

# THERAPEUTIC CONCEPTS

Issue # 3

<http://therapeuticconceptsllc.com>

January 2020

## Upcoming Therapeutic Concepts Events

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

## Quote Of The Month

**A**lways  
**U**nique  
**T**otally  
**I**nteresting  
**S**ometimes  
**M**ysterious



# 2020

HAPPY NEW YEAR

## Family Movies To Watch

Enjoy these top 3 movies to watch at home on Netflix!

1. Bee Movie
2. Peter Rabbit
3. Bedtime Stories

### Contact Information

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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/easy-winter-kids-crafts-that-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: Bead Sequencing Set



Stack the brightly colored beads on five hardwood dowels to match the pattern cards! Includes more than 45 brightly colored wooden beads and 5 double-sided wooden pattern cards. A sturdy wooden storage box contains all the [pieces and holds the dowels upright for play time. The 10 patterns increase difficulty to build matching, sequencing, and fine motor skills.

## 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.