

OT Group Packs

Messy Play Group

Messy play groups provide opportunities for children to explore tactile sensory input to learn about their environment in an appropriately graded, fun and creative way. The purpose of messy play is to equip children with skills to explore and tolerate new tactile sensory input during play and activities of daily living.



Pre-Writing Group

The purpose of the Pre-Writing Group is to facilitate the development of prewriting skills. Pre-writing skills are the building blocks children need to develop before they are able to write. These contribute to the child's ability to hold and use a pencil, and the ability to draw, write, copy, and colour.



Get Set for Learning

The 'Get Set for Learning' group is an intervention, which uses movement and sensory input to prepare children for learning. Children will learn how to self-regulate and increase their concentration and participation in class. It will also help develop children's gross motor skills such as, coordination, body awareness and balance.



Handwriting Group

The Handwriting group is for children to further develop their handwriting skills using a whole body, multi-sensory approach. During the group sessions, children will be able to develop and practice specific fine motor skills, assume a functional sitting posture and develop a functional pencil grasp. This will support them to participate to the best of their ability in handwriting tasks in the classroom environment with their peers.



Moving On - Essential Skills for Secondary School

This group is designed to help young people feel confident and prepared for their transition to secondary school. To introduce and develop organisational and independence skills in everyday activities

