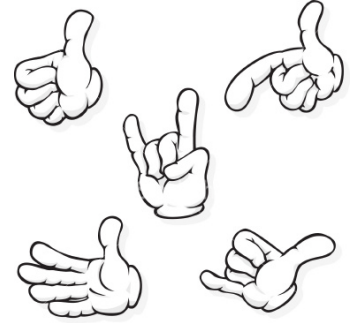


Pediatric Group CIMT

Sample 1-day outline



Time of day	Duration (minutes)	Activities
9:00-9:30 am	30	<i>Morning Introduction</i> (i.e. introduce activities for the day and have participants put on their restraint (splint, mitt, cast, etc. and have each child share what they would like to work on that day)
9:30- 9:45 am	15	<i>Stretching</i> (i.e. snow angel, wall push, playing “Simon Says” with one child leading activity)
9:45- 10:15 am	30	<i>Gross Motor Games</i> (i.e. floor hockey with a large ball, ball play)
10:15-10:45 am	30	<i>Fine Motor Stations</i> (children can rotate through stations every few minutes, i.e. building towers, checker board, iPad games, tweezer activities)
10:45-11:00 am	15	<i>Snack Time</i> (Children participate in gathering food and preparation and handing out – i.e. fish crackers scooped out by themselves)
11:00-11:30 am	30	<i>Timed trials</i> (i.e. time the number of pegs a child can place in a pegboard, or number of pennies in a piggy bank over 1 min intervals to measure progress throughout camp)
11:30-12:00 pm	30	<i>Lunch time</i> (use adapted spoons and dishes, as needed)
12:00-1:00 pm	30	<i>Music therapy</i> (virtual reality music class in groups, adapted instruments)
1:00-1:30 pm	30	<i>Fine Motor Games</i> (board games, iPad game stations, matching children according to age and developmental level)
1:30-2:00 pm	30	<i>Crafts & Painting</i>
2:00-2:30 pm	30	<i>Snack time</i> (same as above)
2:30-3:00 pm	30	<i>Check in and Good-bye</i> (i.e. check in with one thing each child enjoyed that day and what they did well and take off restraint)