

TOTS Summer Groups

We are excited to offer groups again this summer. We had so much fun last summer and look forward to our groups again this year. Please take a flyer and hand out to friends who may be interested.

- **Friendship Circle:**

Description: This group will focus on social interaction and interpersonal skills. We will look at how we control our behavior during play tasks to assist with building friendships. We will look at strategies to improve attention, waiting, impulsiveness, communicating needs and interpreting the needs of others as well as develop age-appropriate social skills and making new friends.

Ages 4 – 8

Your child's name/age: _____

Email and phone Number: _____

- **Jump, Run, Play:**

Description: A focus on gross motor development to improve balance, strength, core stability and coordination using energetic games and sports-related activities.

Ages 4 – 10

Your child's name/age: _____

Email and phone Number: _____

- **Yoga/Mindfulness**

Description: This group focuses on basic yoga principles using movement, breath and mindfulness activities to improve self-awareness and teaching to incorporate these practices into daily coping skills to assist with calming stress and anxiety.

Ages 7 – 10

Your child's name/age: _____

Email and phone Number: _____

- **Yoga TOTS**

Description: Introduction to mindfulness and breathing with the use of creative movements and large group play to improve body awareness and flexibility. Strategies will be used to decrease anxiety and improve body and mental calmness.

Ages 4 - 6

Your child's name/age: _____

Email and phone Number: _____

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○ Writing Hands

Description: Multi-Sensory approach to address the critical foundation skills to improve handwriting for school-aged children. Focuses will be on pencil grasp, letter formation, letter spacing, legibility, and sensory-motor planning to improve handwriting performance.

1st to 3rd Grade

Your child's name/age: _____

Email and phone Number: _____

○ Busy Hands

Description: This camp focuses on pre-writing, fine motor coordination and strengthening to improve functional hand performance and handwriting skills. This is a whole group approach to enrich skills with adapted activities and will provide developmentally appropriate play-based activities to allow for exploration of sensory and fine motor skills.

Ages 4 to 6

Your child's name/age: _____

Email and phone Number: _____

Fax registration to 317-841-7029 or email to: info@totsindy.com

ALL Groups:

- **\$25 per 1 hour session**
- **4 or 6 week sessions available**
- **June 10th to July 22nd, 2024**
- **No sessions the week of July 4th**