



Thursday, April 20, 2023

# NEWS FROM The NEST

## CONTACTS



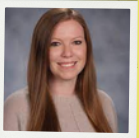
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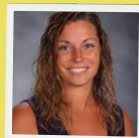
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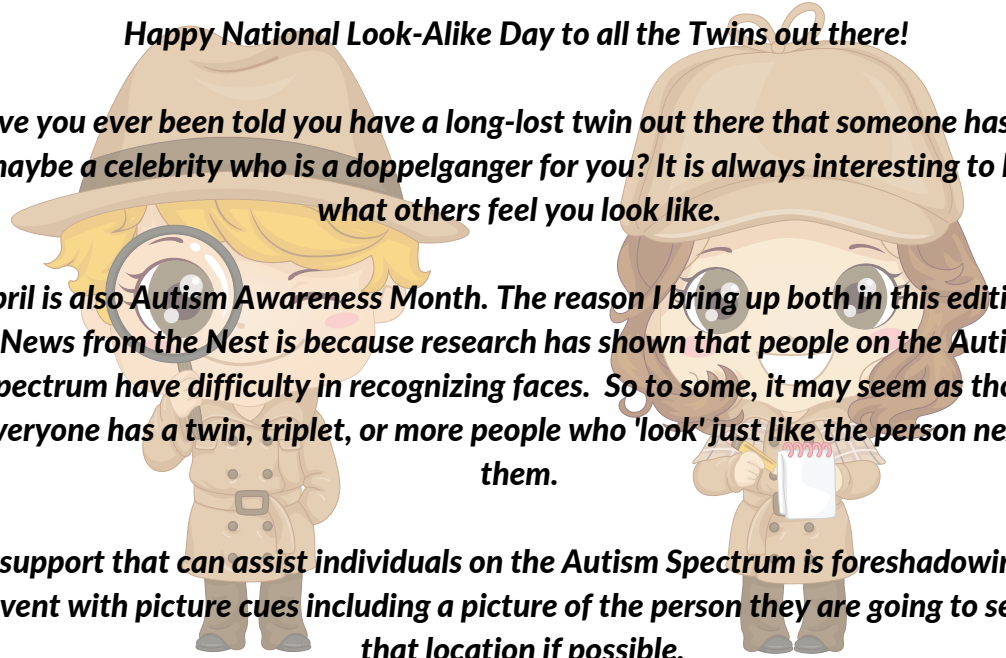
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**Happy National Look-Alike Day to all the Twins out there!**

**Have you ever been told you have a long-lost twin out there that someone has seen, maybe a celebrity who is a doppelganger for you? It is always interesting to hear what others feel you look like.**

**April is also Autism Awareness Month. The reason I bring up both in this edition of News from the Nest is because research has shown that people on the Autism Spectrum have difficulty in recognizing faces. So to some, it may seem as though everyone has a twin, triplet, or more people who 'look' just like the person next to them.**

**A support that can assist individuals on the Autism Spectrum is foreshadowing an event with picture cues including a picture of the person they are going to see in that location if possible.**



## RECONNECT WITH THE OUTDOORS AND FAMILY

Looking to go along with the outdoor theme, below are activities for older children to connect with family outdoors as well as a link for FREE National Parks pass for current 4th graders. The third picture below has easy DIY bird feeders for your family to make to welcome back the birds to our yards.



## SWALLOW FUN FRIDAY SCHEDULE

April 21: Swallow Gear

April 28: Super Hero Day...keep any pieces that cover the students' faces, weapons, and loose accessories at home

## COLLABORATION CORNER

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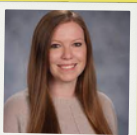
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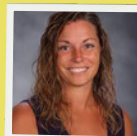
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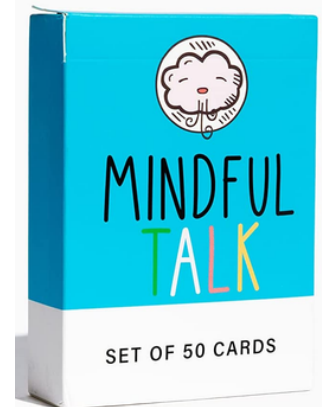
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*Moving forward with the theme of reconnecting over the dinner table when possible, there are a variety of topics beyond the school/work day conversations that can be had. Below are two options for conversation starters to support students in becoming reflective self-advocates as well as connecting positively to the world around them.*

Mindful Talk...we are noticing more and more at school, that students are struggling to identify and process emotions. Starting these conversations at home and supporting children in becoming comfortable and capable of working through their emotions and feelings helps to build a foundation for confidence and advocacy.



TableTalk... This set of conversation cards is made of six different topic areas to keep conversations at the table varied and interesting.

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