contact us.

Special Offer: Book in for 3 groups, and your 3rd group is \$60.00

HOW TO BOOK IN:

Contact us either by:

Email: admin@cornwallhouseot.com.au OR Phone: 6278 1984

Group sizes are kept very small to allow the OT's to maintain focused attention on each child, so reserve your place in a group fast to avoid missing out. All OT services provided by Cornwall House are eligible for claiming through Private Health, Medicare, NDIS and FAHCSIA.