

## Windmill Camp Program - Rock and Build

### Information

Camps are a great opportunity to take a breath away from everyday pressures and connect with new friends.

In a safe, fun and positive environment we aim to:

- Work towards NDIS goals around Capacity Building and Social and Community Participation
- Build self-confidence
- Improve decision making skills
- Build positive relationships and connections with peers and carers
- Encourage and support children to step outside of their comfort zones by trying new activities in a safe and nurturing environment

In group therapy sessions we aim to:

- improve children's social communication skills
- target cognitive skills, emotional skills, fine motor skills and creative skills

The program combines group therapy sessions with recreational activities – rock climbing, surfing, construction teamwork activities and art. The activities are designed to encourage and develop teamwork, positive relationship building and emotion management.

### 'Rock and Build' Group Therapy

'Rock and Build' are Lego-based therapy sessions. The children are placed in groups of three, with one adult facilitator per group. They rotate through the roles of a supplier, engineer and builder to facilitate social skills such as communication, teamwork, sharing and turn-taking. Sessions will go for approximately 1 hour, with children taking turns in each role, to work together to build a Lego set. As the week progresses, the aim is that the children will go from building Lego sets, to supporting each other with free building ideas. We will set goals for the week with your child and yourself. Parent sessions are designed to support you to continue facilitating the skills your child learns on camp at home.

### Parent/Carer Training

Our parent/carers training sessions aim to build parent capacity by working with families on goal setting and complementing the children's group therapy activities. The first session is a goal-setting session that is designed to help families to think about goals, not just for their child, but for themselves and their families. Parents report that after completing planning with the NDIS for their child's plan, they often feel very lost and confused. This workshop is designed to help them for future NDIS planning, as well as to help create family and personal goals. This workshop is also a great ice breaker and opportunity to get to know the other parents who are attending camp.

The remaining sessions are designed to complement the 'Rock and Build' group therapy sessions attended by the children. These sessions provide families with **principles** and **general examples** of strategies that can be implemented at home, school and in the community.

### Day 1

The group will start to get know each other in their first group therapy session “Rock and Build” followed by a nature walk around the local Manly area. During this walk the camp staff will promote conversations around getting to know each other while everyone appreciates the natural environment. This helps calm any nerves around the week ahead. Keeping to the building theme, the group will work with their peers to build sandcastles. Following the nature walk the group visit an Indoor Rock-Climbing Centre, transported in the Royal Far West Bus. At rock climbing the children get into their harnesses and take turns to climb the rock wall. This encourages them to step outside of their comfort zone, while being encouraged by the group. The children all reach different levels and feel a sense of accomplishment and excitement at having a go. This activity also helps with social interaction and turn taking as the children encourage each other up the wall and wait for their turn. The group can also try Caving. This is another great activity where the group use team work to encourage each other through the cave and shine lights to guide each other.

### Day 2

The day starts out with team games that promote movement and the use of fundamental movement skills. The session ends with a small stretch and breathing exercise before moving into the group therapy session.

Following the movement session, the group walk to Manly Surf School. During this activity the group are taught by a Manly Surf School instructor. The children work individually with the instructor when they are in the surf using a surfboard. While the others are waiting their turn, they play on body boards in the shallow whitewash.

This activity provides children with a huge sense of accomplishment. Everyone is at different skill levels and the children are supported to try to step out of their comfort zone. After the group have arrived back, the group will attend their therapy session “Rock and Build” followed by a creative time painting rocks, they will get the opportunity to write positive messages on them with their design, it aims to create a positive feel good moment.

Finishing the day with another group therapy “Rock and Build” session.

### Day 3

The day starts out with team games that promote movement and the use of fundamental movement skills. The session ends with a small stretch and breathing exercise before moving into the group therapy session.

Following the group therapy, the group work on the skills from group therapy in construction play. This activity the group will be working together using different resources to create a large-scale castle using resources such as cardboard boxes, crates and wooden blocks. This activity will promote using decision-making skills and teamwork.

After the afternoon group therapy session, the group have time to hang out as a group, play table tennis, air hockey and explore the RFW Lego Master corner.

### Day 4

This is the last day of camp. The day starts off with the groups final group therapy session.

Followed by some free time to hang out with their new friends.

Final activity of camp is the farewell BBQ breakfast. Both parent/carer and the child attend this celebration.

There is a presentation at the end of the BBQ and each child will receive a certificate of completion. This supports their confidence building and sense of self.



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	Time	Kids Activity Program	Supervision	Parent/Carer Program
Day 1	Up to 12:30pm	Arrival		
	12:30pm to 1:00pm	Lunch Provided	Guardian	
	1:00pm to 1:30pm	Orientation meet and greet with families	RFW	Orientation meet and greet with families
	1:30pm - 2:30pm	Group Therapy Session - Rock and Build		Free Time
	2:30pm - 3:00pm	Afternoon Tea		
	3:00pm - 4:00pm	Nature walk and Sandcastles Creations		3pm - 5pm Parent / carer training plus NDIS info
	4:00pm - 6:00pm	Indoor Rock Climbing		Free Time
	6:00pm - 7:00pm	Dinner (then free night)	Guardian	Dinner
Day 2	7:00am - 8:30am	Breakfast		Breakfast
	9:00am - 9:30am	Movement session	RFW	Free Time
	9:30am-11:30am	Surf Lesson		9:30am to 11am -Parent carer training
	11:30am - 12:00pm	Morning tea		Free Time
	12:00pm - 1:00pm	Group Therapy Session - Rock and Build		
	1:00pm - 1:30pm	Lunch		
	1:30pm to 3:00pm	Creative Rock Designs		
	3:00pm - 4:00pm	Group Therapy Session - Rock and Build		
	4:00pm - 5:30pm	Free Afternoon	Guardian	Free Afternoon
	5:30pm - 6:30pm	Dinner (then free night)		Dinner
		Breakfast		
Day 3	7:00am - 8:30am	Breakfast		Breakfast
	9:00am - 9:30am	Movement Session	RFW	Free Time
	9:30am - 10:30am	Group Therapy Session Rock and Build		9:30am to 11am - Parent/Carer training
	10:30am - 11:00am	Morning tea		Free Time (Windmill team available for enquiries directly after Parent/Carer session)
	11:00am - 12:30pm	Construction Play		
	12:30pm to 1:00pm	Lunch		
	1:00pm to 2:00pm	Group Therapy Session - Rock and Build		
	2:00pm - 4:00pm	Room Games Hang Out		
	5:30pm - 6:30pm	Dinner (then free night)	Guardian	Dinner
Day 4	7:00am - 8:30am	Breakfast	Guardian	Breakfast
	8:30am - 10:00am	Group Therapy Session - Rock and Build	RFW	Check out of room
	10:00am - 11:00am	Lego Masters and Room Games		9:30am - 10:30am Parent/Carer Training
	11:00am - 12:00pm	BBQ Bacon and Egg Rolls and Presentation		BBQ and presentation
	12:00pm	Camp concludes		Farewells

**\*Program may change from time to time without notice.**