



ABOUT US

Leaps and Bounds™ Occupational Therapy Summer Camp has been providing services in the DC Metro area for over 15 years. We utilize an individualized approach to play via a small child to adult ratio, which supports a unique, motivating, and graded developmental experience. One other characteristic that sets us aside from other programs include inside/outside spaces for motor activities (i.e., bike riding and sports).

If you are interested in attending the summer program or would like more information, please contact:

Allison Mistrett, MS, OTR/L
(202) 237-8737
Allison@leapsandboundsot.com

Applicants will be considered on a first come first serve basis.

Leaps and Bounds, LLC
4906 Wisconsin Ave, NW
Washington, DC 20016

www.leapsandboundsot.com

PLACE
STAMP
HERE

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SENSORI-MOTOR CAMP

Improving Skills Through
Play and Movement

Summer 2023

(June 26 – August 4)



LOCATION: TO BE DETERMINED

PRE-K CAMP PROGRAM

(Ages 4-5)

DATES: June 26, 2022 - August 4, 2023

TIME: 9:00 AM - 3:00 PM Monday - Friday

COST: ~\$5000

SCHEDULE:

- **Finger Play:** Finger painting, exploring different mediums
- **Circle Time:** Daily schedule, discuss theme, social interaction, sitting and attending
- **Move and Groove:** Obstacle courses, passing activities, ball skills, balance, coordination, motor planning, cooperative play
- **Snack:** Self-help skills and social interaction
- **Arts and Crafts:** Drawing, cutting, coloring, stringing, stickers
- **Lunch**
- **Sports:** Introduction and enhancement of playing games/following rules, teamwork, foundational ball skills
- **Journal:** Representational drawing, recalling daily activities
- **Handwriting:** Pre-writing strokes, kinesthetic writing using different mediums, mazes, dot-to-dots, learning letters
- **Free Play:** Social interaction, motor planning
- **Bike/Scooter riding**
- **Water Play**
- **Swimming**



INTERVENTION/PROGRAMS USED

- Sensory Integration
- Zones of Regulation

GENERAL GOALS OF PROGRAMS

WE WORK TO ADDRESS

EACH CHILD'S ABILITY TO:

- Transition in and out of activities
- Explore various textures with hands
- Sit and attend to circle time activities
- Sequence and perform multi-step activities
- Demonstrate age-appropriate sports skills (kicking, throwing, catching)
- Engage in cooperative and turn-taking activities with peers
- Demonstrate age-appropriate coloring and cutting skills
- Sequence and complete art projects
- Identify "Zone" and activities to help stay in the "Green Zone"
- Generate ideas for activities and play safely with peers during unstructured play

COVID SAFETY MEASURES

CDC guidelines and regulations will be followed.

Examples include:

- Therapists will be vaccinated
- All children and adults will be required to wear masks
- Camp will take place in an area that is separate from other people
- Outdoor space will be used as much as possible for crafts, lunch, movement
- Equipment and supplies will be cleaned every day
- Parents will be asked to take their child's temperature and monitor for symptoms
- Children who test positive or who have someone living in their house who tests positive, will follow CDC guidelines regarding quarantine and testing
- Camp enrollment will be for the length of the program (not week by week) in order to minimize interaction/exposure

KINDERGARTEN – 4th GRADE CAMP PROGRAM (Ages 5-10)

DATES: June 26, 2022 – August 4, 2023

TIME: 9:00 AM - 3:00 PM Monday - Friday

COST: \$5000

SCHEDULE:

- **Exploration with hands:** Tactile
- **Circle time**
- **Move and Groove:** Obstacle courses, passing activities, ball skills, balance, coordination, motor planning, cooperative play)
- **Arts and Crafts:** Drawing, coloring, cutting, building/assembling projects
- **Lunch**
- **Sports:** ball skills, soccer, kickball, and baseball along with scrimmages
- **Journal:** drawing and handwriting activities
- **Outdoor Play:** social interaction and motor planning
- **Bike riding**
- **Water Play**
- **Swimming**



INTERVENTION/PROGRAMS USED

- Sensory Integration
- Zones of Regulation
- Vis-X (ball skills)
- Handwriting Without Tears

