

GENTLE SENSORY

Therapeutic Holiday Program

What is a Therapeutic Holiday Program?

Gentle Sensory's therapeutic holiday program supports mental health, enhances social connections, and promotes overall well-being. By implementing interest-based activities, our programs are formulated to support social engagement, communication skills, problem-solving, and emotional regulation using PBII (Peer-based Instruction and intervention).

Benefits of Gentle Sensory's Therapeutic Holiday Program:

- Developed and run by qualified clinicians
- Evidence-based
- Support social connections in a welcoming community setting
- Enhance emotional resilience and self-awareness
- Encourage relaxation and self-care practices

Program Information:

Self-Care & Wellbeing Program

Dates: 09th April & 17th April

Time: 9:30 AM to 4:00 PM

Ages: 7- 9 yrs, 10-12 yrs

Program Summary:

Our Self-Care & Well-Being Program is a day designed for creativity, confidence, and relaxation building. The program will consist of the following activities:

Arts & Crafts

Begin the journey of self-discovery by looking into a mirror and creating a unique profile picture using various arts and crafts materials. This activity encourages self-appreciation and artistic expression.

Writing & Reflection

Alongside their profile picture, the clients will explore and celebrate themselves by writing or drawing about their likes, strengths, and self-care strategies. This personal reflection helps reinforce positive self-awareness and self-love.

Picnic in the Park

Enjoy a refreshing outdoor experience with a relaxing picnic at the park. Breathe in the fresh air, connect with nature, and savor a mindful moment of gratitude and joy.

Meditation & Relaxation

Wrap the day with a peaceful meditation session to promote relaxation and inner balance. As a final touch of self-care, clients will treat themselves to a soothing nail painting session, embracing mindfulness and self-pampering. This will also include mindfulness meditation.

Connection & Movement

Dates: 08th April & 14th April

Time: 9:30 AM to 4:00 PM

Ages: 7- 9 yrs, 10-12 yrs

Program Summary:

Get ready for a fun-filled day of creativity, teamwork, and movement in our Holiday Movement & Connection Program! This program encourages collaboration, active play, and relaxation while building meaningful peer connections.

Lego-Based Building Activity

Start the day with a hands-on Lego challenge! Working with a peer, the client will select a flash card and use Legos to bring the scene to life. This activity promotes teamwork, problem-solving, and creative expression.

Round Robin Park Activities

Head outdoors for an action-packed afternoon in the park! Rotate through various movement-based activities to energise your body and build peer connections. Whether it's relay races, obstacle courses, or group challenges, you'll have fun while staying active and engaged.

Minecraft & Relaxation

After an active day, wind down with a cozy Minecraft session in the office. Whether building, exploring, or collaborating in the virtual world, this activity allows for creative expression and social connection in a relaxed environment.

What Makes Gentle Sensory's Program Different?

Our commitment to evidence-based practices and ongoing research ensures we can offer you the best possible support, always personalised to your unique and changing needs. Our programs have been developed by and are run by industry professionals with a wealth of lived experiences and an appreciation for evidence-based approaches to supporting young people.