

FOOD FOR THOUGHT: BUILD SKILLS THROUGH COOKING



Image by: FreePik.com

Kids in the Kitchen:



Mondays: 5:00PM – 6:00PM

Starts: Monday, January 16th, 2023

Length: 6 weeks (runs through Feb. 20th)

Ages: 8 – 12 years old (boys and girls)

Group Size: 5



Cooking is a great opportunity to build executive function and self-regulation skills, which are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. Many ADHD symptoms are problems with executive function. This 6-week group is beneficial for adolescents that have difficulty with paying attention, organizing tasks, remembering things, managing time and thinking creatively.



Photo by Annie Spratt on Unsplash

TEENS AND TWEENS CAN LEARN VALUABLE LESSONS THROUGH COOKING!

Goal: To help increase creativity and independence with daily activities that include planning the ingredients, organizing the utensils needed, and executing the recipe.

Objectives: A group for adolescents to encourage creative expression through recipes and food-based activities.

1. Improve executive functioning skills such as planning, sequencing, problem-solving, and time management.
2. Strengthen fine motor skills required for the manipulation of task materials.
3. Develop safety awareness related to kitchen use.
4. Discover new tastes and have fun! Recipes will be based on participant preference. Past recipes include: muffins, mug mac 'n cheese, sandwiches, pasta, peanut butter cookies, and quesadillas. Please disclose any food allergies at time of registration.

Preregistration Required: contact Integrative Psyche at 414-545-4430 or by email: Integrativepsychegroups@gmail.com.

Cost: \$295 for the 6-week program.

