

Summer Play Sessions

Come and have some Summer Holiday fun

OT4me

Play is a fundamental aspect of childhood development, serving as a crucial mechanism through which children explore and understand the world around them. It is through play that children develop essential cognitive, physical, social, and emotional skills. Play encourages creativity and imagination, allowing children to experiment with new ideas and problem-solving strategies in a safe environment. It promotes physical health by enhancing motor skills, coordination, and overall fitness. Socially, play provides opportunities for children to learn cooperation, negotiation, and empathy, as they interact with peers and navigate social dynamics. Emotionally, play helps children process their feelings and build resilience. By engaging in various forms of play, children can develop a strong foundation for lifelong learning and personal growth, making play an invaluable component of a well-rounded and healthy childhood.



Each session last for 1 hour with complementary drinks and snack available.

Each session will be hosted by an Occupational Therapists with sensory integration training and additional training and experience in neurodiversity and SEN, alongside an Occupational Therapy Assistant.



OT4me Ltd

5 Middlethorpe Business Park

Sim Balk Lane

York

YO23 2BD



Groups for 4–6 year olds

OT4me



Teddy Bear's picnic and Going on a Bear Hunt

A teddy bear themed play session with crafts, scissor skills, sensory play and exploration through storytelling.



Messy play

Offering numerous sensory benefits for young children, the session will enhance sensory exploration, allowing young children to experience different textures, temperatures, and consistencies, which helps them understand and interpret sensory information. The open-ended nature of messy play stimulates creativity and imaginative thinking, allowing children to explore new ideas and scenarios.



Imaginative play and puppet story time

The session stimulates various senses, with imaginative play involving touch, sight, and hearing through role-playing and props, while puppet story time captivates with visual and auditory stimuli. The session encourages problem-solving, memory, and attention. The sessions foster social interaction, encouraging sharing, collaboration, and communication.



Den building

Den building offers a multitude of sensory benefits for children, significantly contributing to their overall development, as well as their planning and organisational skills. The activity requires children to understand space and dimensions, thereby enhancing their spatial awareness and ability to judge distances and proportions. As they plan and construct their dens, children engage in visual problem-solving, improving their visual perception and ability to assess how different components fit together. Den building stimulates creativity and imagination, encouraging children to design their own spaces and explore new ideas. Dens also provide a sense of comfort and security, offering children a personal space to relax and manage their emotions.

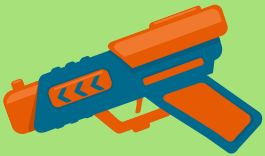
Groups for 6–8 year olds

OT4me

Stomp rockets



Making stomp rockets is an engaging activity that provides several sensory benefits for children including tactile stimulation, visual perception, hand-eye coordination and planning. Designing and assembling stomp rockets require children to use visual perception to assess shapes, sizes, and colours, enhancing their ability to interpret visual information. Stomping on the launcher to propel the rocket into the air engages gross motor skills, promoting physical activity and strengthening leg muscles. Designing and modifying rockets to improve performance encourages creativity and problem-solving skills, as children experiment with different designs and materials.



Nerf Battle

Nerf battles aren't just super fun, they also help physical and cognitive development. Aiming and shooting Nerf guns require precise hand-eye coordination, helping children develop and refine this essential skill. Running, dodging, and taking cover during Nerf battles enhance gross motor skills, improving strength, agility, and overall physical fitness. Engaging in active play with Nerf guns helps children develop proprioception, which is the sense of body position and movement, contributing to better balance and coordination.



Friendship Bracelet Making

A focussed, fine motor skill activity where you may also make some new friends! With opportunity to be creative and create bracelets and necklaces with a range of different materials and methods.



Superhero Training Camp

Come along and develop key skills for being a fantastic superhero and show off your superpowers! With opportunity to climb, balance, build, show your super strength and even 'fly' on the swings, this fun-packed session offers lots of heavy work, encourages core strength development and tonnes of movement.

Slime making

Messy, slimy fun. Come and learn the process of how to make slime.



Groups for 8–10 year olds

OT4me



Floor is Lava

Playing "The Floor is Lava" is a dynamic and imaginative game that offers opportunity to develop balance and coordination, navigating across furniture and objects without touching the floor. Jumping, climbing, and stretching engages gross motor skills, improving strength, agility, and overall physical fitness. Children must think creatively and solve problems to find safe routes across the room, fostering cognitive development and innovative thinking.



Gladiators Training Camp

Contender's ready? Come along and play OT4me's version of 'Duel', see how long you can last on 'Hang Tough' and how quickly you can navigate 'The Wall' in a playful, active Gladiators themed play session aimed at encouraging balance, coordination, gross motor skills and endurance.



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Slime making

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Groups for 10–12 year olds

OT4me



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Terms and Conditions

Each session will have no more than 4 children in them. Parents are welcome to stay or child can be left with the therapists for the duration of the sessions.

Please arrive at the OT4me clinic no more than 10 minutes before the play session starts.

All children attending the sessions must have a completed 'Child Contact Form' 1 week before their planned play session.