

# THERAPEUTIC CONCEPTS

Issue # 2

<http://therapeuticconceptsllc.com>

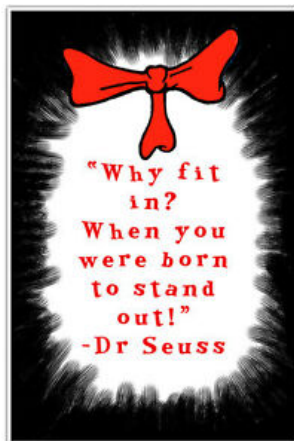
December 2019

## Upcoming Therapeutic Concepts Events

December 7<sup>th</sup> @ 1:00 p.m.- Santa's Workshop Event

February 8<sup>th</sup> @ 1:00 p.m. – Valentines Day Cookie Decorating

## Quote Of The Month



## Family Movies To Watch

Sit back and relax and enjoy these top 3 movies to watch at home!

1. The Grinch
2. Toy Story 4
3. Chicken Little

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## Craft Corner

### Why crafts are important?

Arts and crafts are important for several different reasons.... They help in the developmental growth in children of all ages in a few areas: **Motor and Coordination Skills**. Simple tasks such as using a pair of scissors or holding a paintbrush helps enhance fine motor skills.

Try these fun and easy crafts that anyone can do.

<https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/>



It is our belief that toys are the universal tools that bridge the gaps and break barriers for all children regardless of their abilities. Toys can be used to serve as a guide and teach valuable social, emotional, cognitive, fine motor, and gross motor skills.

## This Month's Featured Toy: Puffy Stickers- Santa's Workshop



Enjoy endless North Pole adventures with dozens of Christmas characters! This reusable puffy sticker set includes a sturdy double-sided, fold-out background panel, plus 52 puffy stickers. Use the stickers to fill two Santa's workshop scenes with elves, reindeer, toys, and more. Easy to place, layer, and reposition, the reusable stickers make it easy to tell Christmas tales. Simply place the puffy stickers on the board, then change the picture whenever you're ready to change the story! The built-in sticker collection offers endless opportunities for kids to express their creativity, all while improving fine motor skills and communication. A diecut handle and fold-and-go format make this kids' sticker activity set great for travel, too!

## What is Therapeutic Recreation?

Therapeutic Recreation is a specialized therapy service that is provided to individuals with disabling conditions, illness, or injury. The goal of recreational therapy is to restore, remediate, and rehabilitate functional leisure skills to individuals with specific needs. Recreational therapy services are unique and specialized to provide individuals with access to recreation opportunities that help support, improve and advance overall health and well being, thereby improving overall quality of life.

## Recreational Therapists

Recreational therapy services are provided by a certified therapeutic recreation specialist (CTRS). A CTRS requires a bachelor's degree or higher through an accredited university and passing of the national certification exam through the National Council for Therapeutic Recreation Certification (NCTRC). Recreational therapists provide access to a fulfilling leisure lifestyle through meaningful activities at home or in the community and that incorporate the emotional, physical, cognitive, and sensory needs of various individuals. Certified therapeutic recreation specialists (CTRS) work in acute hospital care, psychiatric facilities, physical rehabilitation, neuro-skill centers, and home/community based treatment programs across the country. The CTRS plays an important role in today's healthcare arena.