

# IMPLEXA

# School Holiday Programs

Allied Health Services

Approved NDIS Provider



Implexa offers 1:1 sessions in ABA, Speech and OT in homes, schools and at our clinic. All programs are run by a Speech Pathologist, Occupational Therapist and a Behavioural Therapist. Each session comes with a report with individual recommendations.

**Tuesdays 16<sup>th</sup> Jan and 23<sup>rd</sup> Jan**

**10 am – 10.45 am Control Your Emotions**

Learn to identify, understand and control emotions through fun science experiments and games.

**10 am – 10.45 am Teen Social Skills**

In this program, teens will learn how to manage big emotions and navigate an ever-changing social environment. Activities to build self-esteem will also be included in this program.

**11am – 11.45 am Social Skills**

Group 1 Girls Primary School aged.

Group 2 Boys Primary School aged.

These programs have been designed to support your child in learning the skills necessary for getting along with others. The skills we will work on include active listening, asking questions and for help, joining play and appropriate turn taking and sharing.

**1 pm – 1.45 pm Literacy Program**

**Group 1 Pre-prep** - This program will incorporate prep readiness skills while focusing on building literacy skills needed for successfully transition into prep.

**Group 2 Primary School** - This program is designed to help consolidate literacy skills already covered in school. If your child is behind in literacy then this is the program for them.

**1 pm – 1.45 pm Sensory Program**

This program has been designed to help children who experience sensory processing difficulties. The children will learn how to manage their reactions to different sensory input and learn strategies to manage the associated emotions.

**2 pm – 2.45 pm Cooking Program**

This interactive program works on improving daily living skills such as cutting up food items, setting a table and preparing a meal. This program will end in a shared meal.

**2 pm – 2.45 pm Anxiety Management Program**

Children will learn how to look for the warning signs of anxiety and how to use calming strategies to help them regulate and gain control of their emotions.

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