



MARCH 2023

EPIC STRIDES NEWS

The Official Newsletter of Epic Strides



What did the leprechaun say when the video game ended?

Answer: Game clover!



RAINBOW POT OF GOLD CRAFT

Sensory-Friendly Activities

What you need:

- Cardstock paper in rainbow colors
- Stapler
- Scissors
- Glue

Step 1: Start by Cutting 1 strip of red, orange, yellow, green, and blue cardstock. Feel free to add colors or make it as long as you want.

Step 2: Interlock each color one by one in a rainbow pattern and staple each strip closed.

Step 3: Now take the green cardstock and cut a rectangle out, wrap to make a cylinder and staple. Then cut a black strip and staple a handle on.

Step 4: Cut two circles out of the green cardstock and glue to the top and bottom of the cylinder.

Step 5: Next, take a strip of black cardstock, add glue, and place around the bottom of the cylinder. Glue a gold glitter cardstock square on top of the black strip.

Step 6: Now, take a piece of your black cardstock and cut out a pot shape. Then glue cut-out gold glitter circles on top the pot.

Step 7: Cut 1 more black strip and loop it through the blue chain then glue both ends to the back of the pot. Then, add glue to the bottom of the hat and carefully stick the red chain to it.



CHILDREN'S THEATER

LAST STOP ON MARKET STREET March 25th - 1:30PM

On a Sunday after church in a bustling, ethnically and culturally diverse American city, CJ and his Nana board the public bus for their weekly trip across town to help out at a soup kitchen. Along the way, CJ notices the many differences among people and asks tons of curious questions: Why don't we have a car? How come that man can't see? How come it's always so dirty over there? This inspiring and imaginative play is based on The New York Times bestseller that won a Newbery Medal, Coretta Scott King Illustrator Honor, and a Caldecott Honor.

The show begins at 1:30pm 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

Please remember to check your central reach schedule for spring break schedule changes.

PARENT SAFETY REMINDER

Please drop off your child with a therapist or speech provider prior to leaving the lobby.

MARCH PARENT TIP

SPRING BREAK TIPS FOR FAMILIES OF CHILDREN WITH AUTISM

- Plan ahead. Check out maps of the parks or resorts you'll be visiting
- Pack extra resources. Bring extra timers, backup batteries and chargers for electronics, a dry erase board and marker
- Create visual supports
- Allow for down time
- Check the weather

KIDS INDOOR GYM

We Rock the Spectrum-Plano 11941 Preston Rd #1022, Plano, TX 75093

We Rock the Spectrum Dallas is committed to providing a safe, nurturing, and fun environment to foster learning, exploration and safe sensory experiences. We provide social skills groups and activities for children across the spectrum. We Rock the Spectrum Dallas provides children with a fun and motivational environment to help them in the areas of strength, movement, sensory processing, communication, positive behavior modification, social interactions, and self-care skills.

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TRACE & COLOR

