



POWERHOUSE ABA

# MONTHLY NEWSLETTER

JOIN US FOR A  
**ST. PATRICK'S DAY  
SOCIAL EVENT!**



**DATE:** MARCH 16TH, 2024

**TIME:** 12:00 PM - 3:00 PM

**LOCATION:** 1811 W. DIEHL ROAD SUITE 200

**COST:** \$40 PER PARTICIPANT

(WITH A SIBLING OR CAREGIVER FOR NO ADDITIONAL COST)



Dust off your finest green attire and prepare to join us for hangout time filled with music, learning the Irish Jig, green treats, and pizza. Don't miss out - it'll be magically fun!

## 5 POSITIVE AFFIRMATIONS FOR SELF-COMPASSION

- 1 I am doing my best and that is enough.
- 2 Learning something new can be hard, but I can keep practicing.
- 3 Everyone makes mistakes. I can try again.
- 4 I can focus on being kind to myself when I face challenges.
- 5 I am unique and capable of great things.

Join Us!  
**Tuesdays**  
**10am-12pm**

Join our weekly social group for adults with Intellectual and Developmental Disabilities every Tuesday, 10 am-12 pm. Enjoy a welcoming space, healthy snacks, and structured activities led by a Board Certified Behavior Analyst to enhance social skills and build friendships. Secure your spot for a journey of warmth, inclusion, and fun! [Click here to register!](#) or scan here:



## UPCOMING EVENTS



03/16/2024  
**ST. PATRICK'S DAY  
SOCIAL EVENT**  
12PM-3PM



03/23/2024  
**AUTISM AND  
DEVELOPMENTAL  
DIFFERENCES EXPO**  
10AM-1PM



POWERHOUSE ABA

# ACTIVATE YOUR "SPIDEY-SENSES"

MINDFULNESS EXERCISES FOR KIDS

Encourage children to tap into their inner superhero by using their "Spidey-Senses" to ground themselves in the present moment. Guide them to pay attention to their surroundings using all **five** senses: sight, hearing, touch, smell, and taste.

- 5 THINGS YOU CAN *SEE*
- 4 THINGS YOU CAN *TOUCH*
- 3 THINGS YOU CAN *HEAR*
- 2 THINGS YOU CAN *SMELL*
- 1 THING YOU CAN *TASTE*

This exercise not only helps children develop mindfulness but also fosters sensory awareness and appreciation of the present moment.

## "BIRTHDAY CANDLE" BREATHING



In this breathing exercise, one utilizes their hand as a visual prompt, imagining there are five birthday candles for each finger. As the individual takes a deep breath in, they visualize blowing out one candle at a time, beginning with the pinky finger and working their way towards the thumb. With each exhale, they gently lower one finger until all five "candles" are extinguished.

This process is repeated for a total of five deep breaths.





POWERHOUSE ABA

# CRAFTING CONNECTIONS: NURTURING MEANINGFUL BONDS IN EVERY INTERACTION

## **Connecting Through Understanding**

Delve into your child's world by learning their interests, sensitivities, and communication style. Discover and engage in your child's special interests to build a strong bond, showcasing genuine interest and support. Allow them to take the lead in activities, fostering trust and bridging the communication gap within their comfort zone.



## **Calm Consistency for Comfort**

Children with autism thrive in calm, predictable spaces. Establish a soothing environment that minimizes sensory distractions. Consistency is key, providing security and a structured framework for effective communication and interaction. Practice patience, recognizing their need for extra time to process information or express themselves.

## **Enhancing Communication**

Utilize visual tools like schedules and cues to provide a structured and visually accessible pathway, aiding comprehension and reducing anxiety. Emphasize non-verbal communication through gestures, facial expressions, and body language to convey understanding and strengthen connections.

## **Celebrating Achievements and Being Present**

Recognize both big and small accomplishments to provide positive reinforcement, fostering a supportive and encouraging environment. Pay close attention to cues and signals, being present and attuned to their needs. This builds trust and lays the foundation for a stronger, more meaningful connection.

