

Kites Therapy Tasmania are offering “Exploring Feelings” Occupational Therapy School Holiday group in July

Dates: 10, 11, 12, 17, 18, 19 July 2023
10am - 11am



These songs, stories, games and crafts groups will suit approximately 5-7 year olds.

Suitable for children:

- with a diagnosis of ASD
- who can follow simple verbal directions
- who can follow a story (functioning at least a 4 year old level of comprehension)
- who are able to stay in a room
- who can tolerate songs, music, group games and simple crafts
- with anger or anxiety challenges who meet other criteria

Session Outline

Session 1

Exploring positive feelings (happiness)

What are happy feelings and degrees of happiness.

Session 2

Exploring positive feelings (relaxation)

Introduction to an anger or anxiety toolkit.

Session 3

Physical tools

Introducing physical relaxation tools.

Session 4

Social tools

What are social tools and how to use it to help others or ourselves cool down.

Session 5

Thinking and thinking tools

How we use thinking tools to feel better when we are angry or anxious.

Session 6

Special interest tools

What are our special interests that we can use to help us feel better.



Where

3/31 Cambridge Road, Bellerive 7018

Get in touch to find out more

(03) 6245 9232

hello@kitestherapytas.org.au

NDIS funding accepted.



kites



Every child and challenge.

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