

# *THE MONTHLY BEAT*

SMALL STEPS MUSIC LLC MONTHLY NEWSLETTER  
MAY 2020



## **Student Spotlight**

**Name:** Bobby H.

**Favorite Song:** "You Will Never Run" by  
Rend Collective

**Interesting Fact:** I like to ride elevators  
**Instruments learning:** I play the piano,  
but enjoy listening to the drums

**Why do you enjoy coming to Small  
Steps Music LLC?** Ms. Natalie is teaching  
me how to improvise jazz music

## **Welcome!**

**Our monthly newsletter will include updates, fun activities, birthday shoutouts, student, spotlight, and more!**

Hand it up on the fridge. Keep it on your Facebook timeline. This newsletter contains ideas and information which you and your family can benefit from by having one place to find out what is going on. No need for sifting through emails to find out what is occurring when.

Any information you feel is important to include, please let us know, as we want to make this newsletter helpful for all!



# Sensory Seeking vs. Sensory Sensitive while at home

While our clients are stuck at home, we would like to provide some ideas for sensory seeking.

Now you may be wondering whether or not your child seeks sensory input or is sensory sensitive.

According to Understood.org, a website focused on educating and supporting the differences between people with disabilities, sensory seeking and sensory avoidance are common among all types of individuals.

**Sensory seeking** children look for input which stimulate and regulate a child's body. Examples of seeking input include walking with a heavy foot, crashing into walls or floors, enjoy loud noises, etc.

**Sensory avoidance** is when a child experiences an input more intensely than those around them. Some examples include refusal to wear specific clothing, picky about what foods they eat, difficulties with spatial awareness, etc.

**If your child is seeking input while at home or you are wanting to create your own band, check out our social media pages to see some at home hacks for input and instruments**

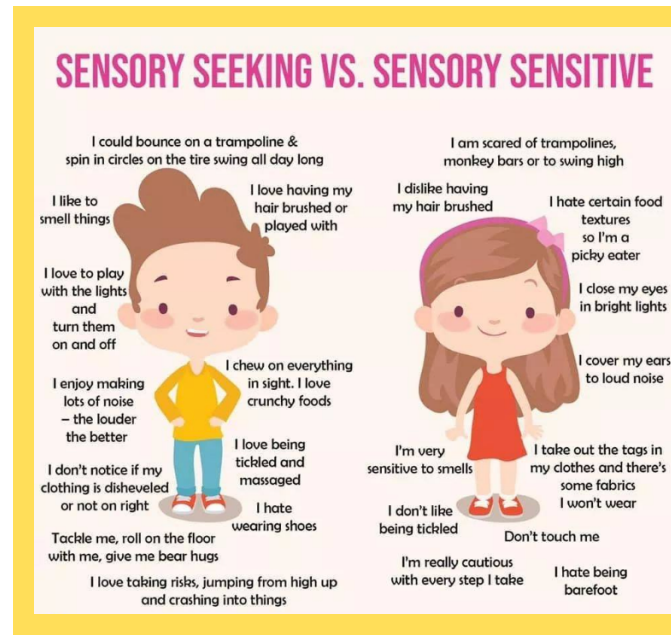
## Follow us on Social Media!



Small Steps Music, LLC



@smallsteps music



## Ideas for tactile sensory input:

- A. Place beans or rice in a tupperware container
- B. Place cereal and small toys, such as dinosaurs, dolls, legos, or marbles in a container and have a seek and find activity
- C. Look in your closet for various fabrics (cotton, flannel, fur, etc.) and have a touch pool of textures



**Any sensory input you have done at home, TAKE A PIC and Tag us!**