



### ABOUT US

Leaps and Bounds™ Occupational Therapy Summer Camp has been providing services in the DC Metro area for over 15 years. We utilize an individualized approach to play via a small child to adult ratio, which supports a unique, motivating, and graded developmental experience. One other characteristic that sets us aside from other programs include inside/outside spaces for motor activities (i.e., bike riding and sports).

If you are interested in attending the summer program or would like more information, please contact:

**Allison Mistrett, MS, OTR/L**  
(202) 237-8737  
Allison@leapsandboundsot.com

Applicants will be considered on a first come first serve basis.

**Leaps and Bounds, LLC**  
4906 Wisconsin Ave, NW  
Washington, DC 20016

[www.leapsandboundsot.com](http://www.leapsandboundsot.com)



**Leaps and Bounds, LLC**  
4906 Wisconsin Ave, NW  
Washington, DC 20016



### SENSORI-MOTOR CAMP

Improving Skills Through  
Play and Movement

#### Summer 2022

(June 27 – August 5) \*\*may be extended based on request



#### LOCATION:

The Whittle School  
3400 International Drive, NW  
Washington, DC 20008

## PRE-K CAMP PROGRAM

(Ages 4-5)

**DATES:** June 27, 2022 - August 5, 2022

**TIME:** 9:00 AM - 3:00 PM Monday - Friday

**COST:** ~\$5000

### SCHEDULE:

- **Finger Play:** Finger painting, exploring different mediums
- **Circle Time:** Daily schedule, discuss theme, social interaction, sitting and attending
- **Move and Groove:** Obstacle courses, passing activities, ball skills, balance, coordination, motor planning, cooperative play
- **Snack:** Self-help skills and social interaction
- **Arts and Crafts:** Drawing, cutting, coloring, stringing, stickers
- **Lunch**
- **Sports:** Introduction and enhancement of playing games/following rules, teamwork, foundational ball skills
- **Journal:** Representational drawing, recalling daily activities
- **Handwriting:** Pre-writing strokes, kinesthetic writing using different mediums, mazes, dot-to-dots, learning letters
- **Free Play:** Social interaction, motor planning
- **Bike/Scooter riding**
- **Water Play**
- **Swimming - TBD**



### INTERVENTION/PROGRAMS USED

- Sensory Integration
- Zones of Regulation

## GENERAL GOALS OF PROGRAMS

### WE WORK TO ADDRESS EACH CHILD'S ABILITY TO:

- Transition in and out of activities
- Explore various textures with hands
- Sit and attend to circle time activities
- Sequence and perform multi-step activities
- Demonstrate age-appropriate sports skills (kicking, throwing, catching)
- Engage in cooperative and turn-taking activities with peers
- Demonstrate age-appropriate coloring and cutting skills
- Sequence and complete art projects
- Identify "Zone" and activities to help stay in the "Green Zone"
- Generate ideas for activities and play safely with peers during unstructured play

## KINDERGARTEN – 4th GRADE CAMP PROGRAM

(Ages 5-10)

**DATES:** June 27, 2022 – August 5, 2022

**TIME:** 9:00 AM - 3:00 PM Monday - Friday

**COST:** \$5000

### SCHEDULE:

- **Exploration with hands:** Tactile
- **Circle time**
- **Move and Groove:** Obstacle courses, passing activities, ball skills, balance, coordination, motor planning, cooperative play)
- **Arts and Crafts:** Drawing, coloring, cutting, building/assembling projects
- **Lunch**
- **Sports:** ball skills, soccer, kickball, and baseball along with scrimmages
- **Journal:** drawing and handwriting activities
- **Outdoor Play:** social interaction and motor planning
- **Bike riding**
- **Water Play**
- **Swimming - TBD**



### INTERVENTION/PROGRAMS USED

- Sensory Integration
- Zones of Regulation
- Vis-X (ball skills)
- Handwriting Without Tears

