Sensory Adventurers

A fun and interactive group to fit your sensory needs

Group Objectives:

- Improve sensory integration through play-based activities
- Learn tools and strategies to promote positive interactions with a variety of sensory challenges
- On-going growth of peer interaction while engaging in sensory activities

A six-week, interactive group that targets a different sensory system each week (i.e. tactile, visual, auditory, olfactory, oral, vestibular and proprioceptive) by incorporating each into sensory play-based activities. This group is recommended for children who are sensory seekers or sensory avoiders in one or more sensory systems.

Seekers:
- love touching or being touched
- crave movement / crashing
- love loud noises

Avoiders:
- overreact to ordinary touch
- excessive fear of movement
- extreme sensitivity to sound

This group meets once a week for one hour. For increased benefit, participation from a parent/guardian is required the last 10 minutes of each session in order to meet with the group leader(s) for a recap of what was covered and to receive informational handouts about the specific sensory system and sensory activities to promote sensory integration.

All groups are based on a private-pay format.

Please contact our office for more information at 651-455-0561.

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