



Summer Programs 2024

June 10 - August 18

Regulation - Beginners (Ages 4 - 5)

June 12 – August 14

This program is geared for children 4-5 years old to help develop beginning self-regulation skills. It is based on both "Social Thinking" and "How Does Your Engine Run" concepts and vocabulary. Children will learn a variety of sensory, cognitive, and emotional tools to help them focus, engage with others, and stay regulated in a fun and movement-based approach.

Wednesdays (Ages 4-5) 3:30-4:30

Regulation - Engine Toolbox (Ages 5 - 8)

June 10/11 – August 12/13

This program is designed to help children recognize and implement strategies for self-regulation using their sensory systems. Throughout the program, we explore the various ways to change the child's "engine" using sensory "tools" and collect those that work best for them in their toolbox. At the end of the program, each child will have a repertoire of strategies to use at home and at school to keep their engine "just right," so they can attend, follow directions, and engage well with others.

Mondays (Ages 5-8) 3:30-4:30

Tuesdays (Ages 6-8) 3:30-4:30

Regulation -Superflex (Ages 6 - 8 or 8 - 10)

June 10/11 - August 12/13

This program gives children social- emotional strategies to self-regulate their difficult thoughts, feelings and behaviors through a fun superhero format. Children learn how to identify and build on their own superhero thinking strategies (Superflex) to take on various social and behavioral challenges (rigid thinking, distractibility, anger, anxiety) as represented by cartoon characters such as Glassman, Worry Wall, Rock Brain and Brain Eater.

Mondays (Ages 6-8) 4:30-5:30

Tuesdays (Ages 6-8) 4:30-5:30

Mondays (Ages 8-10) 5:30-6:30

Regulation - Advanced Superflex (Ages 7 - 10)

June 11 – August 13

This program is for children that have completed the Superflex 1 program. This program allows children to get more in depth in their identification and understanding of their behaviors and implementation of social and emotional strategies (Superflex powers). Real time practice of strategies, role playing of situations and videotaping are used to promote learning. They will also be introduced to new Unthinkables and Thinkables!

Tuesdays (Ages 7-10) 5:30-6:30

Academic - Executive Functioning (Ages 7 - 9 or 10 - 13)

June 13 – August 15

This program empowers children to understand their brain and learn how to train their brain! We address and develop strategies to improve 11 executive functioning skills such as attention, impulse control, time management, planning and organization.

We work on these skills through games, movement, practice, and more!

Thursdays (Ages 7-9) 4:15-5:15

Thursdays (Ages 10-13) 5:15-6:15

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Occupational, Physical & Speech Therapy

kidsunlimitedtherapyservices.com



Academic - Wilson Reading (Ages 6 - 8 or 8+)

June 12/13 – August 14/15

This program is designed to improve your child's confidence and success with reading using a fun, multisensory small group approach. It was developed by a Wilson certified Speech Language Pathologist. Sessions are directed towards a variety of interests. There are opportunities to learn and practice skills in phonology (letters and sounds), reading, spelling and comprehension.

[Wednesdays \(Ages 8 +\) 4:30-5:30](#)

[Thursdays \(Ages 6-8\) 3:30-4:30](#)

Academic - Handwriting – Move and Write! (Ages 5 - 8)

June 12 – August 14

This program teaches and refines letter formation, spacing and sizing. We address pencil grasp, fine motor skills and hand strength to develop the foundational skills required for handwriting. Children will engage in gross motor and core strengthening tasks prior to seated fine motor/writing tasks. Target grades are K through 1st grade, however, based on skill level, other ages may be considered.

[Wednesdays \(Ages 5-8\) 5:30-6:30](#)

Social - Picky Eaters – The Lunch Bunch (Ages 5 - 8)

June 16 – August 18

This program is for children who find mealtimes and exploring new foods challenging. Led by an Occupational Therapist or Speech Language Pathologist using the Get Permission First and/or SOS feeding approaches. The therapist facilitates a change, so children look at foods as friends not the enemy. This approach is designed to desensitize and encourage children to explore foods by redefining "try."

[Sundays \(Ages 5-8\) 12:00-1:00](#)

Social Skills Groups/Friendship and MORE

June 16/14 – August 18/16

This program provides young children, tweens, and teens with everyday vocabulary and concepts to understand thoughts, emotions, behaviors as well as social skills. They learn and practice tangible strategies to implement in everyday situations at home and school.

[Sundays \(Ages 5-7\) 10:30-11:30](#)

[Fridays \(Ages 7-10\) 3:15-4:15](#)

[Fridays \(Ages 11-14\) 4:15-5:15](#)

Social - Yoga & Mindfulness (Ages 6 – 8+ or 9 – 11+) Parent/Child

June 15 – August 17

Research shows that mindfulness training, breathing and yoga enhance motor development, self-regulation and executive functioning. This program helps your child find new ways to stretch their body and brain.

[*With Parent Saturdays \(Ages 6-8+\) 10:00-11:00](#)

[* Parent Optional Saturdays \(Ages 9-11+\) 11:00-12:00](#)

Parents - Regulation

June 27 – August 15

This 8-week virtual course teaches parents how to help their child self-regulate. Parents will learn the vocabulary and strategies found in the Engine/Zones and Superflex curriculums to use with their children at home. We will also introduce strategies to help parents stay calm and deal with their own thoughts and feelings! It is a valuable opportunity for parents whose children are currently learning or have learned the Regulation curriculums as well as parents interested in learning about these approaches.

[Thursdays 12:00-1:00](#)

Parents - Executive Function

June 25 – August 13

This 8 week virtual course teaches parents basic brain structures and how to take care of their child's brain. Parents will learn the 11 executive functions of the brain and strategies to enhance their child's cognitive functioning and perhaps their own! It is a valuable opportunity for parents whose children are currently learning or have learned the Executive Functioning curriculum as well as parents new to these concepts.

[Tuesdays 12:00-1:00](#)