VOLUME 13 • ISSUE 2 SUMMER 2026

PATSA 4 KIDS

BI-ANNUAL NEWSLETTER

TAKE A PEEK!

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SUMMER FUN!

Summer can be full of lazy days, activities, vacations and fun! We hope that you found time to relax. Spend time with family. Discover fun activities with friends and explore nature.

Whether you like to read books, ride scooters, play board games, or participate in a sport, summer is a great time to try new things!

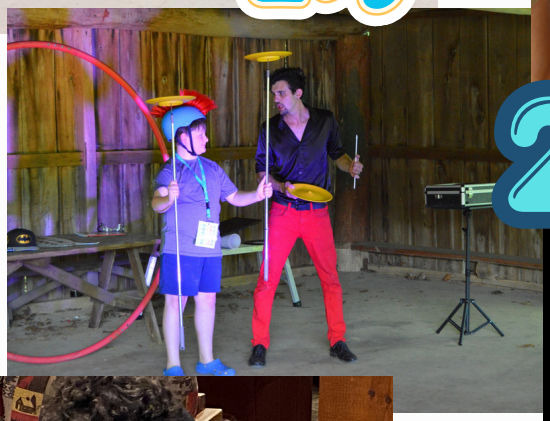
For many kids with Tourette syndrome--their tics subside when they are doing something that they LOVE! Finding that activity is the real challenge.

You might have to try a few things until you find one that works for you! Some people prefer art or creativity, some people love running, some like acting or singing and others are best when they are engrossed in a book! Whatever you do, we hope it helps you find a way to relax and recoup for the new school year coming up!

TOURETTE SYNDROME FAMILY CAMP

Enjoy

MAKE NEW FRIENDS



2026

Relax

FUN

Amazing

YOUR VOICE MATTERS:
FINDING YOUR OWN WAY TO EXPRESS YOURSELF

Everyone has their own way of showing who they are. Some people love to talk, some like to draw, some express themselves through music or sports, and others show their feelings through acts of kindness. There isn't just one "right" way to communicate—and that's something to celebrate!

If you have Tourette syndrome (TS), you may sometimes worry that people notice your tics before they notice you. But remember: you are so much more than your tics. Your ideas, talents, kindness, creativity, and sense of humor are all part of what makes you unique.
Here are some ways you can express yourself:

- Create something! Draw, paint, build with LEGO®, crochet, bake, or make crafts. Your imagination can turn simple ideas into amazing creations.
- Write your story. Keep a journal, write poems, create comics, or make up adventure stories. Writing is a great way to share your thoughts and feelings.
- Move in ways you enjoy. Dance, play sports, hike, ride your bike, or stretch with yoga. Moving your body can help you feel energized and confident.
- Make music. Sing, play an instrument, write songs, or create beats. Music can express feelings that are hard to put into words.
- Take photos or videos. Capture moments that make you smile or show people what matters to you.
- Use technology. If speaking is sometimes difficult, you might enjoy texting, making digital art, creating videos, or using apps to share your ideas.
- Help others. Being a good friend, volunteering, or doing something kind is a powerful way to show who you are.
- Share your interests. Whether you love animals, science, video games, reading, dinosaurs, cooking, or collecting things, talking about your favorite hobbies helps others get to know the real you.

Everyone communicates differently. Some people enjoy talking in front of a group, while others prefer one-on-one conversations or expressing themselves through art, writing, or movement. All of these ways are important.

Having Tourette syndrome is just one part of who you are. Your brain works in its own unique way, and that's part of neurodiversity—the idea that everyone's brain is different, and those differences help make our world creative, interesting, and strong.

So don't be afraid to let your personality shine. Try new activities, discover what you enjoy, and remember that you don't have to be perfect. The people who care about you want to know the real you—your ideas, your dreams, your talents, and your heart.

The world doesn't need another copy of someone else. It needs YOU, exactly as you are.