

OCTOBER 2021

# EPIC STRIDES

Epic Strides



The official newsletter of Epic Strides

## Sensory Friendly Events

### SENSORY-FRIENDLY FAMILY ACTIVITIES

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

**- October 17th -**

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

## Join Team Epic Strides!

### MARK YOUR CALENDAR

Ask us how you can join Team Epic Strides for the Autism Speaks Dallas Walk.

- WHEN: Saturday, October 23rd
- TIME: 9am Opening Ceremonies



## EPIC REMINDERS

- October 19th (Tuesday)- Pink Out Day for Breast Cancer Awareness Month.
- October 21st (Thursday) - Our Epic Strides Office will be closing at 4:00PM for our monthly staff training.
- October 25th-29th - Dress in Costumes all week long!

## Parent Tip for October

### 1. Let Them Pick!

- Allow your child to choose their costume. You can narrow it down to a choice between a couple of costumes or maybe only a few Halloween accessories.

### 2. Use Visuals

- Pull up pictures of people in Halloween costumes and videos of children trick-or-treating.

### 3. Rehearse

- Try on the costume a few times before Halloween. Practice handing out candy or pre-walking your route. Wear your costume anytime in October to ABA!

### 4. Festival

- Take your child to an activity in the community, such as a school festival or a neighborhood party

### 5. Keep An Open Mind

- Allow your holidays to be unique and make new traditions



# Epic Coloring Activity

