

January Holiday Program

SMALL, INCLUSIVE HOLIDAY GROUPS FOR
CONNECTION, CREATIVITY AND CONFIDENCE



Our January Holiday Program offers a range of small-group experiences designed to support children and young people to connect, explore, move, create and build confidence in a safe, supportive environment.

Groups are intentionally:

- small in size
- flexible and child-led
- supported by experienced therapists, educators & therapy assistants
- designed with sensory needs in mind



BOOK THROUGH
OUR WEBSITE



The Messy Play Lab

Sensory • Creative • Functional

Bloom's Messy Play Lab offers hands-on, sensory-rich play experiences that evolve with age — from early sensory exploration to practical, real-world messy tasks that build independence and confidence.

Groups are age-specific, with activities adapted to developmental stage, interests and capacity.

LITTLE EXPLORERS

\$35

Ages: 3-5 years

Time: 9:30-10:45am Tues 1pm-2.15pm Weds

Duration: 75 minutes

Group size: Max 4 children

Staffing: 1-2 staff depending on needs

Parent option: Parents may stay nearby or within the space if helpful

This group is about sensory exploration, curiosity and regulation through play. Activities are open-ended and process-based — there is no expectation to “make” something or complete tasks.

Children might explore:

- finger painting and sponge painting
- playdough, clay and soft materials
- water play and pouring
- textured sensory trays
- simple tools (scoops, rollers, brushes)
- Skills being gently supported:
- sensory tolerance and enjoyment
- early fine motor skills
- shared space and turn-taking
- emotional regulation through play
- confidence exploring new materials
- Children are free to move between activities, observe before joining, or play alongside others.



January Holiday Program



The Messy Play Lab

Continued...

CREATORS

\$35

Ages: 6-8 years

Time: 11:30am - 1pm

Duration: 90 minutes

Group size: 5-6 children

Staffing: 1 staff (additional support if required)

This group bridges creative sensory play and early functional tasks, while still keeping things playful and low pressure.

There is more structure than Little Explorers, but plenty of flexibility.

Children might explore:

- painting with different tools and materials
- clay and construction projects
- slime, oobleck or sensory mixtures
- simple cooking or food prep (mixing, measuring, decorating)
- group-based creative challenges

Skills being supported:

- following simple steps
- trying new materials with support
- persistence and flexibility
- cooperation and shared problem-solving
- confidence expressing ideas

As in all groups, children are supported to opt in and out of activities as needed, take breaks, and work independently or alongside peers.

EXPERIMENTERS

\$40

Ages: 9-12 years

Time: 2:00pm - 4:00pm

Duration: 90 minutes

Group size: 5-6 children

Staffing: 1 staff (additional support if required)

This group is designed for older children who enjoy hands-on exploration, problem-solving, and experimenting with real-world materials and ideas. Experimenters moves beyond sensory play into planning, testing, adapting, and reflecting, while still remaining playful, flexible, and low-pressure. Activities are intentionally open-ended and may evolve across the session based on participant interests.

There is more independence and collaboration encouraged, with clear structure, expectations, and support to help children manage uncertainty and challenge.

Children might explore:

- hands-on experiments (cause and effect, trial and error)
- building, designing, and testing ideas
- simple science-style challenges
- practical cooking and food preparation
- gardening, planting, and caring for living things
- real-world messy tasks using tools and materials
- group projects and collaborative problem-solving

Skills being supported:

- planning and sequencing
- flexible thinking and adaptability
- persistence through challenge
- teamwork and communication
- emotional regulation during problem-solving
- confidence trying new or unfamiliar tasks
- independence and practical life skills



bloom

January Holiday Program



Bloom in Motion

Movement • Regulation • Confidence

Bloom in Motion is a creative, movement-based holiday group designed to support children to move their bodies, build confidence, and develop emotional regulation in a fun, inclusive, and supportive environment.

Sessions combine dance, music, rhythm, games, and gentle movement challenges, with a strong focus on choice, flexibility, and safety. Activities are adapted to meet a range of abilities and energy levels, with clear structure and opportunities for breaks as needed.

Groups are intentionally small and supportive, allowing children to participate at their own pace — whether that's jumping in, observing first, or joining alongside others.

MINI MOVERS

\$30

Ages: 4-8years

Time: 9:30 - 11:00am

Duration: 90 minutes

Group size: 6 children

Staffing: 1 staff (additional support if required)

This group focuses on playful movement, body awareness, and early regulation skills through music and games.

Activities are energetic but flexible, supporting children to explore movement in a way that feels safe and enjoyable.

Children might explore:

- music and movement games
- dance and rhythm activities
- obstacle courses and gross motor play
- stretching, balancing, and body awareness
- turn-taking and shared movement games

Skills being supported:

- coordination and motor planning
- listening and following simple instructions
- emotional regulation through movement
- confidence using their body
- social engagement and turn-taking

Children can opt in and out of activities, take breaks, or participate alongside peers as they feel comfortable.

EXPLORERS

\$30

Ages: 9-12 years

Time: 11:30am - 1:00pm

Duration: 90 minutes

Group size: 6 children

Staffing: 1 staff (additional support if required)

This group offers a more structured and collaborative movement experience, supporting older children to explore expression, teamwork, and confidence through movement.

There is greater opportunity for choice, leadership, and creativity, while still maintaining clear expectations and support.

January Holiday Program



Bloom in Motion

Continued...



Bloom Play Club

\$40

Children might explore:

- creative dance and movement sequences
- rhythm and timing challenges
- group movement games
- stretching, strength, and coordination tasks
- collaborative movement-based challenges

Skills being supported:

- body awareness and coordination
- confidence and self-expression
- cooperation and teamwork
- emotional regulation through physical activity
- persistence and flexibility

Children are encouraged to participate in ways that suit their comfort level, with support to manage uncertainty or challenge.



Social • Games • Connection

Bloom Play Club is a supported, small-group program designed to build social confidence, cooperation, and connection through shared play. Sessions are structured but relaxed, with clear expectations, predictable routines, and plenty of flexibility to meet children where they're at.

Play Club focuses on learning how to be with others — taking turns, coping with winning and losing, navigating disagreements, and enjoying shared activities in a safe, supportive environment. Activities are child-led within clear boundaries.

Groups are intentionally small and supported by experienced Therapy Assistant/s, with an emphasis on safety, inclusion, and positive social experiences.

Ages: 7–10 years

Time: 10:00am – 12:00pm

Duration: 120 minutes

Group size: Max 6 children

Staffing: 1 staff (additional support if required)

Children might explore:

- board and card games
- cooperative challenges and team activities
- imaginative and role-play games
- building and problem-solving tasks
- shared creative projects

Skills being supported:

- turn-taking and sharing
- following group rules and routines
- coping with frustration and flexibility
- communication and listening
- confidence joining and staying in play

January Holiday Program



The Youth Collective

\$130



Connection • Independence • Real-World Experiences

The Youth Collective is a supported group program for older children and young people who benefit from social connection, shared experiences, and opportunities to build independence in real-world settings.

This program is designed to feel relaxed, age-appropriate, and respectful — not clinical, not overly structured, and not school-like. The focus is on connection, confidence, and learning through doing, with clear expectations and support where needed.

Sessions may take place both in the community and at the clinic, depending on the day's plan and group needs. Activities are flexible and responsive to the group, rather than fixed to a strict schedule.

Groups are small and supported by experienced Therapy Assistants, with safety, inclusion, and dignity as priorities.

Ages: 11-15 years (slightly flexible)

Time: 11:00am - 3:00pm

Duration: 4 hours

Group size: up to approx. 8 children

Staffing: 2 therapy assistants (additional support if required)

The Youth Collective is suited to young people who:

- enjoy (or want to build confidence with) group experiences - whether that be through collaborative experiences or just parallel play
- benefit from supported social opportunities
- are working toward greater independence
- may not feel comfortable in large or unstructured community groups

Our goal for each participant is that they feel a sense of belonging, participate at their own pace, and build skills through shared experiences

What sessions might include:

Activities may vary week to week and are chosen based on group interests, capacity, and safety considerations. Examples may include:

- community outings (e.g. bowling, swimming, cafes, cinemas)
- cooking and food preparation
- games and shared challenges
- creative or practical projects
- planning and decision-making together
- downtime, conversation, and connection

Skills being supported:

While not taught explicitly, sessions naturally support:

- social confidence and communication
- cooperation and shared decision-making
- managing transitions and uncertainty
- emotional regulation in real-world settings
- independence and self-advocacy
- confidence navigating community environments

If a young person requires additional supervision or 1:1 support, families are asked to contact the clinic prior to attending so supports can be discussed and planned.

Important notes

- The Youth Collective is not a drop-in service
- Places are limited
- Activities may change depending on weather, group needs, or availability
- Families will be notified of session details in advance

There will be a requirement to provide additional money (not NDIS claimable) for chosen activities & lunch. Please reach out to discuss if this is a barrier to participation and we will try and support

January Holiday Program



Intensive School Readiness Group

Program Overview

Bloom's Intensive School Readiness Group is a short, targeted practice program designed to support children who are starting Kindergarten in Term 1, 2026.

This program runs intentionally in the final week of January, providing children with three consecutive days of supported practice before starting school.

The focus is on:

- learning how to be in a group
- following school routines and transitions
- communicating needs
- managing emotions and behaviour
- building confidence and independence

Rather than academic outcomes, this group prioritises practical readiness, emotional safety, and familiarity with school-like expectations — delivered in a supportive, therapeutic environment.

Who this program is for

To be eligible, children must:

- be starting Kindergarten in Term 1, 2026, and
- have a disability, developmental delay, or identified developmental concerns

This group is suited to children who may benefit from extra support, scaffolding, or practice before starting school, particularly around regulation, confidence, or group participation.

Structure & Support

This is an intensive program with a high level of therapeutic support.

- Runs across 3 consecutive days
- 4 hours per day
- Small group size (3-6 children)
- Approximate staffing ratio of 2-3 children : 1 staff, depending on needs
- Facilitated by qualified educators and therapy assistants
- Programmed and overseen by Bloom's Clinical Director; Certified Behaviour Analyst and Advanced/Specialist Behaviour Support Practitioner

Children must be able to commit to all three days, as skills build across the week.

Individualised Programming & Intake

All **new-to-Bloom** participants are required to complete at minimum an intake appointment with Bloom's Clinical Director prior to the program.

This ensures:

- individual strengths and support needs are understood
- safety and group suitability are confirmed
- the program can be personally tailored to each child

Please note: The intake appointment is billed separately.

Cost & Funding

This program is priced individually based on:

- level of support required
- staffing ratio needed
- therapeutic preparation and planning

Indicative starting cost:

Approx. \$580 total for the full 3-day program (3 x 4-hour days), billed at NDIS rates.

- Available to NDIS plan-managed and self-managed participants
- A personalised quote will be provided following intake

Transition to School Support

Where requested and where schools allow, Bloom can also support:

- transition planning
- communication with schools
- supported visits or handover into the school environment

This can be discussed during intake.

Important Notes

- This is a therapeutic readiness program, not childcare
- Progress reports can be completed upon request
- Places are limited
- Full commitment to all three days is required
- Intake is mandatory for new participants to ensure therapeutic success and safety for all participants

January Holiday Program



Glow & Grow Program

Confidence • Connection • Self-Expression

Glow & Grow is a small, supportive wellbeing group designed for girls and gender-diverse children aged 10–14 years.

This program provides a calm, affirming space for young people to explore identity, emotions, friendships, and self-confidence — without pressure to perform, share, or “get it right”.

Glow & Grow is intentionally gentle, strengths-based, and connection-focused. Sessions are guided, but flexible, and shaped by the needs and comfort of the group.

Ages: 10-14 years (slightly flexible)

Time: 9:30 - 11:30am

Duration: 2 hours

Group size: 6 children

Staffing: 1 therapy assistant (additional support if required)

Program Focus

Glow & Grow supports participants to:

- build self-esteem and confidence
- explore identity in a safe, respectful way
- develop emotional awareness and regulation skills
- practise social connection and communication
- feel seen, heard, and accepted

Rather than targeting behaviour change or academic skills, this group centres on wellbeing, belonging, and self-understanding.

Sessions are relaxed and varied, combining conversation, creativity, and low-pressure activities. Young people are encouraged to participate at their own pace.

Activities may include:

- guided discussions and reflection
- creative activities (art, journalling, craft)
- identity and values exploration
- routines that support connection and safety
- optional self-care or grounding activities

Sharing is always optional. Quiet participation, observing, or engaging through activities is equally respected.

Who This Group Is For

Glow & Grow is suited to young people who may:

- experience anxiety, low confidence, or big feelings
- feel overwhelmed socially or emotionally
- be navigating identity, friendships, or self-image
- benefit from a gentle, affirming group environment

Participants do not need to have prior group experience, but should be able to tolerate being in a small group with support.

Cost & Funding

- This is a **FREE** 4-week program
- Limited places available
- Commitment to all sessions is required

Due to the nature of the group, applications close NYE, and selection is not based on first come, first served but will instead be curated to ensure the most suitable & compatible collection of participants.

Important Notes

- This is a supportive wellbeing group, not individual therapy
- Places are limited to maintain safety and group connection
- Participation is always choice-based
- Respect, inclusion, and confidentiality are core group values

FREE