



JULY 2021

EPIC STRIDES



The official newsletter of Epic Strides

Sensory Friendly Events

SENSORY-FRIENDLY FAMILY SUMMER ACTIVITIES

Sensory Friendly Sundays at Crayola Experience Plano are back! See Upcoming Dates Below:

- July 18th - August 15th -

On the third Sunday of select months Sensory Sundays are offered. These special mornings are designed for kids and families who would like to experience the attraction adapted just for sensory needs. The attraction opens at 10:00am.

- Lights will be dimmed
- Music will be turned off
- Quiet room available
- Paper Towels available in the restrooms
- Special guided craft at Cafe Crayola
- Crayon Factory Show @ 11:00am

Craft Time

How to Make Colorful Sand

Materials Needed:

- Salt
- Food Coloring
- Sandwich Bag



Directions:

- Pour 1/2 cup to 1 cup salt into a plastic baggie.
- Drop 10-12+ drops of food coloring into the bag.
- Squish the salt around in the bag until the food coloring evenly covers the salt. *Add more food coloring for a brighter color.
- Let the colored salt sit in the plastic baggie overnight to make sure it's dry.

EPIC REMINDERS

Holiday Closing - Monday, July 5th

Our Epic Strides Office will be closing at 4:00PM on Thursday, July 15th for our monthly staff training.

Parent Tip for July

Tips for an Autism-Friendly Fourth of July

1. Prepare your child in advance. Talk about what's going to happen at the party or fireworks display. You can show your child an online video of fireworks - perhaps playing it quietly first, then slowly turning up the volume.
2. Bring along favorite items such as sensory toys, games and snacks. This can provide a crucial distraction if your child gets antsy while waiting for activities to start.
3. Consider bringing headphones to help block out excessive noise. As we all know, fireworks can pack a lot of sensory stimulation. Also consider sitting some distance from the display - someplace you can still see the colorful explosions, but without the intense noise.
4. Make sure your child knows how to ask for a break from the party or noise. If your child is verbal, they may only need a reminder. However, many children on the spectrum do best with a visual aids. For example, provide your child with a special card to hand to you when they need a break from the stimulation.



Epic Coloring Activity

