

National Autism Awareness Month: April 2021

It's time to light up with kindness! Here at Spaulding Academy, we are looking forward to supporting the movement to create a world where all people with autism, across the spectrum and throughout the life span, can reach their full potential.

Commit to Light up with Kindness

1. **Commit to a kinder world** and take the action that means the most to you:
2. **Connect with Kindness:** Share resources and personal stories on social media to increase understanding and acceptance.
3. **Lead with Kindness:** Advocate to advance policies that impact people with autism or start a kindness campaign at work.
4. **Learn with Kindness:** Engage in fun, daily kind acts and fundraising activities in the classroom.
5. **Care with Kindness:** Share helpful information to those in need, including Autism Response Team real-time support, free online resources and services.
6. **Give with Kindness:** Make a donation, purchase in the Autism Speaks e-store or support Autism Speaks corporate partners.

During the month of April, Spaulding is excited to #LeadWithKindness and #LearnWithKindness as we show our acceptance, understanding, and inclusion for all people. We thought these actions would be perfect for our campus since they mirror the Choose Love tenets our students recently learned.

You can learn more about Autism Awareness Month and celebrating differences by visiting [AutismSpeaks.org](https://www.autismspeaks.org).

Ask Your Child: How can you #LeadWithKindness?

DIVERSITY



 autism speaks

world
autism
month

Awesome Earth Day Activities for Kids

Now that Spring is upon us, it's time to get inspired and get outside to enjoy the warm weather. Here are some fun activities that will inspire your kids to appreciate our Earth:

1. Build a fairy garden
2. Make a kid-sized garden
3. Go for a nature walk
4. Pick up litter from your neighborhood (wear gloves)
5. Gather and paint rocks

To read the entire list and discover more fun Earth Day ideas, visit [littlelearningcorner.com](https://www.littlelearningcorner.com).

Ask Your Child: What is your favorite outdoor activity?

ACTIVITIES



Recycled CD Ladybug Craft

Materials

- CD
- Construction Paper
- Black Acrylic Paint
- Glue
- Scissors
- Black Marker

Directions

1. Grab an old CD or DVD that you'll be recycling for this project and you can either paint it black or cut out a black circle by tracing the CD and cutting that out, then gluing it onto your disc.
2. Next grab some red construction paper and you'll have your child trace out their handprints onto the paper and then cut them out. These are going to be your ladybug's wings, so you'll want to take a black marker for the next step and color in some black circles.
3. Then finish off your Handprint Ladybug by cutting out some black antennas and gluing those and your handprints onto your painted disc.

FUN CRAFT ✂️



Ask Your Child: What are some other ways you can recycle?

Earth Day Dirt Cups

Ingredients

- 2 Cups of Milk
- 1 Small Box of Instant Chocolate Pudding
- 1 Package of Oreos
- 1 Small Tub of Cool Whip
- Gummy Worms
- Clear Cups (preferably)

Directions:

1. Place 1/2 a package of Oreos in a Ziploc baggie. If you have multiple kids helping you, you may want to put a few Oreos each in several bags so they can all participate! Crush them up with your hands or with a rolling pin. We leave the cream filling in, but you can scrape it out if you don't want the white in there. We crush ours until they are in small pieces or crumbs. Small chunks of the cookies are okay.
2. In a bowl, whisk together the pudding, milk, and about 2/3 of the Cool Whip tub. Allow it to set for about 2 minutes to thicken a bit. Stir again.
3. In the clear cups, your little helpers can assist to layer pudding and Oreos until you run out. We typically are able to make two layers of each.
4. Finally, top it all off with some gummy worms! Refrigerate until you're ready to eat them.

EASY RECIPE 🍴



Ask Your Child: Why do you think it is important to learn about how to keep our Earth healthy?