

A SIMPLE GUIDE TO SHARING TALENTS

If it brings joy, pride, or comfort, we want to celebrate it!

There are many ways to participate in talent sharing, depending on how people receive services. Here are some ideas, and you might have others!

At Easterseals Locations

Here are some ideas for locations like Autism Therapy Centers, Adult Day Services and more.

Set up a time and/or space for live performances, such as:

- Singing, dancing, spinning
- Telling jokes
- Show and tell with a favorite item
- Martial arts or yoga poses
- Solving a puzzle
- Playing an instrument
- Tapping a rhythm
- Reading a poem or story
- Demonstrating a cool skill (Rubik's cube, stacking, origami, keyboard shortcuts)

Consider including performances that are pre-recorded. This is a good option for individuals who:

- Prefer predictability
- Communicate nonverbally
- Shine best at home
- Want more control
- Need multiple takes

“Share & Shine Table” or wall gallery, for activities such as:

- Sensory creations (slime, kinetic sand forms)
- Crafts
- Collections
- Lego builds
- Artwork (display on wall)

Remote Participation

We have fun activities waiting online!

Associates: Find the activities on Inside ESSC. Go to Service Lines → Autism Services → Autism Acceptance Month

Families and Partners: Go to the [Autism Acceptance Page](#) on our external website.

You'll find:

- A "My Kind of Awesome" Worksheet
- A "You're a Star" template
- A Certificate of Talent



Why Participate?

- **Confidence.** We can build individual's confidence and self-esteem, empowering them in their development.
- **Safe, Supportive Environment.** We can foster safe space that offers support and encouragement for everyone without fear of judgment.
- **Pride in Unique Talents.** By celebrating unique talents, we affirm individuals' true selves. This helps them feel valued and accepted.

Sharing

Associates

- ESSC Marcom welcomes photos or videos of talents. Please share content by opening a Zendesk ticket.
- Please **don't** share photos or videos outside of ESSC.

Family and Partners

- You can share videos and photos with your Easterseals contact, if you would like, so we can share the content with people inside the organization. In some cases, we may seek your approval and signed media releases to share content on social media, if you are comfortable with that. Thank you for taking part!