



FEBRUARY 2023

EPIC STRIDES NEWS

The Official Newsletter of Epic Strides



What did the strawberry say to the blueberry on Valentine's Day?

I love you berry much!

VALENTINE'S CRAFT - HEART DOG

Sensory-Friendly Activities

What you need:

- Construction paper in 2 colors
- Pom poms in 2 colors
- Googly eyes
- Scissors
- Glue



Step 1: Draw a large heart on one piece of paper, two smaller hearts and a tongue on another piece of paper

Step 2: Cut the hearts and tongue out of the paper

Step 3: Glue one ear at the top of one side of the large heart and then the other on the opposite side

Step 4: Take 2 googly eyes and glue them in between the two ears

Step 5: Glue the tongue close to the bottom of your large heart

Step 6: Grab 1 pom pom to be the nose and 2 of the same color to be the dog's mouth

Step 7: Glue the nose below the eyes and the last two pom poms below the nose

CHILDREN'S THEATER

DON'T LET THE PIGEON DRIVE THE BUS! THE MUSICAL!

February 4th - 1:30PM

The Pigeon is having a bit of an identity crisis - he never gets to do ANYTHING, and people just want him to "fly off". Everything changes when the confident, cool Bus Driver rolls into town, and the Pigeon finds himself with a brand new goal: DRIVE THE BUS! But, is it even possible? Time to find out! Written by Mo Willems: creator of the #1 New York Times bestselling, Caldecott Honor award-winning Pigeon picture books...this zany show is ready to take audiences for the ride of their lives!

The show begins at 1:30pm and it is only \$5 per person at the Dallas Children's Theater. Recommended for ages 3 and up. Visit <https://www.dct.org/sensory/> to get your tickets today!

EPIC REMINDERS

PARENTS - Please submit your new insurance cards for 2023 if your policy has changed.

Valentine's Day Party February 14th **Wear Red!**

PARENT SAFETY REMINDER

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

FEBRUARY PARENT TIP

VALENTINE'S TIP

- Talk about the meaning of Valentine's Day
- Make a list of the special people in your child's life
- Practice a routine for exchanging valentines
- Decorate your own Valentine's Day card.

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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