

May 2020

EPIC STRIDES

The Official Newsletter of Epic Strides

EPIC REMINDERS

Our office is currently closed. We will send out updates on when we expect to re-open. **Please contact our office to schedule in-home therapy services.**

WE MISS YOU ALL!

In the midst of this pandemic, Forbes has put together a great list of the The World's 15 Best Virtual Tours To Take During the Coronavirus! Take your little one on an adventure around the world. Where are you going first? The zoo, Eiffel Tower, Great Wall of China? Disney? Roller coaster ride at Sea World? The aquarium?

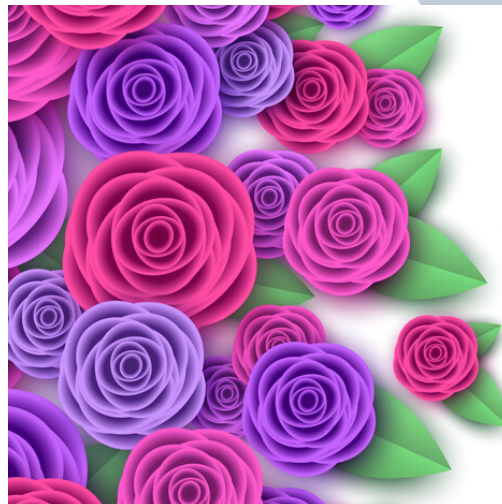
<https://www.forbes.com/sites/laurabegleybloom/2020/04/27/ranked-worlds-15-best-virtual-tours-coronavirus/#59304ef06709>

HAPPY MAY!

WE WANT TO WISH ALL OF OUR **EPIC** MOMS A HAPPY MOTHER'S DAY!

TO OUR MOMS:

A Mother is like a **FLOWER**,
each one is
BEAUTIFUL and **UNIQUE**



HAPPY
Mother's Day

THINGS TO DO AT HOME - SENSORY FRIENDLY ACTIVITIES

- CREATE A SCHEDULE
- MAKE A TISSUE PAPER EGG
- POM-POM SCOOP & TRANSFER
- COLOR ONLINE HANDOUTS
 - VISIT [HTTPS://WWW.CRAYOLA.COM/FEATURED/FREE-COLORING-PAGES/](https://www.crayola.com/featured/free-coloring-pages/)
- CREATE A SENSORY BIN
- CREATE FLASHCARDS
- INDOOR EXERCISES
 - FREEZE DANCE
 - HULA HOOP
 - JUMPING JACKS
 - HOPSCOTCH WITH TAPE
 - BEAR-WALKING
- COLOR WHEEL SORTING
- READING
- PUZZLES
- BOARD GAME
- SCAVENGER HUNT
- LEGO BUILDING
- MAKE SOCK PUPPETS

PARENT TIP FOR MAY:

OPENING SOON!! PLEASE COMPLETE YOUR PARENT SURVEY IN REGARDS TO RESUMING SERVICES THIS MONTH EITHER IN-CENTER, IN HOME OR VIA TELEHEALTH!