



MARCH 2021

*Epic Strides*



# EPIC STRIDES



The official newsletter of Epic Strides

## We're So Lucky To Have You At Epic Strides

We don't call it luck, just good fortune to have you as a customer! Thanks for being YOU!

## Sensory Friendly Event

### NASHER SENSORY - FRIENDLY DAYS

- FEBRUARY 25-MARCH 7TH
- THIS IS AN IN-PERSON EVENT - Families with children who have sensory processing challenges, are invited to the Nasher for customized experiences intended to engage, nurture, & educate all types of learners. Use the promo code "SENSORY21" to redeem up to four free tickets during the museum's regularly scheduled open hours. Use the voucher linked below to get free parking at the DMA and a free sensory activity tote during your visit to the Nasher.  
<https://artandseek.org/calendar/event/106331/nasher-sensory-friendly-days>

## Parent Tip for March

### Make Time for Fun!

- A child diagnosed with ASD is still a child. For both children with ASD and their parents, there needs to be more to life than therapy. Schedule playtime when your child is most alert and awake. Figure out ways to have fun together by thinking about the things that make your child smile, laugh, and come out of her/his shell. Your child is likely to enjoy these activities most if they don't seem therapeutic or educational. There are tremendous benefits that result from your enjoyment of your child's company and from your child's enjoyment of spending unpressured time with you. Play is an essential part of learning for all children and shouldn't feel like work.

## EPIC REMINDERS

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

*Mark Your Calendars - Our offices are closed April 2nd for Good Friday!*

## Finger Painting

### MATERIALS NEEDED:

- Paper
- Finger Paints
- Smock



### INSTRUCTIONS:

- Set out Paint
- Paint Away
- Create a Masterpiece



# Epic Coloring Activity



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