

**Can:Do  
4Kids**



# Rock Climbing

A small illustration of a child in a green shirt and red shorts climbing a rock wall, positioned to the right of the main title.

## School Holiday Session

These sessions are designed to provide social experiences for children and young people, whilst engaging in fun and interactive activities. Run by experienced therapists, participants will have a chance to try different activities without committing to a longer block of therapy. New and existing clients welcome, come and try our state-of-the-art therapy centre.

*It's a can do future*

Physical activities are well-known to provide benefits to the growth, health and well-being of children. Sensory inputs such as movement, climbing, swinging and crashing can help to regulate and prepare a child/young person for activities, learning and development. Physical activities in childhood provide opportunities for building muscle strength and activity is also known to promote the development of interpersonal skills, self-confidence and self-efficacy. Rock climbing in our specially-designed climbing and movement zone allows children participate in physical activity in a safe and inclusive environment.

## Rock Climbing

### Age groups

5-8 years old  
9-12 years old

### Location

Can:Do 4Kids, Noarlunga. Located at Colonnades Shopping Centre, best parking is the Coles carpark entry off Burgess Drive.



Scan the QR Code for the latest dates and times

### Goals of the group:

- Develop teamwork communication skills including sharing, turn taking, encouraging others and problem solving
- Develop core and upper limb strength, body and spatial awareness and building grip strength
- Develop confidence and resilience to attempt new activities and experiences and build skills in managing winning and losing

### About the Rock Climbing session

- Children will be supported to develop their social skills in a small group environment
- Learn yoga stretches to warm up for physical activity
- Use our state-of-the-art interactive Valo Climbing wall to play team games
- Participate in a Ninja obstacle course that requires teamwork, turn-taking and problem solving skills
- Children get to design their own obstacle course, and instruct others on how to complete it
- Relaxation and reflection time

### What to bring:

Please wear closed in shoes (eg. sneakers) and clothes that are comfortable and appropriate for climbing and tie back long hair. Bring a drink bottle and your own snack if you think you will get hungry.

### Parents/caregivers

Parents/caregivers are required to sign their child in at the start of the session. Parents/caregivers will also be required to sign a waiver at the beginning of the session.

Children participate in the group without their caregiver present, however parents are encouraged to use our kitchen and lounge facilities if they wish to stay close by.

### Funding

This program can be funded through your NDIS plan or as a fee for service charge.

### Staff

The group will be facilitated by an Occupational Therapist with involvement from a Speech Pathologist or Developmental Educator.

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