



### Books We Love

*The Power of Our Words* by Paula Denton

Shows how you can use words, tone, and pacing to build a classroom where students feel safe, respected, appreciated, and excited about learning.

### Hiking Trails

Sandy Ridge Reservation,  
North Ridgeville, OH  
Brandywine Falls,  
Northfield, OH  
Rocky River Reservation  
North Olmsted, OH

### What's Happening Next Month

November 7th- Daylight Saving Time Ends  
November 11th- Veterans Day  
November 25th- Thanksgiving  
\*we are closed 11/25 & 11/26  
November 28th- Hanukkah Begins

Check out our socials to see how we celebrate



### TIP OF THE MONTH: AFTER SCHOOL ACTIVITIES

As our kids get back into the swing of a school routine, it's important to remember that staying active is crucial to development. Here are some after school activities to try with your family after school, on the weekends, or while homeschooling.

**Sensory Tables-** This could be a table, bin, bowl or box, mixed with items that help your child use all 5 senses.

**Yoga-** Helps to build strength, balance, coordination, and in a group, social skills.

**Outdoor Play-** Before winter knocks on our door, get outside and enjoy the fall colors! Nature walks, playgrounds, scavenger hunts, leaf collecting, and puddle jumping are all fun ways to get moving.

**Music Circles-** Grab your kiddos new friends from school and bust out the instruments! Not only will the kids have a blast playing together and creating music, but music has the power to help calm and reduce impulsivity.

### A MESSAGE FROM YOUR GALVIN STAFF:

Back to School Routine by: Liz Derov MA, RBT

The beginning of the school year can be a very exciting time for both you and your child! Whether they've been doing this for years or this is their first time away, adjusting to this new routine can be hard on everyone. Here are a few tips to make the transition easier for all!

- Talk to your child about what their day is going to look like! Who are they going to be seeing now? What kind of activities will they be doing? What fun things are they going to be learning about?
- Find a routine and stick to it! Consistency is key! Keeping their routine consistent will alleviate any anxiety that may arise because of not knowing what's to come.
- Life happens! If something unexpected comes up in your child's day, consider making them a social story, to help them visually see what in their day will be different and what is going to happen instead! Walk them through this social story and allow them to ask any questions they may have about the change. The social story can also serve as a reminder for them that their day is going to look a little different than normal, and that's okay!
- Be patient! This past year has been a whirlwind for everyone so this new routine may take time to adjust to. Going to school is a big deal, but it can also result in some big feelings.

Have questions about social stories or other visual schedules? Ask your therapist today!

# Grant's PB & J Roll Ups

Age 10

## Ingredients:

Flour Tortillas

Peanut Butter

Jelly (grape)

Cinnamon (ground)

## Directions:

Spread peanut butter on the entire tortilla.

Put two scoops of jelly in the center.

Put cinnamon (2 taps) on top of the jelly.

Curve over one side of the tortilla into the jelly and keep rolling.

**DONE!**



"Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors- its how you combine them that sets you apart"

-Wolfgang Puck