



FEBRUARY 2021 *Epic Strides*

# EPIC STRIDES



The official newsletter of Epic Strides



## Spreading The Love – "Like Peanut Butter & Jam"

Our Epic Strides team has become family to us. Join us in "spreading love" to those around you.

## Sensory Friendly Activity

### DIY: SENSORY BOTTLE

- Empty Water Bottle
  - Soft Soap Clear Hand Soap
  - Glitter, Decor, Glue Gun, Sticks
1. Clean plastic water bottle
  2. Pour 3/4 cup of soap into the bottle
  3. Fill remainder of bottle with warm water
  4. Add decor items and glitter
  5. Cap off water bottle & secure top with glue gun
  6. Shake it up!

Visit <https://youtu.be/2EynmvWyZil>

### VIRTUAL PLANETARIUM VISIT

Visit [The Abrams Planetarium](#)

## Parent Tip for February

Make rules for learning time!

- Have a small number of rules: Depending on your child, about 3-5 rules should be enough. Too many rules will be overwhelming and not effective.
- Tell what behavior you want to see: When I create rules, I tell about the behavior I want to see, not the behaviors I do not want to see. Instead of saying, "No hitting" or "Don't flap your hands", try "Nice hands".
- Write down the rules: Write out the rules with or without visuals for your child, that way it is concrete and you can reference the rules. It also allows you to point to a rule as a reminder to your child instead of saying the same thing, over and over again.

## EPIC REMINDERS

*PARENTS - Please make sure we have the most current up-to-date address on file.*

*Join us and wear red Friday, February 12th, email us a photo so we can see you!*

## Fun Valentine's Jokes

What kind of flowers should you not give on Valentine's Day?

**Cauliflowers.**

Do skunks celebrate Valetine's Day?

**Sure, they're very scent-imental!**

Knock, Knock

Who's there?

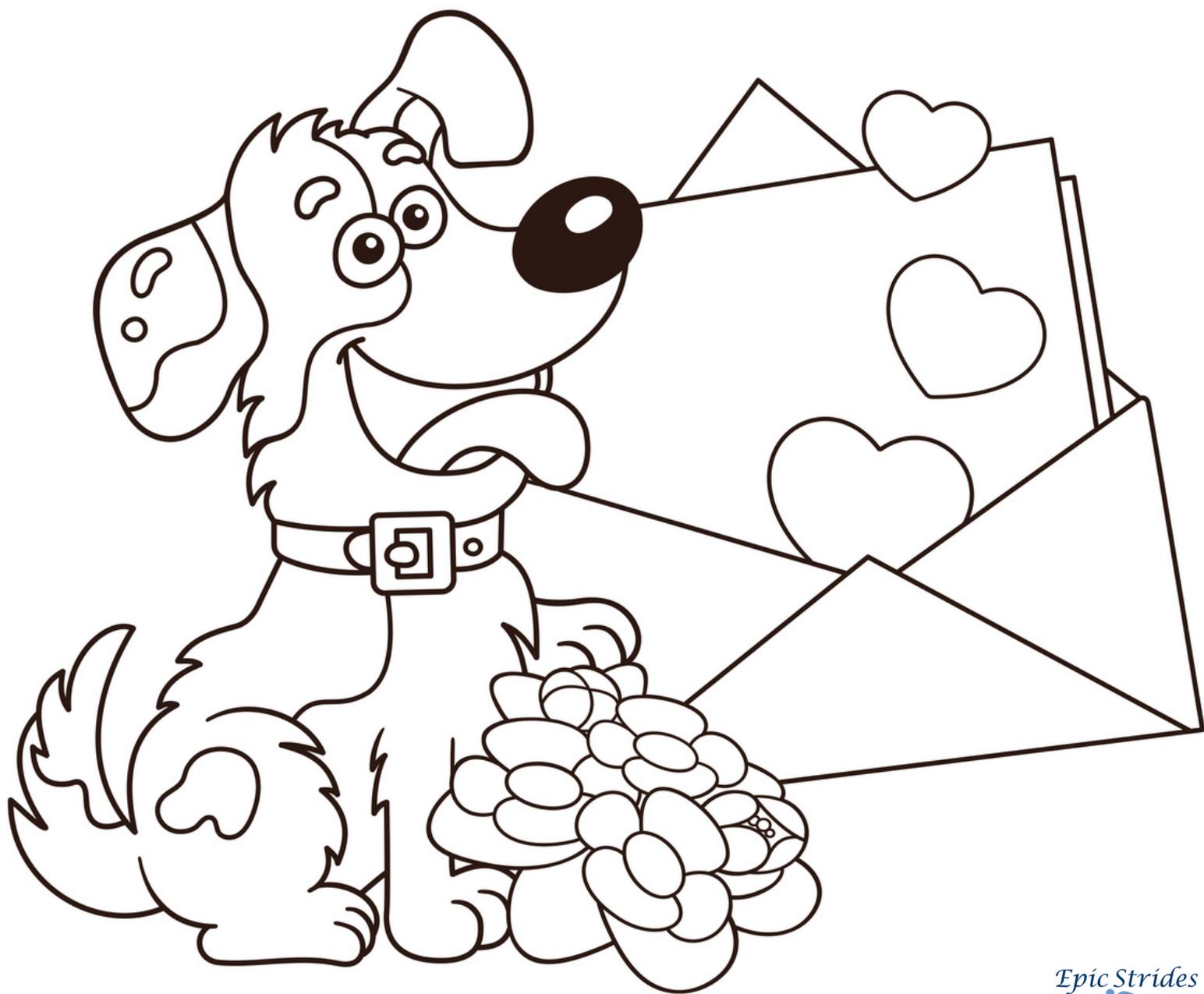
Peas.

Peas who?

Peas be my Valentine



# Epic Coloring Activity



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