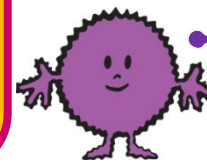
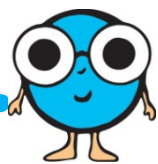


Celebrate National Autism Awareness Month with Us – The Sensory Gang!



Tips for the Week of April 28th

A Tip for Parents

Airplane Rides ...

Wrap up 10 items (books, word search games, toys, sensory gadgets, etc.) in several layers of wrapping paper. Every so often during the plane ride, hand the child a present to open. The toy doesn't even have to be new. The novelty of it being wrapped makes it interesting. The unwrapping takes time off the plane trip and the recently opened toy becomes a novel activity (at least for a moment!).

- **Joanna Keating-Velasco**

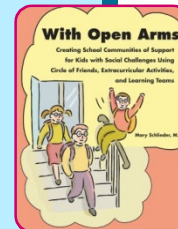
A Tip for Professionals

Recess ...

Recess is often a time for kids to wind down and relax. While organized activities to support social skills are great remember for many students, remember that sometimes just sifting sand for a few minutes can do a lot for an overwhelmed sensory system.

- **Teresa Cardon**

Get more great ideas for recess in *With Open Arms: Creating School Communities for Kids with Social Challenges Using Circles of Friends, Extracurricular Activities and Learning Teams* by Mary Schlieder. This book is 25% off during Autism Awareness Month.



A Tip for Adults on the Spectrum

Your definition of a word may not mean not be the same as how others define it. This is because we all have different experiences or different backgrounds that affect our thought processes. If you have always worked in the architectural field and now are working in the construction industry, the definitions may not be exactly the same. Seek clarification and be open to suggestions.

- **Mark Naines (adult on the spectrum) and Leslie Blasco (spouse and parent of loved ones on the spectrum)**

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