

CONFIDENT GIRLS GROUP (7-12 YEARS)

Information and Welcome



Welcome to AIM OT's Confident Girls Group!

Thank you for interest and/or enrolling your daughter in the group. The group is suitable for girls between the ages of 7-12 years of age. If your daughter is new, this group will provide an introduction of how Occupational Therapy can assist in the below areas. If your daughter is already engaging in Occupational Therapy than this group will provide an opportunity to generalise her skills and build on her current knowledge, tools and strategies. There is also the possibility of the group continuing during term and/or individual sessions with Tiffany.

The group will cover four main topics:

1. "Staying Strong"

Building resilience. How to deal with problems that occur during primary and high school. Establishing healthy relationships and identifying support circles.

2. "Feeling Good About Yourself"

Developing self-esteem. Identifying and using strengths to gain confidence across all areas of life. Elevating confidence levels to feel safe and secure in who you are.

3. "Keeping Cool"

Understanding emotional regulation and how easily moods can change. Learning about and practicing individual strategies. Exploring individual sensory preferences.

4. "Staying Calm"

Learning how stress and anxiety impacts the body. Warning signs and strategies to support yourself and others. Brief exploration and practice of meditation and mindfulness.

Why the AIM OT Girls Group?

An Occupational Therapist can meet your daughter to help identify why they may be experiencing difficulties at school, home or in the community. The group is designed for girls to be able to develop their resilience, confidence, self-esteem and regulation skills in a fun, supportive and safe environment. There is a maximum of 5 girls in the group.



After dropping your daughter off you may leave for the first 50 minutes of the session but if you can return 10 minutes before the end for feedback that would be much appreciated.

We hope your daughter enjoys the group and her skills improve.

We encourage any feedback: feedback@aimot.com.au

Thank you.