

OT/PT/O&M OFFICE

NEWSLETTER

JANUARY-
MARCH
2025

Sensory-Friendly Events

What is a "sensory-friendly" event?

A sensory friendly event is specifically designed to be less stimulating and overwhelming for individuals with sensory sensitivities, like those on the autism spectrum, by adjusting elements like lighting, sound, and environment to create a more comfortable experience. This often includes designated quiet areas and the option to bring sensory tools like noise-canceling headphones.

Many museums, parks, or venues

- provide special times to visit for those with sensory needs
- provide special kits for families to borrow during a visit like noise-cancelling headphones
- provide online resources to help caregivers prepare their child for a visit like a social story

Resource Spotlight: Connecting for Kids

Resources for Parents

- Speakers and workshops
- Support groups
- Resource guides
- Podcasts
- Resource fairs
- Online guide to professionals

Resources for Students

- Playgroups
- Adapted storytime
- Music therapy

Visit [connectingforkids.org](https://www.connectingforkids.org) for more information and to register.

Visit Our Website

<https://www.clevelandmetroschools.org/occupational-physical-therapy>

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Community Events

January

- **18th** - Cleveland Museum of Art's Sensory-Friendly Saturdays, 9-10 am, 3rd Saturday every month (FREE)
- **25th** - Ohio & Erie Canal Reservation DROP-BY: SENSORY FRIENDLY NATURE STATIONS, 12-3 pm (FREE)
- **26th** - Playhouse Square's Goodnight Moon & Runaway Bunny (TICKETED EVENT)

February

- **9th- Greater Cleveland Aquarium's Sensory Hour** 8:30-9:30 am (TICKETED EVENT)
- **10th - Parma Library Snow Branch** (CCPL) Music Therapy and More 6:30-7:00 pm (FREE, REGISTRATION REQUIRED)
- **13th - Connecting for Kids Music Therapy** at Lakewood Public Library Main Branch 6:30-7 pm, Ages 7-12 (FREE, REGISTRATION REQUIRED)

March

- **1st** - Heights Library's Adapted Storytime, 10:30-11 am, at the Noble Branch, ages 0-11 (FREE)
- **Spring Break Activity Ideas:**
 - **24 - Cleveland Zoo** - FREE Mondays
 - **25 - We Rock the Spectrum** - Open Gym (Registration & fee- FEES can be covered using NEON Family Supports.)
 - **26 - Rock'n'Roll Hall of Fame** - Sensory bags available (FREE for Cleveland residents via CLE VIP program)
 - **27 - Connecting for Kids** FREE Inclusive Drop-In Playgroup at Lakewood Cove Community Center
 - **28 - Family Connections Family Playroom** at the Greater Cleveland Foodbank, 10 am - 1 pm (FREE, REGISTRATION REQUIRED)