



hello@aimtherapy.com.au

or 6150 8339

for bookings

JANUARY 2026

School Holiday Groups WEMBLEY



KINDY (AGES 3 - 4.5)

Kindy Readiness

Occupational Therapist: Kate

Dates: Mon 12th, Tues 13th and
Wed 14th Jan

9:00 am - 10:30 am

(3 sessions of 1.5 hour duration)

This group prepares your child for kindergarten, focusing on key skills like following instructions, turn-taking, mat-time listening, lining up and working with others.

The activities build fine and gross motor skills, and as early learning concepts through drawing, writing, colour recognition and group rhyme singing.



PP - YEAR 2

Little Groovers

Occupational Therapist: Grace

Dates: Mon 12th, Tue 13th,
Wed 14th and Thurs 15th Jan

11:30 am - 12:30 pm

(4 sessions of 1 hour duration)

Love to have a groove? This group uses multisensory, dance and movement based activities to target gross motor skills, body awareness and support emotional regulation.

Your child will be building valuable skills, all whilst grooving along to some tunes!



YEAR 1 - 3

Colour Your Feelings

Occupational Therapist: Grace

Dates: Tues 27th, Wed 28th and
Thurs 29th Jan

11:00 am - 12:30 pm

(3 sessions of 1.5 hours duration)

This group uses coloring, arts, crafts and creativity to support your child to explore emotions, express their feelings, and improve skills like fine motor control.

Colouring encourages mindfulness and can also be used as a tool for self regulation!





hello@aimtherapy.com.au

or 6150 8339

for bookings

WEMBLEY



YEAR 2 - 4

DIY Calm Kits

Occupational Therapist: Kate

Dates: Mon 12th, Tues 13th and
Wed 14th Jan

12:30 pm - 2:00 pm

(3 sessions of 1.5 hour duration)

These group sessions will focus on making personalised "calm kits" which will contain personalised sensory and calming tools, that can be taken home and used to support self regulation.

Your child will be utilising their creativity, self reflection whilst participating a small group activities.



YEAR 4 - 6

Girl's Craft

Occupational Therapist: Haleh

Dates: Mon 12th and Wed 14th Jan

10:00 am - 12:00 pm

(2 sessions of 2 hour duration)

Your child will be creating positive relationships through arts and craft activities! A combination of a creative and social group, this group will encourage children to share their interests, so come prepared with your favourite movies, books and singers!



YEAR 4 - 6

Play and Connect

Occupational Therapist: Kate

Dates: Tues 27th, Wed 28th and
Thurs 29th Jan

9:30 am - 11:00 am

(3 sessions of 1.5 hour duration)

Participate in fun, competitive and cooperative board games and card games, whilst connecting with others! The group will target social and executive functioning skills, such as following instructions, winning and losing, decision making, team work, problem solving and self regulation. Your child will also be encouraged to bring in their favourite games to share!





hello@aimtherapy.com.au

or 6150 8339

for bookings

WEMBLEY



YEAR 6

High School Readiness

Occupational Therapist: Courtney

Dates: Tues 20th and Thurs 22nd Jan

10:00 am - 12:00 pm

(2 sessions of 2 hour duration)

This group is for students approaching High School, to help prepare and support their transition to high school.

Content includes: friendships, coping skills, timetables, organisation, protective factors and assessment planning.

This group is for students finishing Year 6 who would benefit from preparation and extra support during this transition time.



YEAR 7 - 9

Teen Chefs

Occupational Therapist: Courtney

Dates: Tues 13th, Thurs 15th Jan

10:00 am - 12:00 pm

(2 sessions of 2 hour duration)

Teen Chefs aims to help children develop an understanding of kitchen safety, learn how to read a recipe and develop their problem-solving skills whilst exploring their senses in the kitchen and working as part of a small team. This group includes baking and cooking.

Suitable for all children no matter what their confidence or level of social skills. An interest in baking and cooking is desirable.



BOOKING CONDITIONS

- Session cost: \$161.66 for 1 hr, \$210.16 for 1.5 hr, \$258.65 for 2 hr.
- Prices quoted are based on 2 participants, the cost will be less if more children join the group.
- Private health & NDIS rebates available. Can be claimed under NDIS Capacity Building Supports - Improved Daily Living.
- Minimum of 2 children required for the group to run.
- Attendance at each session is compulsory.
- You must also be able to switch to a Zoom session, if necessary.
- Some basic resources at home needed, please enquire when booking.
- Sessions held at Wembley Premise, 1b, 228 Cambridge St, Wembley.