

# Self Regulation Summer Fun

The goal of this therapeutic OT summer camp is to promote self-awareness and success in meeting social and environmental demands, which are frequently misinterpreted or missed all together. Through the use of social cognitive approaches, sensory/motor integration strategies, and emotional regulation approaches, this camp will:

- \*Provide children with an understanding of the **Zones of Regulation®**
- \*Introduce children to strategies that promote regulation and identify sensory and motor tools that work best for them
- \*Provide parents with Self-Regulation resources to use at home

**Led by Jessica Thornton, MS, OTR/L, and Matt Testa, MS OTR/L**

Participants will be accepted based on how well their needs and abilities fit with the group dynamic. A screening may be necessary to help determine placement (\$250).

July 25-July 29, 2022

Monday-Friday

10:00am-2:00pm, daily

Ages 8-11 years-old      Cost: \$1200 (\$60 per hour)

Payment is due at the time of registration



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