FEATURED RESOURCES

We have a few featured resources for this month. First we have two articles, both written by Dr. Lamar Hardwick. Dr. Hardwick is "...an African American husband, father, pastor, author, autism self-advocate who is “leading and loving while living on the autism spectrum" (autisticadvocacy.org). The first article is titled: "Disabilities, Diversity, and a Discussion about Black History Month," linked here. The second is an article titled: "Beating Drums: A Dialogue about Black History and Disability Advocacy," linked here.

Live webinar opportunity, from the Autism Navigator. Roy Richard Grinker, PhD, Professor of Anthropology at George Washington University will be giving a presentation for those interested or touched by autism February 12 from 11am-12pm CST. Register here! This webinar will not be recorded.
PEN PAL PROGRAM
If your child(ren) would like to have a pen pal with a student from the NIU communicative disorders student association (undergraduate speech pathology and audiology students) to exchange letters in the mail, please send an email to Dr. Gladfelter (agladfelter@niu.edu) to get paired with a student! Be sure to send how many kids will be writing, their names, and ages. We are also beginning to offer pen pals for Spanish speakers! If you are interested in learning more details, please email Dr. Gladfelter (agladfelter@niu.edu)

The more that you read, the more things that you’ll know.
The more that you learn, the more places you’ll go.
- Dr. Seuss

BLACK HISTORY MONTH
Do you know why Black History Month is celebrated in February? It is to coincide with the birthday month of two men: Frederick Douglass and Abraham Lincoln!
Resource: people.com
The theme for Black History Month 2021 is The Black Family: Representation, Identity, and Diversity

ACTIVITIES
Featured exercise activities of the month:
Dr. Seuss Brain Break: http://go.niu.edu/7y9fhm
Cat in the Hat workout: http://go.niu.edu/n0g0kh
Green Eggs & Ham Dance: http://go.niu.edu/nkk3cc
Dr. Seuss is on the Loose Song: http://go.niu.edu/fqz7kj

Featured videos of the month:
The Sneeches: http://go.niu.edu/s60d2c

Featured book read alouds of the month:
The Nose Book: http://go.niu.edu/qo8ib3
Green Eggs & Ham: http://go.niu.edu/r4w7fh
The King of the Kindergarten (read by NIU Head Football coach, Thomas Hammock) This story is written by a member of the African diaspora: http://go.niu.edu/k96kxj
Follow the Drinking Gourd- This story shows the importance of the underground railroad: http://go.niu.edu/2qpekr

CAREGIVER COFFEE CHAT
The NIU Autism Caregiver Group is virtual this year! If you would like to join our Caregiver Coffee Chat, please RSVP by emailing Allison Gladfelter at agladfelter@niu.edu to receive the private Zoom link. Our February Caregiver Coffee Chat will be on Friday, February 19th, from 9:00 - 10:00am. For more information about our group, please visit our website. Dial-In Information: Email Allison Gladfelter at agladfelter@niu.edu to receive the private Zoom meeting link.

ACTIVITIES
What's Thing 1 & Thing 2's favorite kind of fruit?
...Pears!

 Why did the Fox bring extra socks to the golf course?
...In case he got a hole in one!

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ACTIVITIES
What's Thing 1 & Thing 2's favorite kind of fruit?
...Pears!
The Lorax Truffula Trees

Materials:
- Green, pink, purple, and orange tissue paper.
- White paper plate
- 3 straws (any color)
- Elmer’s glue
- Pencil
- Scissors

Instructions:
1. Cut 12 1-inch squares out of the purple, pink, and orange tissue paper. Then cut 25, 1-inch squares out of the green tissue paper.
2. Take the pencil and place the eraser end at in the middle of a green square.
3. Twist the paper up and around the pencil and dip it in a tiny bit of glue.
4. Place it on the bottom of the paper plate and slowly lift out the pencil. Repeat the process until you have a line of grass.
5. Take the three straws and cut different lengths. Glue each one onto place making sure the bottom is in the grass.
6. Repeat step 2 to make the Truffula trees. Press down each tissue paper in a circle to create the shape of the tree top.
7. Let dry.
Materials:

- Red, Teal, White paint
- Paintbrush
- Canvas or white construction paper
- Glue Stick
- Pencil and Black Permanent Marker
- Scissors

Instructions:

1. Print the Thing 1 and Thing 2 logos attached to the newsletter.
2. Cut out the logos and set them aside.
3. Paint the palm of your child’s hand with white paint and paint their fingers with teal paint.
4. Help your child press their hand down onto the canvas. Carefully pull up their hand to avoid smearing the paint.
5. Wash your child’s hand and dry it off.
6. Paint your child’s entire hand with red paint.
7. Help your child press their hand down onto the canvas (or construction paper) just below the white and teal handprint. Make sure to point the handprint the opposite way.
8. Wash your child’s hand again and allow painting to dry completely.
9. Draw a face with pencil and then go over it with the black marker.
10. Use a glue stick to glue the thing 1 and thing 2 logos on.
THING 1

THING 2
Green Eggs and Ham
Recipe

Scrambled eggs
Ingredients:

• 7 eggs
• ½ cup milk
• ½ Tbsp. butter
• 2-4 drops of green food coloring
• Your choice of ham
(Makes 5 servings)

Directions:

1. Whisk together eggs, milk, and 2-4 drops of green food coloring.
2. Melt butter on pan. Add egg mixture to the pan and allow to cook for 2 minutes.
3. Meanwhile, chop the ham into little squares.
4. Add ham to another pan. Cook over medium heat, allowing to slightly brown.
5. Turn eggs over with spatula and mix until the egg is scrambled.
6. Serve green eggs and ham.
7. Enjoy!

If you prefer your eggs sunny side up follow these instructions:

• Combine water and food dye into a small bowl.
• Crack an egg and separate the yolk from the egg whites.
• Let the egg yolk bathe in the bowl with water and food dye.
• Heat a frying pan on low and add a teaspoon of oil.
• Pour the egg whites into the pan and let sit for a moment.
• Add the green yolk to the middle of the egg whites and cook to your liking.
• Serve egg with ham.
• Enjoy!