

Remarkably Able Newsletter
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1) HAPPY THANKSGIVING

I wish you a happy thanksgiving and complete holiday experiences throughout the rest of 2008. Thanksgiving reminds me about the importance of living life, celebrating moments with family, giving of oneself and being thankful. All are included in this day, and there are ways to help people of all ages who have autism or a disability to celebrate. Everyone can be a gift to someone else, including those who have autism or any other disability.

To many, the holidays may seem more like work or make us sad because someone is missing from the day whom was present last year. The day may seem less than ideal to the picture we have in our own mind. Starting new traditions is important. In this newsletter I will share with you ways I am seeking to reach out and enjoy a positive Thanksgiving Day.

2) MAKE THANKSGIVING DAY POSITIVE AND ENJOYABLE

Here are some ideas for parents, family members or advocates to celebrate the day and include people of all ages who have autism/disability.

- *Participate in making a scrumptious dinner,
- *Go for a walk in a park after dinner,
- *Put up a Christmas tree while singing along with your favorite Christmas songs.
- *Share your life with someone else, tell them how grateful you are to have h/her in your life.
- *Offer a helping hand with dinner or caring or playing with small children.
- *Receive and accept someone's help to prepare dinner.
- *Attend a community event, festival, or church service.
- *Make Krispie Treats or pumpkin pie and take to an elderly neighbor.

3) THREE FUN ACTIVITIES FOR THE ENTIRE FAMILY

Activity One: Group Storytelling Game

What you need: nothing

How to Play: Someone starts a story and, after a couple of sentences, points to someone else to

continue the story. It's more fun if you go fast. The crazier the story, the better.

Activity Two: Bird Seat Markers:

Make turkey seat markers with this fun activity. Let everyone try his hand -- or at least a finger -- at making his/her own.

Craft Materials:

- Card stock
- Nontoxic stamp pads in brown, red, orange, and yellow
- Glue
- Googly eyes
- Paint markers

First, For each bird, fold a piece of card stock (roughly 3 by 4 inches). Set out nontoxic stamp pads in brown, red, orange, and yellow. Using your thumb or index finger, stamp rings of yellow, orange, and red, and a brown turkey body.

Second, Glue googly eyes in place, then use paint markers to draw on a beak, snood, and feet and to write a guest's name below the bird.

Activity Three: Make a Thankful Tree

Let your family members put their gratitude on display with a classic tree of thanks. Your kids can set up the tree ahead of time, then leave out the materials for guests.

Craft Materials:

- Small tree branch
- Flowerpot
- Pebbles, rocks, or marbles
- Card stock or colored paper
- Hole punch
- Twine or string
- Clear holiday lights (optional)

Time needed: Under 1 Hour

First, to make the tree, insert a branch in a flowerpot filled with pebbles, rocks, or marbles. Cut leaf shapes from card stock or colored paper, use a hole punch to make a hole in each, and attach a loop of twine or string.

Second, at your gathering, have guests jot down a note of thanks on a leaf and hang it from the tree. Suggestion: string the tree with clear holiday lights for added festivity.

Culmination Activity:

During the day's events take photos of each activity and event your child and others experienced.

Put in a scrape book titled, *Celebrating My Life*. Read it with your child or family member and remind h/her that each day there is something to be grateful for and ways they are a blessing.

4) TRENT GOES TO TASH CONFERENCE

Trent will be at TASH 2008 in Nashville, TN exhibiting his artwork. TASH is held at the Nashville Convention Center, Dec. 4- 6.

To read articles, get information that enhances school transition, or to see Trent's art go to www.drjackiemarquette.com

**** YOU MAY SHARE THIS NEWSLETTER**

Feel free to forward this newsletter to share with your friends, family, and professionals. Don't hesitate to email me with any of your successes with your child, teen or young adult or ideas you have for future newsletters. Your experiences and stories are important to me. Thanks for taking time out of your day to read this!

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