

June 2020

EPIC STRIDES

The Official Newsletter of Epic Strides

EPIC REMINDERS TO OUR EPIC STRIDES PARENTS:

Signature Required: Please login to your parent portal after every session to sign your timesheets!

WE ARE RE-OPENING

Epic Strides is open for the month of June employing Covid-19 protocols to keep everyone safe. Throughout the month we will be seeing clients in home and in center!

Please contact our office to schedule your appointment.

SUMMER IS NEAR!

WE WANT TO WISH ALL OF OUR **EPIC** DADS A HAPPY FATHER'S DAY!

TO OUR DADS:

I Have A **HERO**.
I Call Him **DAD**.



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 JUNE:

PRACTICE WEARING A MASK EVERYDAY WITH YOUR CHILD! MODEL IT AS A FAMILY!