

FALL 2025

WHAT'S NEW AT OWL PEDIATRIC THERAPY?





SOCIAL STARS

FOUNDATIONAL FRIENDSHIP SKILLS

6 WEEKS • 50 MINUTES • \$405, PRIVATE PAY

Our **Social Stars** groups are a fun and supportive 6-week program designed to help children build **foundational friendship and communication skills**. Each 50-minute session includes interactive games, themed activities, and a special take-home “toolbox” item to help reinforce the skill of the week.

Targeted skills are tailored to each group’s age, needs, and dynamics, with guidance from the speech-language pathologists and/or occupational therapists supporting the participants.

AGES 5–6

TUES. 4–4:50PM

SESSION I: 9/16–10/21

SESSION II: 10/28–12/4 (NO GROUP 11/11)

At this stage, children are learning basic prosocial behaviors, understanding others’ perspectives, and beginning to navigate conflict with help.

- Saying Hello and Using Names
- Taking Turns and Sharing
- Joining Play
- Using Kind Words
- Reading Emotions
- Expressing Feelings with Words
- Following Group Rules
- Solving Simple Problems

AGES 7–8

TUES. 5–5:50PM

SESSION I: 9/16–10/21

SESSION II: 10/28–12/4 (NO GROUP 11/11)

Kids this age are ready for more complex communication, group dynamics, and self-regulation strategies. They start to care more deeply about friendships and social fairness.

- Initiating and Maintaining Conversation
- Perspective-Taking
- Cooperative Play & Group Work
- Giving and Receiving Feedback
- Conflict Resolution
- Friendship Repair
- Peer Inclusion & Leadership
- Respecting Differences

TO ENROLL: EMAIL ALYSSA@OWLPEDIATRICTHERAPY.COM



CRAFTING CONFIDENCE

CONFIDENCE, IDENTITY
& SELF-AWARENESS

6 WEEKS • 50 MINUTES • \$405, PRIVATE PAY

Crafting Confidence is a 6-week group designed to help kids explore identity, build self-esteem, and strengthen confidence in the face of tricky middle school peer dynamics. Each week features a meaningful craft project paired with guided discussions to support positive self-image, self-expression, and resilience. Participants will also receive a new affirmation card each session to add to their growing confidence toolkit.

Targeted skills are tailored to each group's age, needs, and dynamics, with guidance from the speech-language pathologists and/or occupational therapists supporting the participants.

AGES 9-12
TUES. 6-6:50PM
SEPTEMBER 16TH - OCTOBER 21ST

- WEEK 1: Discovering What Makes Me Awesome
- WEEK 2: The Power of Positive Self-Talk
- WEEK 3: Being Brave - Even When It's Hard
- WEEK 4: Bouncing Back - Mistakes, Setbacks & Resilience
- WEEK 5: Using My Voice - Assertiveness & Self-Advocacy
- WEEK 6: Shining Bright - Celebrating Who I Am

TO ENROLL: EMAIL ALYSSA@OWLPEDIATRICTHERAPY.COM



BUILDING CONFIDENCE

CONFIDENCE, IDENTITY
& SELF-AWARENESS

6 WEEKS • 50 MINUTES • \$405, PRIVATE PAY

Building Confidence is a 6-week group where kids will build more than just towers—they'll build confidence, connection, and self-awareness. Each session features a creative STEM-based building challenge (using LEGOs, recycled materials, and more) paired with reflection, teamwork, and a weekly affirmation card. Through collaboration and design, participants will explore identity, emotional expression, and the power of resilience—all while having fun and creating together.

eted skills are tailored to each group's age, needs, and dynamics, with guidance from the speech-language pathologists and/or occupational therapists supporting the participants.

AGES 9-12
TUES. 6-6:50PM
OCTOBER 28TH - DECEMBER 4TH
~NO GROUP ON 11/11~

- WEEK 1: Discovering What Makes Me Awesome
- WEEK 2: The Power of Positive Self-Talk
- WEEK 3: Being Brave - Even When It's Hard
- WEEK 4: Bouncing Back - Mistakes, Setbacks & Resilience
- WEEK 5: Using My Voice - Assertiveness & Self-Advocacy
- WEEK 6: Shining Bright - Celebrating Who I Am

TO ENROLL: EMAIL ALYSSA@OWLPEDIATRICTHERAPY.COM



ADOPT-A-FRIEND!

INDIGENOUS PEOPLE'S DAY: OCTOBER 13TH

2 HOURS • \$85, PRIVATE PAY

Children will join our Family Support Coordinator for a fun-filled, two-hour workshop all about **mindfulness in motion!** Each child will “adopt” a cuddly stuffed animal and learn how to care for both their new friend and themselves through movement and mindfulness. Together, we’ll explore calming strategies like deep buddy breaths, animal yoga, and positive affirmations. Kids will decorate a collar and crate for their new friend and take home a set of calming cards to keep the practice going! Parent handouts are also included.

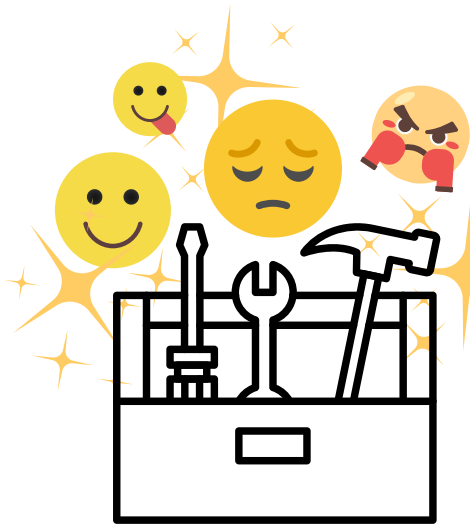
PRESCHOOL (AGE 3-4)
CHILD/CAREGIVER WORKSHOP
9:00 – 11:00AM

- Welcome to the Adoption Center!
- What Does My Pet Need?
- Animal Yoga
- Pet Play Time!
- Pet Care Crafts: Design a Collar & Crate
- Animal Walks Parade

AGES 5-8
CHILD ONLY WORKSHOP
1:00 – 3:00PM

- Welcome to the Adoption Center!
- Body Signs: How Do I Know What My Pet Needs?
- Animal Yoga
- Buddy Breathing
- Pet Care Crafts: Design a Collar & Crate
- Animal Walks Parade
- Parent Pet School

TO ENROLL: EMAIL ALYSSA@OWLPEDIATRICTHERAPY.COM



FEELINGS TOOLBOX

VETERAN'S DAY: NOVEMBER 11TH

2 HOURS • \$85, PRIVATE PAY

PRESCHOOL (AGE 3-4)
CHILD/CAREGIVER WORKSHOP
9:00 – 11:00AM

Feelings Toolbox is playful, hands-on, co-regulation workshop designed to help preschoolers and their caregivers build emotional connection and calm together. Through stories, movement, games, and simple calming tools, families will explore how to navigate big feelings side by side. Each pair will go home with a personalized "Calm Kit" and easy-to-use strategies to support emotional growth at home.

- Welcome Activity
- Storytime
- Co-Regulation Stations
- Music & Movement Break
- Toolbox Craft: "My Calm Kit"
- Co-Regulation Practice
- Caregiver Q&A

AGES 5-8
CHILD ONLY WORKSHOP
1:00 – 3:00PM

Children will join our Family Support Coordinator for a playful and empowering workshop designed to help them better understand and manage big emotions! Through a silly story, group discussion, and hands-on activities, kids will learn to recognize how different feelings show up in their bodies—and what they can do to feel calm, confident, and in control. Each child will create and take home their very own personalized coping toolbox.

- Welcome Activity
- Storytime
- Feelings Wheel Craft
- Coping Tool Stations
- "My Feelings, My Brain" Mini-Lesson
- Scavenger Hunt
- "Using Our Tools" Wrap-Up Activity & Parent Presentation

TO ENROLL: EMAIL ALYSSA@OWLPEDIATRICTHERAPY.COM