



Advanced Therapy Solutions, LLC
Enhancing your child's development one step at a time

Super Star Summer Camp Schedule

The following schedule will be followed for each day of camp Monday-Friday. Thursday of each week will be **Picnic Day** in which camp will be held at Mikey's Place, address (314-338 Garden St, Wethersfield, CT 06109). On this day drop off and pick up will be at Mikey's Place.

Drop Off 8:45-9:00

Mindfulness and Zones of Regulation Activity 9:00-10:00

- These activities will focus on the use of mindfulness, yoga and Zones of Regulation techniques to help you child improve their emotional regulation and coping skills. Activities will include sensory integration activities, deep breathing, yoga and music.

Snack time 10:00-10:15

Creativity and Expression Activity 10:15-11:15

- Through the use of creative expression activities including arts and crafts, drawing and coloring your child will help improve their fine motor and visual motor skills while expressing their personal artistic style. Activities will change daily 😊

Lunch and Sensory-Motor Activity 11:15-12:00

- Children will be split up into small groups for lunch. Your child will have access to SOS and picky eating/feeding approaches as well as appropriate mealtime manners and social engagement with peers.

Sports and Movement Activity 12:00-12:30

- Your child will develop body awareness, gross motor skills, postural strength and endurance through use of sensory motor activities and sports. Activities will change daily but may include (t-ball, volleyball, 4-square, relay races, noodle tag)

Quiet Cool Down and Wrap Up 12:30-1:00

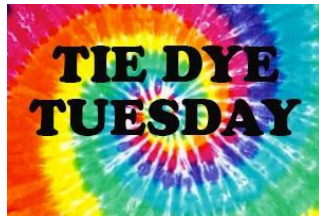
- Camp will wrap up with calming and organizing sensory integration activities to get your child prepared to transition. Children will be asked to reflect on their day at camp while engaging in deep breathing, stretching and other organizing activities.

Pick Up 1:00-1:15



Mad Scientist Monday

- Every kiddo is a scientist today! Your child will create experiments and use their “Scientist Brains” to help explore the world around them. Get ready to get messy 😊



Tie Dye Tuesday

- Get ready to let your colorful side show. ATS will provide each camper with a blank white T-shirt to create their own tie-dye work of art! Today’s activities will encompass colors, music, expression and creativity.



Water Day Wednesday

- Don’t forget your bathing suit and sunglasses because today is water day! Let’s get ready to spend the day playing water games and having a water play day 😊



Adventure Thursday

- Let’s take a walk on the wild side and explore our world! On Thursdays your adventurer will explore the world around them including nature, animals and even outer space.



Super Hero and Princess Friday

- Calling all superheroes and princesses! Today your child will show off their super powers and magical skills through games and play. Children are encouraged to dress like a super hero or princess (capes, tiaras/crowns, super hero t-shirt, princess dress).