

## Group Learning

CTA's groups focus on building essential developmental skills - social, motor, sensory, language, attention, and muscular functions - through play. CTA offers a variety of groups to help kids gain self-confidence and make learning fun.

### **Fun with Friends - Building Social Skills**

These sessions are designed to provide children with the opportunities to improve their social skills and self-confidence through a variety of group activities including: sensory and motor activities, games, an projects, problem solving tasks, and most importantly - play!

### **Ready to Read & Write**

For all those parents and children who dread handwriting and reading activities, this group is for you. We take a fresh and fun approach to developing the underlying skills that allow for handwriting to be more than a chore. We focus on upper extremity strength, in-hand manipulation skills, postural control, trunk strength visual skills, and creativity as they apply to handwriting. This groups also uses movement.

### **Motion and Messy Play**

Get ready to move and get messy! While exploring their senses, children win be building sensorimotor foundation and processing skills to support their learning and development Skill focus will include postural control, attention, task completion, hand skills, visual motor and visual perceptual skills.

### **Real World Language and Play**

Games, an projects, and daily routines are used to enhance basic language concepts, sensorimotor skills and social communication. This group is facilitated by and OT and a speech language pathologist.

### **Kiddin' Around**

Time for you and your child to play! Occupational Therapists will facilitate sensory motor exploration for 15-36 month olds. You will learn about developmental skills and the importance of building strong motor and sensory foundations. Movement and messy play with your child will be great fun!

### **Body Works Wrestling**

A safe and fun opportunity for boys and girls to let out energy and build sensorimotor foundation skills. This group addresses body awareness, postural control, arm and hand skills, social/peer interaction, modulation/self-regulationL attention, risk-taking, and empowerment.

### **Movement for the Mind**

This group explores how we can use our bodies in movement to develop critical brain based skills for learning. This four-week session will utilize activities that integrate the left and right brain functions and body awareness so that natural learning abilities are stimulated for improved academic, social, and physical performance. This group will focus on a higher level of refinement skills.