

April 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.**

SPRING IS HERE!

With the limitation of being able to go outside, consider taking a "Virtual" Walk through New York's Botanical Garden.

What's your favorite flower or piece of landscape?

<https://www.nybg.org/take-a-virtual-walk-through-nybgs-spring-landscape/>

HAPPY BUNNY DAY!

ALWAYS REMEMBER THAT SOME "BUNNY" LOVES YOU!

BUNNY HUMOR

Q: How does a rabbit keep his fur looking good?

A: With "hare" spray.



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 APRIL:

SCHEDULE YOUR TELEHEALTH SESSIONS WITH YOUR CONSULTANT WEEKLY! ENROLL IN OUR IN-HOME THERAPY SERVICES OFFERED TEMPORARILY. DON'T MISS THIS OPPORTUNITY TO WORK ON GENERATING FUNCTIONAL SKILLS IN HOME WITH AN EPIC THERAPIST!