

MAY 2021

# EPIC STRIDES



The official newsletter of Epic Strides

## Sensory Friendly Event

### SENSORY-FRIENDLY FAMILY EVENTS - FROM THE NASHER

*Year round*

- THIS IS A FREE, ONLINE EVENT -The Nasher Sculpture Center offers free online activities for children who have sensory processing challenges available on their website below. Activities include Sensory Storytime from the Dallas Public Library, crafts, and other activities (with PDF activity sheets) that can be done at home!
- Link to resources  
<https://www.nashersculpturecenter.org/programs-events/programs-list/program/id/134>

## Parent Tip for May

### Get support!

ASD support groups - Joining an ASD support group is a great way to meet other families dealing with the same challenges you are. Parents can share information, get advice, and lean on each other for emotional support. Just being around others in the same boat and sharing their experience can go a long way toward reducing the isolation many parents feel after receiving a child's diagnosis.

Respite care - Every parent needs a break now and again. And for parents coping with the added stress of ASD, this is especially true. In respite care, another caregiver takes over temporarily, giving you a break for a few hours, days, or even weeks.

## EPIC REMINDERS

PARENTS - Mark Your Calendars - Summer preparation begins in May. We will close at 2pm on May 27th and we will be closed May 28th & May 31st.

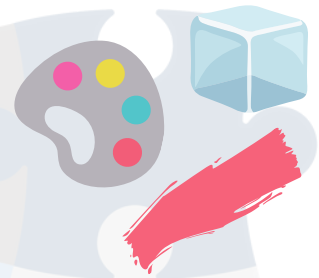
## Incredible Ice Painting

### MATERIALS NEEDED:

- Acrylic paint (Any colors)
- Wooden popsicle sticks
- Paper
- Ice cube trays

### INSTRUCTIONS:

1. **Pour different colored acrylic paints into ice cube trays**
2. **Place a wooden popsicle stick in each compartment**
3. **Once frozen solid, remove the paints**
4. **Let your child create beautiful designs swirling the melting paint over the paper!**





# Epic Coloring Activity

