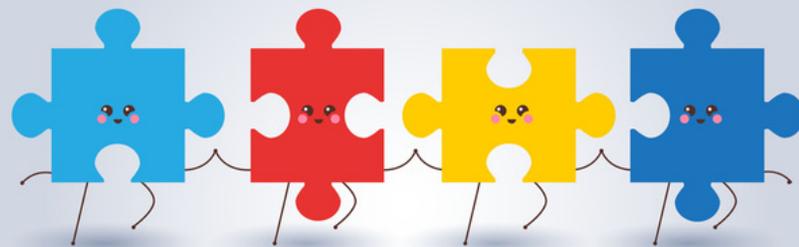


APRIL 2021

# EPIC STRIDES

The official newsletter of Epic Strides

Epic Strides



WORLD AUTISM AWARENESS DAY

## Sensory Friendly Event

SENSORY EXPLORATIONS:

FLOWER POWER

APRIL 1, 2021 - APRIL 30, 2021

- THIS IS A FREE, ONLINE EVENT - During the month of April, the Carter Museum will host Sensory Explorations, a virtual on-demand program for families with children on the spectrum. The program is educational and includes a hands-on art-making experience. The link to the video and instructions for picking up supplies are available after making a reservation - limited supplies are first-come first-serve.
- Registration opens April 1  
<https://www.cartermuseum.org/events/access-events>

## Parent Tip for April

Pay attention to your child's sensory sensitivities.

Many children with ASD are hypersensitive to light, sound, touch, taste, and smell. Some children with autism are "under-sensitive" to sensory stimuli. Figure out what sights, sounds, smells, movements, and tactile sensations trigger your kid's "bad" or disruptive behaviors and what elicits a positive response. What does your child find stressful? Calming? Uncomfortable? Enjoyable? If you understand what affects your child, you'll be better at troubleshooting problems, preventing situations that cause difficulties, and creating successful experiences.

## EPIC REMINDERS

PARENTS - Mark Your Calendars - Our offices are closed April 2nd for Good Friday.

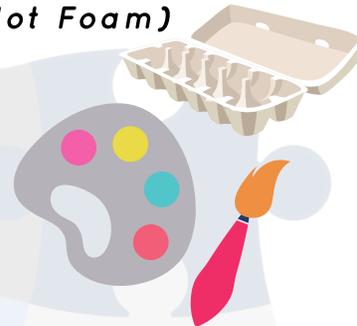
## Egg Carton Flower Craft

MATERIALS NEEDED:

- Acrylic Paint (Pastel Colors)
- Egg Carton (Not Foam)
- Paper Straw
- Pom Poms
- Scissors
- Glue
- Paint Brush

INSTRUCTIONS:

1. Adult should cut 4 containers out of the egg carton
2. Trim edges so it gives it a rounder shape for flower petals
3. Squirt some acrylic paint onto a paper plate and paint the flower
4. Once dry, glue the stem to the back
5. Glue a pom pom to the center of the carton





# Epic Coloring Activity

