

July 2020

EPIC STRIDES

The Official Newsletter of Epic Strides

EPIC REMINDERS

Our Office will be Closed Friday, July 3rd in observance of the 4th of July holiday.

YOUR SAFETY IS OUR #1 PRIORITY

Epic Strides is providing 1:1 services with the use of personal protective equipment (PPE) and stringent safety protocols both in home and in center. Discuss in home or in center options with your child's consultant. Please contact our office to schedule your appointment.

ENJOY FIREWORKS VIRTUALLY

Visit this link to find out more details about our local DFW Fireworks Shows.

<https://www.unation.com/stuff-to-do/best-4th-of-july-events-in-dallas/>

HAPPY 4TH OF JULY!

What's the most Patriotic tea?

- Liber-Tea



THINGS TO DO AT HOME - SENSORY FRIENDLY ACTIVITIES

Here's another link for more fun & interactive virtual tours for your little one!

<https://theeducatorsspinonit.com/virtual-field-trips-for-kids/>

- 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 JULY:

CONTINUE TO PRACTICE WEARING A MASK EVERYDAY WITH YOUR CHILD!