



PHYSIO & DIETITIAN

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SCHOOL HOLIDAY PROGRAM

JOIN US AT SENSE OT FOR OUR MOVEMENT SENSES AND FOOD SENSES SCHOOL HOLIDAY PROGRAM. LED BY OUR PAEDIATRIC PHYSIOTHERAPIST AND DIETITIAN!

DATES:

29TH JUNE

30TH JUNE

1ST JULY

TIME:

9:30 AM TO 3 PM

FOR AGES
8-12

ATTEND ONE, TWO,
OR ALL DAYS!

MINIMUM OF 4
PARTICIPANTS REQUIRED
TO PROCEED
GROUP PRICING IS SHARED
AMONGST NUMBER OF
PARTICIPANTS



ENQUIRE TODAY!

admin@senseot.com.au



GROUP INFO:



WHAT TIME DO YOU ARRIVE?

Please arrive at **9:20 am** to ensure time for a bathroom break for a **9:30 am start**

WHAT TO BRING?

Snacks, Water bottle

WHAT TO WEAR?

Comfortable clothes appropriate for active movement!

SKILL FOCUS AREAS:

MovementSENSES

- Practise skills on strength, balance, and posture
- Encourage ball skills, agility, and coordination
- Boost social participation and confidence through movement!

SKILL FOCUS AREAS:

FoodSENSES

- Developing daily living skills through food prep activities
- Exploring and learning to describe foods neutrally
- Understanding why our bodies need nutritious foods



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admin@senseot.com.au



PHYSIO & OT



SCHOOL HOLIDAY PROGRAM

JOIN US AT SENSE OT FOR OUR SOCIAL SENSES AND MOVEMENT SENSES SCHOOL HOLIDAY PROGRAM. LED BY OUR PAEDIATRIC OT & PHYSIOTHERAPIST!

DATES:

6TH JULY

7TH JULY

8TH JULY

TIME:

9:30 AM TO 3 PM

FOR AGES
6-9

ATTEND ONE, TWO,
OR ALL DAYS!

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- Boost social participation and confidence through movement!

SKILL FOCUS AREAS:

SocialSENSES

- Understanding our own and others' thoughts and feelings
- Using flexible thinking to adapt to different situations
- Building confidence in peer interactions



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