

JUNE 2021

EPIC STRIDES

Epic Strides



The official newsletter of Epic Strides

Sensory Friendly Event SENSORY-FRIENDLY FAMILY SUMMER ACTIVITIES

Pool Noodle Fun

- **Stacking:**
 - Cut into 1 inch pieces and place them into a clear storage bin - Stack away!
 - Stack by colors, in patterns, count them, and blow them over.
- **Stamping:** Soak up the noodle in water and stamp the concrete and watch as the sun dries up your stamps.
- **Sorting:** Colors, Shapes, or Sizes
- **Swimming:** Throw cut up pieces of pool noodle into a kiddie pool and enjoy some splish and splash.
- **Balancing:** Walk across them and keep your balance.
- **Threading:** Need a jump rope, take each pool noodle pieces and slide it onto the rope.
- **Fishing:** Use bug catcher nets and fish for the pool noodle pieces in the the kiddie pool.
- **Bubbles:** Pour some bubbles in a tray, dip, and blow.
- **Building:** Use some Bubble foam to stick your noodles together.
- **Writing:** Use the cut up pieces to spell your name on the ground.

HAPPY
Father's Day



EPIC REMINDERS

Our Epic Strides Office will be closing at 4:00PM on Thursday, June 17th for our monthly staff training.

Parent Tip for June

3 Tips for Traveling this Summer with Autism

- 1) Practice your social stories: In preparation for your trip, read your child "social stories" about what the day to day will be like on vacation. Here you can review the schedule of the day, what they can expect, what situations may arise, and all the fun things they will see.
- 2) Give vacation clothes a trial run: If you're attending a fancy event, going to a different climate, or going on any other trip where the attire may be outside of normal daily wear, try on those vacation outfits ahead of time! This gives your child a chance to get used to how they look and feel, and you'll have the opportunity to make any adjustments ahead of time.
- 3) Bring Your Own Pillows and Linens: Pack their favorite cup while you're at it. Most families prefer to "travel light" if at all possible, but having familiar objects can be soothing. A favorite cup is lightweight, and can easily be filled with water or other liquids once you are through airport security.



Epic Coloring Activity

