



November 2015

Keeping the Learning Going and Just for FUN

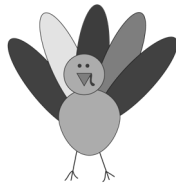
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Thanksgiving Activities

Make a turkey

Cut out a body and feathers. Talk about the body parts of a turkey. How are a turkey's body parts different than ours?



Make a Pilgrim hat

The pattern for the Pilgrim hat and many more easy family friendly Thanksgiving crafts and decorations can be found at

<http://www.allkidsnetwork.com/crafts/thanksgiving/>



Make a plate of food

Using a paper plate - glue on pictures of turkey, use real uncooked corn kernels, cotton for mashed potatoes, etc. to create a real looking Thanksgiving plate. On Thanksgiving Day have your child help make his own plate of food - making choices of preferred items and labeling foods/drinks, utensils, and other items on the table.

Food Ideas - Try something new!

Go to the grocery store and purchase one food item you have never eaten before. Bring the item home and explore it with your child. How does it smell, feel, and taste?



Healthy Eating = Healthy Bodies = Healthy Families

Although adults usually decide what kids eat, we all know that kids eat what is available. Therefore, surrounding them with healthier options leaves them no choice but to eat better food.

Set the Family Up for Success - Small changes in five key areas can make a huge difference and add up to real results: eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion size, and eat together as a family.



LEARN MORE at <http://www.letsmove.gov>

Help your Child's Imagination Take FLIGHT! READ A BOOK!

Visit your local Library to find these and other books about

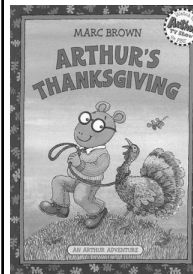
Thanksgiving



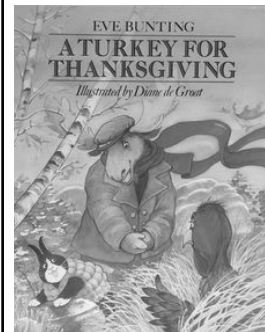
I Know an Old Lady Who Swallowed a Pie by Alison Jackson, Judy Schachner. I know an old lady who swallowed a pie, a Thanksgiving pie, which was really too dry. And with that the feast begins! Watch here:

https://www.youtube.com/watch?v=hFyMC6Z7_o4

Arthur's Thanksgiving by Marc Brown. Arthur has



been picked to direct his school's Thanksgiving play-and cast the roles. But all his friends want to be star, and no one wants to play the Turkey! What will Arthur do? Listen here: <https://audioboom.com/boos/2634031-arthur-s-thanksgiving-by-marc-brown>



A Turkey for Thanksgiving by Eve Bunting. Mr. and Mrs. Moose invite all their animal friends for Thanksgiving dinner and the only one missing is Turkey. When they set out to find him, Turkey is quaking with fear because he doesn't realize that his hosts want him at their table, not on it.

Watch here: <https://youtu.be/maE8edor3bM>

Surviving Thanksgiving With Your Sanity Intact

"Our families are far from typical. So why do we try to be that perfect 'Norman Rockwell' family during holiday get-togethers? Tell yourself right now that you and your family are going to enjoy the holidays in your own way and at your own pace. Stop worrying about what others think and make the holidays meaningful for your children."

Dawn Villarreal - One Place for Special Needs

Picky Eaters

Your family may look forward to the annual holiday feast but your child may be holding his nose at this traditional dinner. If you want your child to enjoy the festivities, cut him (and yourself) some slack this one day. Prepare a meal that you know he will like and bring it to the dinner.

Going on a Leaf Hunt - Thanksgiving Placemats

Go for a walk and collect leaves of different colors, shapes, and sizes. Have your child arrange the leaves on a sheet of wax paper. Using a vegetable peeler - carefully shred some crayons and place the shreds on top of the leaves. Place another sheet of wax paper over the first sheet. Iron the sheets of wax paper together on the lowest setting of the iron. Voila! Beautiful Thanksgiving table placemats!



Fine Motor Skills Activities

Salt Drawing - Pour salt onto a cookie sheet with sides. Allow your child to explore the feel of the salt. Together with your child draw letters, numbers, shapes, or pictures.



With your child sort socks by color and shape. Teach little hands to roll the socks together or fold together in a pair.



Sensory Bottle

Oil and Water Don't Mix

Have fun with this clever craft then keep it on hand for your child to use as a calming tool. Supplies: clean clear plastic water bottle, water, food coloring, baby oil, glitter or small brightly colored objects, bright-colored electrical or duct tape Steps: Use the funnel to fill the bottle half full with water. Add food coloring. Recap and shake. Add baby oil until the bottle is almost full. Add glitter or small objects. Replace the lid and seal tightly with electrical tape. Enjoy!



Gross-Motor Fun for the Whole Family

Ring around the rosie, A pocketful of posies,
Ashes, ashes, We all fall down!

A twist on the traditional song "Ring Around the Rosie." Teach the song to your child, then do it again singing the version below. Continue in the same way with other actions.

Ring around the rosie, A pocketful of posies,
Ashes, ashes, We all touch our toes!

Then try these just for FUN! - flap our arms, touch our noses, hop five times, run in place, jump up and down, pat our heads, stomp our feet, stretch up high, wiggle our hips.



Follow the Leader - The leader walks, runs, jumps, etc. around. The other people follow and repeat the movements. Take turns being the leader.

Share these activities after your Thanksgiving Dinner.
It will feel good to get UP and MOVE!

A Parent/Family Workshop

Cracking the Code: Understanding the Language of Special Education

For those of you who were unable to attend the day-time presentation a recording of the presentation is available at <http://www.alternatives4children.org/videos-alternatives-for-children.html>

Fall 2015 Newsletter

<http://www.alternatives4children.org/news-alternatives-for-children.html>



Find out about all the exciting things going on at Alternatives For Children! Find our latest Newsletter at our website.

Family Sharing

Encourage your child to name people, places, or things that they are thankful for.

Share this game with your family at your Thanksgiving Dinner.



November is Family Caregivers Month

Being a parent **AND** a caregiver for a child with special needs is a demanding role and can easily encompass every thought and action, if allowed. Parents need to take care of themselves mentally and physically while allowing others to help.

