

Little Movers

For preschoolers with special needs, 2-5 yrs, who are TVCC clients, their siblings and parent/caregiver.

Dates: Wednesdays, May 5 – 26, 2021

Time: 10:30 – 11:00 a.m.

Location: Zoom online platform

Cost: Free

Register: Online at
<https://lilmoversmay5.eventbrite.ca>



Description

Join us as we wake up our bodies each week with active movement and play.

Toddlers and preschoolers with special needs, their siblings and parent/caregiver can enjoy an interactive virtual movement opportunity to gain ideas to enhance physical activity and movement play in your home.

This virtual program will use simple at-home items to promote physical activity. Together we will move, stretch, catch, roll and so much more. Each week we will explore new skills, movement activities and provide a chance to connect through turn taking, conversation and so much more.

This program is open to clients of TVCC or those eligible to become a TVCC client and live in our geographical area.