

NOVEMBER 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:

- November 21st - December 19th -

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

Sensory Friendly Craft

DISH BRUSH TURKEY CRAFT FOR THANKSGIVING

Materials Needed:

- Brown, red, orange paper
- Googly eyes
- Scissors/glue
- Round dish brush
- Yellow, red, and orange paint

Cut out a turkey's body shape with brown paper & glue it on a piece of white paper. Then cut out a some orange feet and a beak. Glue on the big googly eyes. Have your child dip their dish brush into the paint and press all around the turkey to make "feathers!"



EPIC REMINDERS

- November 18th (Thursday) - Our Epic Strides Office will be closing at 4:00PM for our monthly staff training.
- On Wednesday, November 24th we will close early at 2:00PM for the Thanksgiving Holiday. We will also be closed November 25th-26th.

Parent Tip for November

5 THANKSGIVING DAY TIPS

(VISITING FAMILY/ FRIENDS)

1. **A Social Story may be Beneficial**
 - Create a social story outlining your day that includes pictures of people you will see and some of the food that will be served.
2. **Bring a Backup meal**
 - Bring food you know your child would enjoy!
3. **Find a Quiet Spot**
 - Consider having a chat with the host about a quiet place your child can go if they need a break from the environment.
4. **Bring Familiar Activities**
 - Pack a couple familiar toys or activity your child can engage with during your visit.
5. **Plan an Exit Strategy**
 - Know how long your child will last. Some parents find it beneficial to drive separately.



Epic Coloring Activity

