



EPIC NEWS

The Official Newsletter
of Epic Strides

A Note from Epic Strides...

You are sooo loved!

"Try to be a rainbow in
someone else's cloud."

- Maya Angelou

CHILDREN'S THEATER

DRAGONS LOVE TACOS -
February 20th - 4:30PM

A boy and his dog are watching a TV show about dragons when a mind-blowing secret is revealed: Dragons love tacos! This hilarious, dance-filled journey into the field of Dragonology is equal parts ridiculous and delicious, and has all the ingredients for a fantastic time!

The show begins at 4:30pm and it is only \$5 per person at the Dallas Children's Theater. Recommended for ages 4 and up.

Visit <https://www.dct.org/sensory/> to get your tickets today!



EPIC REMINDERS

- February 14th: Wear **RED** for Valentine's Day
- Our Epic Strides Office will be closing at 4:00PM on Thursday, February 17th for our monthly staff training.
- In the event of inclement weather, Epic Strides will be closed if Frisco or Plano ISD closes. Information about school closings can also be found on: <https://www.wfaa.com/closings>

FEBRUARY PARENT TIP

VALENTINE TIPS

1. If your child brings home treats that they can't/ don't eat offer to trade them out for treats that work for them.
2. Use social stories to prepare for Valentine's Day
 - Discuss specifics such as planned class parties / handing out cards to peers
 - Set up practice opportunities with family members
3. Valentine Practice = Family Love
 - a. With your child make a list of family members and the special people in your child's life
 - b. Create Valentine cards or crafts/ or use store bought cards
 - c. Have your child copy or trace the name on each card/ craft
 - d. Discuss the things you love about each person
 - e. Have your child give the card/ craft to that person
4. Take a Valentine Selfie with your child and put it in a cool frame!



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