



# From Stuck to Started: Supporting Praxis in Children



## Workshop Overview

Some children freeze when asked to start a task. Others repeat the same play patterns or need constant direction. This workshop helps adults understand praxis—the ability to come up with an idea, plan it, and carry it out. Rooted in the Thrive Method, this session offers practical strategies to support children who struggle with planning, initiating, sequencing, or finishing tasks. When you understand how praxis develops, you can meet children where they are and help them build confidence step by step.

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## Who Should Attend?

- ✓ Parents & Caregivers
  - ✓ Occupational Therapists & Educators
  - ✓ Professionals supporting children with executive function or motor planning challenges
  - ✓ Anyone working with children who appear rigid, avoidant, scattered, or stuck
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## What You'll Learn

- What ideation and praxis are, and how they affect behavior, play, language, and emotion
  - How to spot signs of dyspraxia in daily routines and classroom or social settings
  - Over 100 practical activities, tips, and tools to support ideation, including regulation, sequencing, and motor planning strategies
  - How to help children transition from stuck and overwhelmed to engaged and confident
  - Tips for boosting motivation, imaginative play, and flexible thinking through everyday activities
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## Workshop Details



Duration: Customizable (typically 2–6 hours)



Format: In-person or virtual



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Websites: [www.thethrivegroup.co](http://www.thethrivegroup.co) | [www.otinyourpocket.com](http://www.otinyourpocket.com)



*Help kids go from “I can’t” to “I’ve got this”—one small success at a time.*