

THE ABC connection



· Activity, Balance, Creativity – Building Skills for Life ·



Resource Spotlight

Active for Life is a parent-friendly resource filled with simple, research-based ideas to support children's physical development, movement, and healthy play at home and at school. Families can explore age-appropriate activities, tips, and articles that make building motor skills fun and practical at <https://activeforlife.com>

CONNECT WITH US!

Stay up to date on ABC Therapy's events and resources!



Website

<https://abctherapyltd.com/>



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Fun & Functional Family Activities

Play, Learn, Grow: *valentine's edition*

Valentine's activities naturally build skills across all developmental areas when they're done with intention. From cutting hearts and building cards to playing turn-taking games, kids are strengthening their motor skills, communication, social interaction, and attention, all while having fun. When children are engaged, learning happens without it feeling like "work."

You can support development at home with simple, play-based ideas:

- ♥ **Create Valentine cards:** Cut, glue, and decorate to build hand strength, coordination, and early writing skills.
- ♥ **Heart scavenger hunt:** Hide paper hearts and use clues like under, behind, or next to to build movement, listening, and language skills.
- ♥ **Pass-the-heart game:** Take turns passing a heart while sitting or standing to practice attention, body control, and social skills.
- ♥ **Valentine obstacle course:** Crawl, jump, or balance between heart stations to strengthen muscles and follow multi-step directions.
- ♥ **Feelings talk:** Ask, "How would you feel if you got this card?" to support emotional awareness and perspective-taking.

Fun, purposeful play helps children grow skills they use every day while making meaningful memories!

Practical Daily Tips

Managing Winter Routines & Energy Levels

Cold temperatures and limited outdoor time can make it harder for children to get the movement and sensory input they need to stay focused and regulated. Creating predictable indoor routines with built-in movement can help support attention, behavior, and emotional regulation during the winter months.

Try these simple strategies at home:

- ❄️ Schedule movement breaks every 30-60 minutes (animal walks, jumping jacks, wall push-ups).
- ❄️ Use heavy-work activities like carrying laundry, pushing a laundry basket, or wiping tables to support regulation.
- ❄️ Create an indoor movement space with pillows, tape lines on the floor, or a small obstacle course.
- ❄️ Balance screen time with movement by pairing shows or games with a quick movement break before or after.

Stick to consistent routines for mornings, after school, and bedtime to help children know what to expect.

Finding Balance: Self Care

Valentine's Respite for Busy Caregivers

Take a little time for yourself this Valentine's Day!
Here are some fun, simple ways to recharge:



Creative "love notes" - write a few things you appreciate about your loved ones or to yourself for the week.



Chocolate tasting or favorite treat while listening to music/podcast or sharing memories with your loved ones.



Cozy movie night with your favorite snacks after the kids are in bed.



Mini at-home spa: a warm bath, candle, or face mask to unwind.

Cleveland, Ohio

Community Connections



The lifelong mission of Dancing Wheels Company is to educate, advocate and entertain through compelling, innovative dance through a heartfelt commitment to: enhance integration and diversity in the arts with works uniting people of all abilities; provide successful, independent and creative role models for those with disabilities; erase negative stereotypes about people with disabilities in professional careers, primarily in the arts; and instill greater understanding and professionalism in individuals of all ability levels.

FEBRUARY FUNDRAISER EVENT

Night at the Races

Join us for an entertaining evening of gaming that supports Dancing Wheels' education and outreach programs.

Date: Saturday, February 28, 2026

Doors open at 6:30p.m.

First race is at 7:15 PM

Location: Majestic Hall
3000 Euclid Ave., Cleveland, OH 44115

Learn more about Dancing Wheels and their fundraisers at:

<https://dancingwheels.org>