



BRAINWORKS



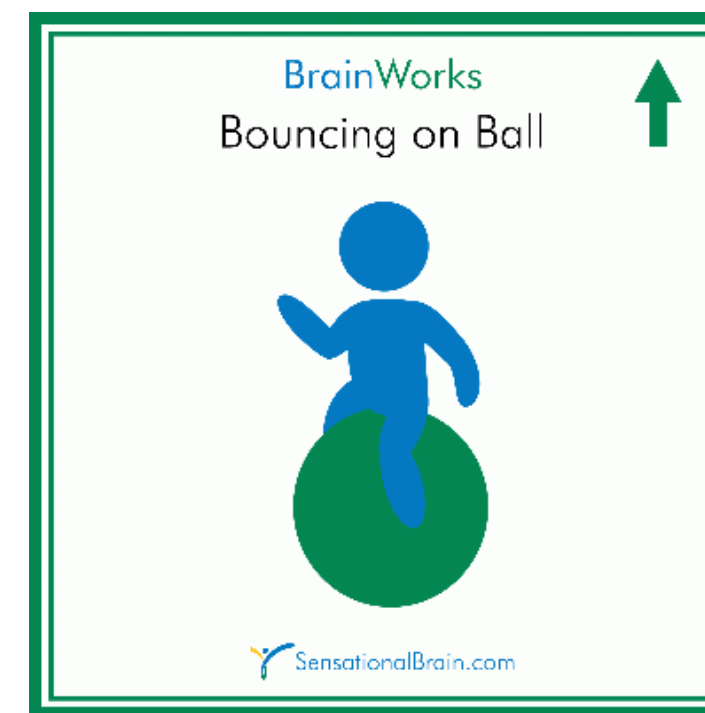
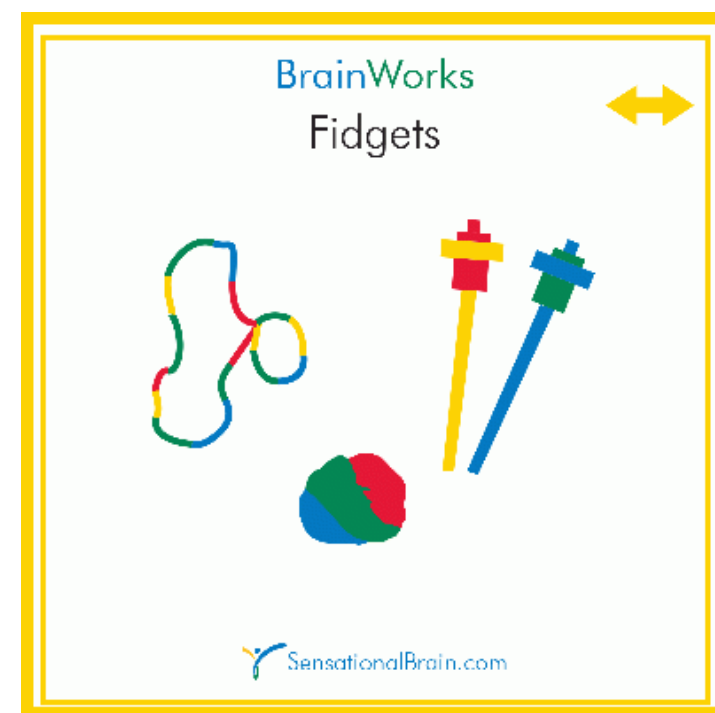
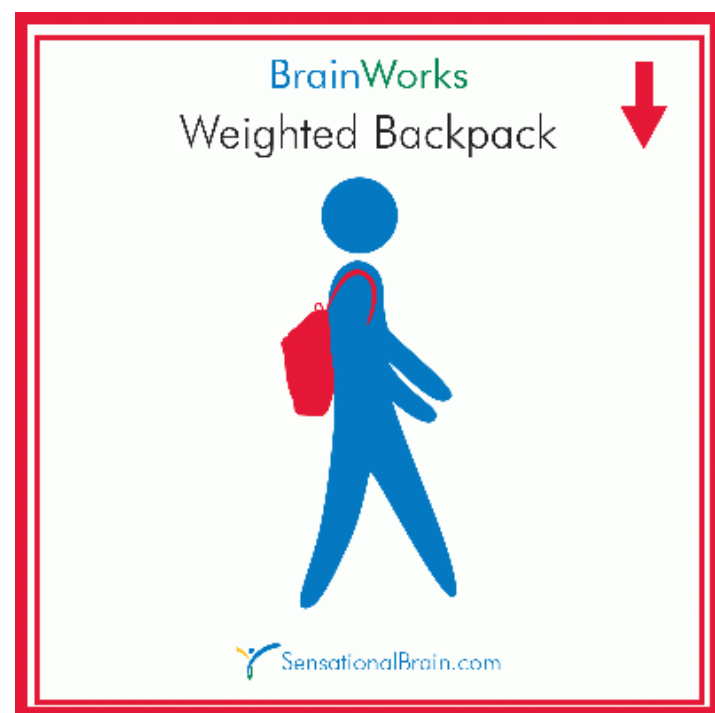
SENSORY STRATEGIES TO IMPROVE REGULATION

CALM DOWN ACTIVITIES

JUST RIGHT ACTIVITIES

ALERTING ACTIVITIES

EMOTIONAL AWARENESS



PICK AN ACTIVITY AFTER MEETING THE SENSORY THRESHOLD TO CALM THE NERVOUS SYSTEM.

PICK AN ACTIVITY THAT HELPS TO KEEP THE NERVOUS SYSTEM ORGANIZED AND FOCUSED.

PICK AN ACTIVITY TO WAKE UP THE NERVOUS SYSTEM OR WHEN A CHILD IS SEEKING MOVEMENT.

CONNECT THE SENSORY STRATEGY USED TO THE EMOTION BEFORE/AFTER IMPLEMENTATION.



BRAINWORKS



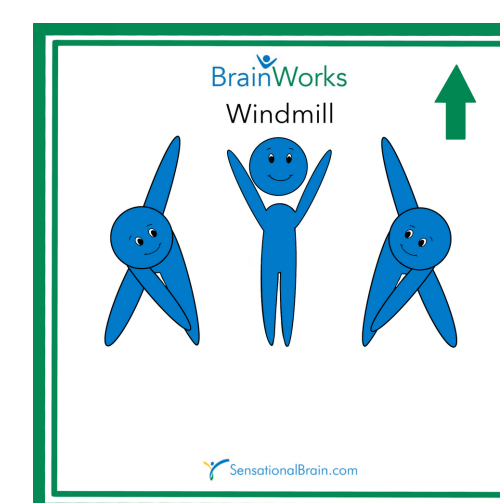
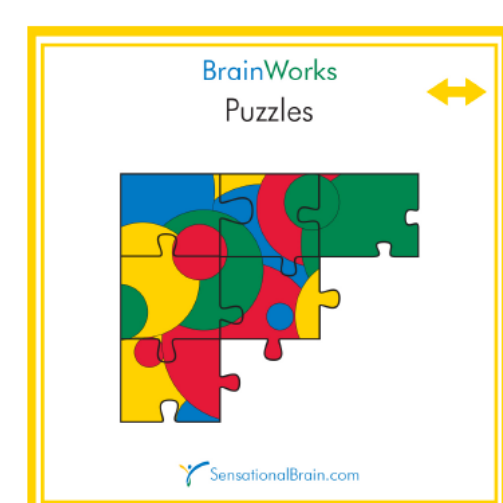
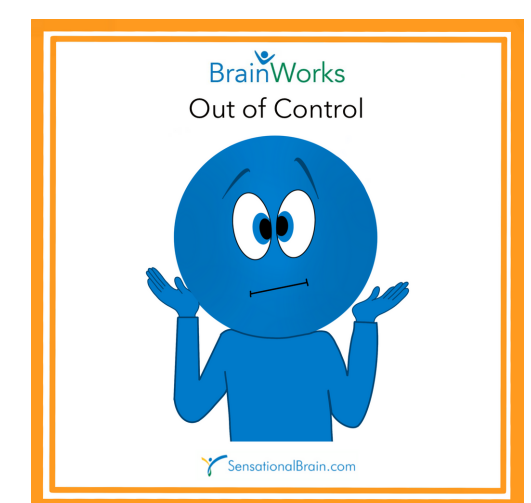
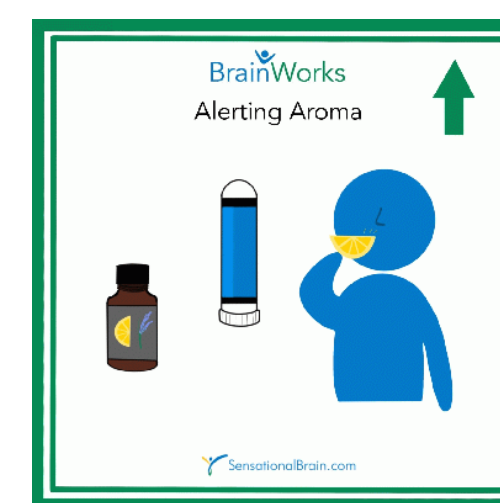
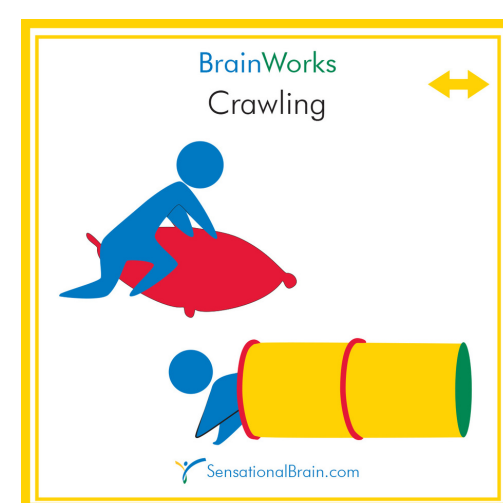
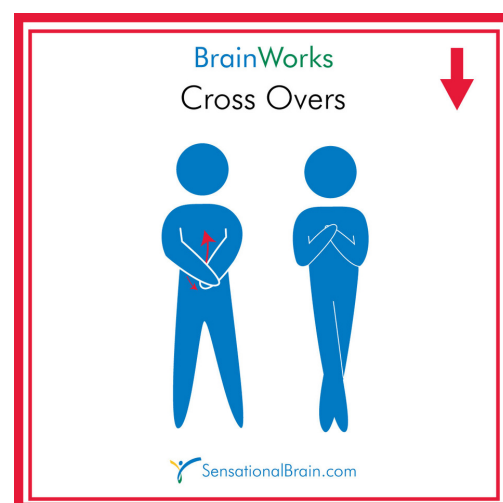
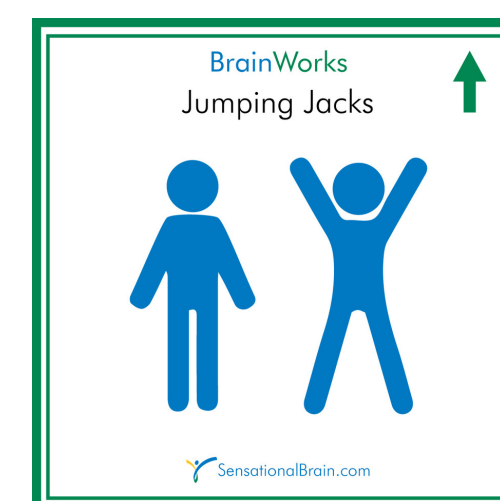
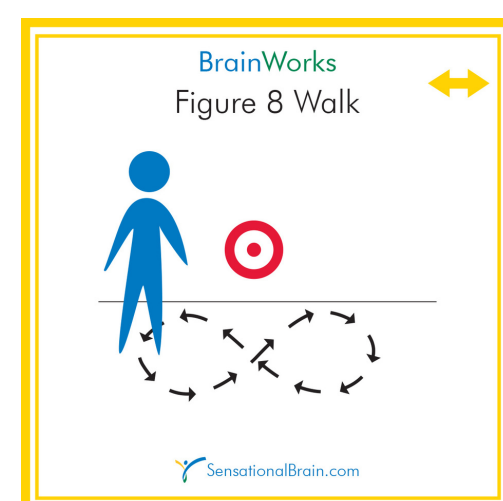
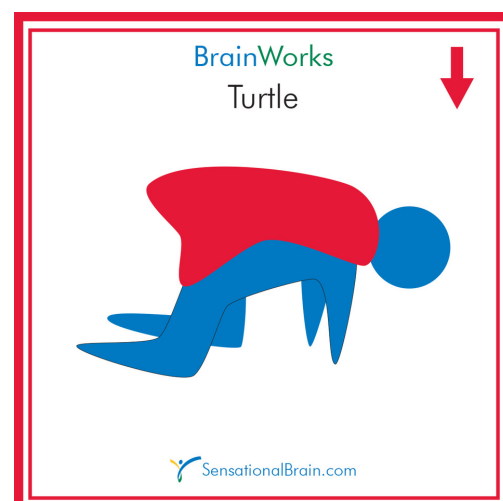
SENSORY STRATEGY ACTIVITY IDEAS

CALM DOWN ACTIVITIES

JUST RIGHT ACTIVITIES

ALERTING ACTIVITIES

EMOTIONAL AWARENESS





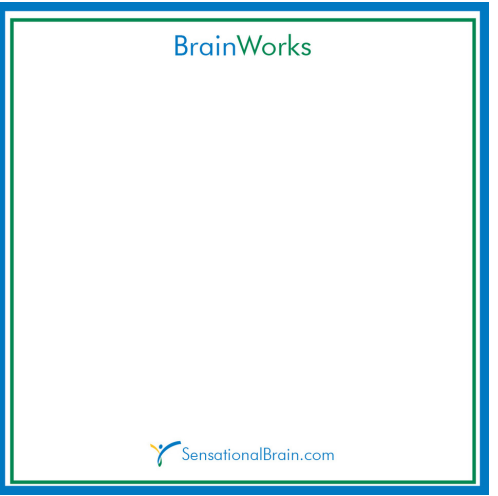
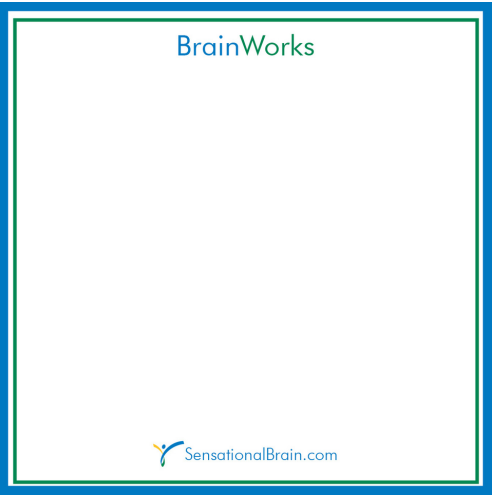
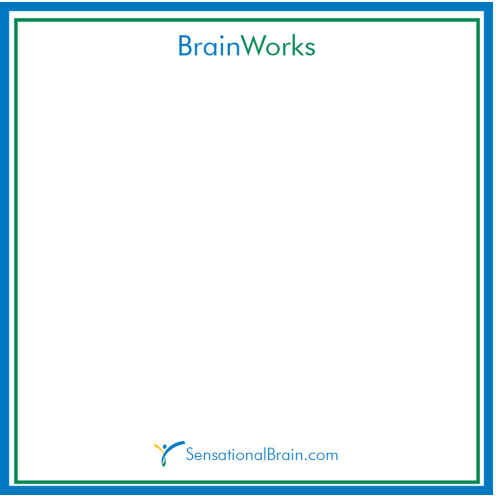
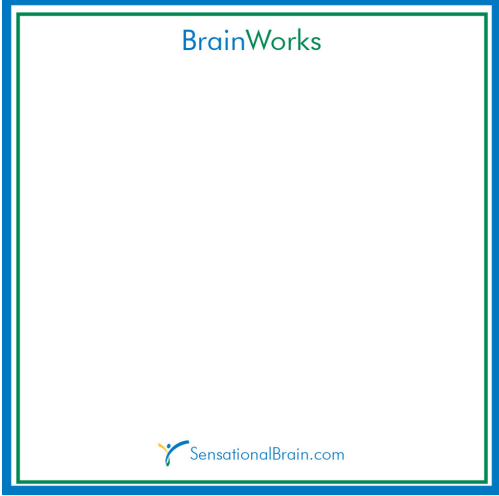
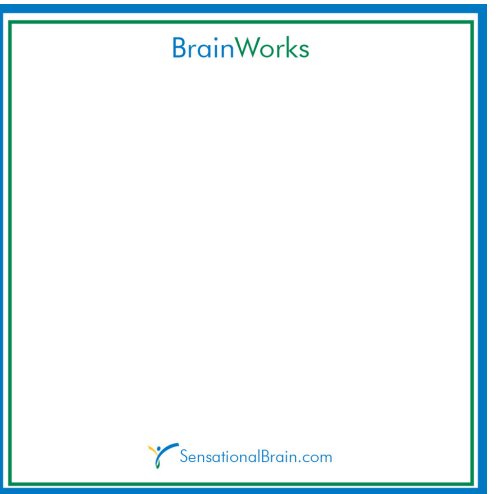
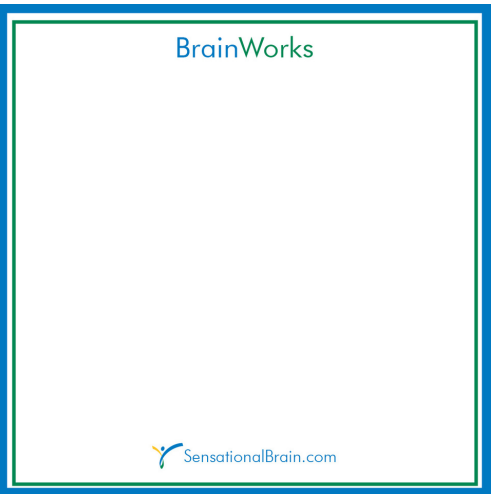
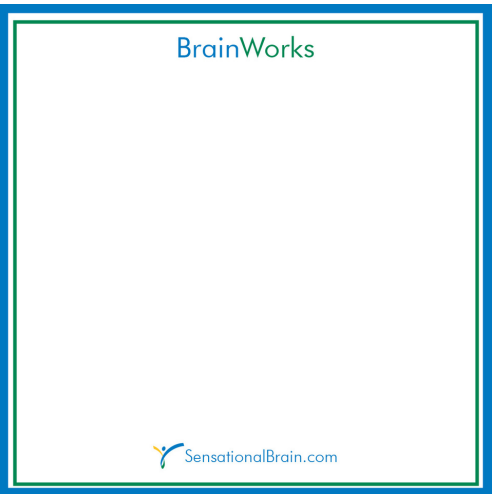
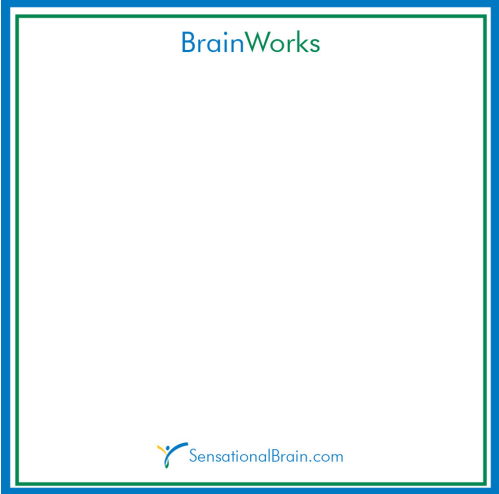
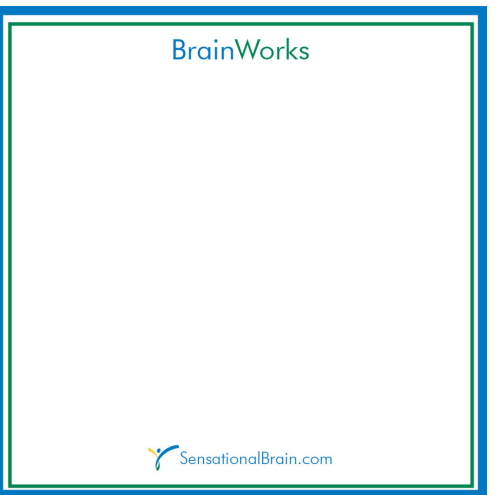
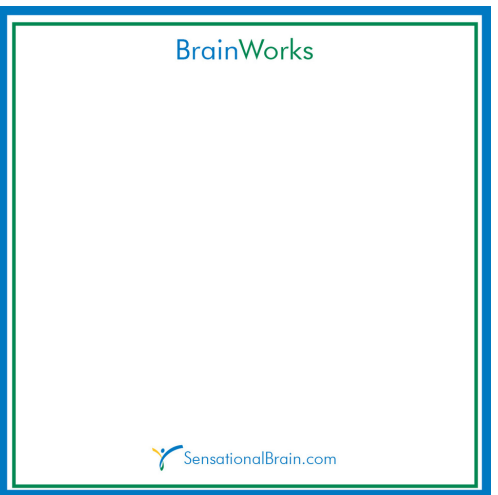
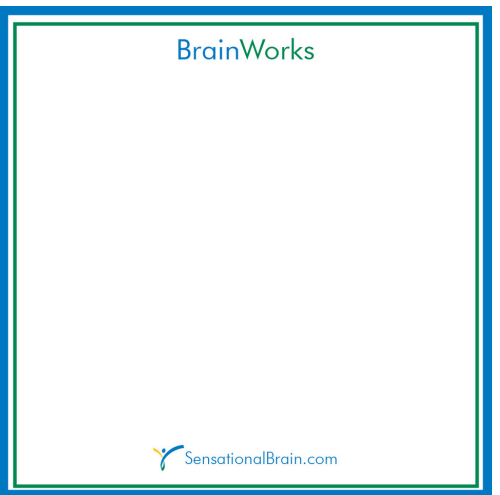
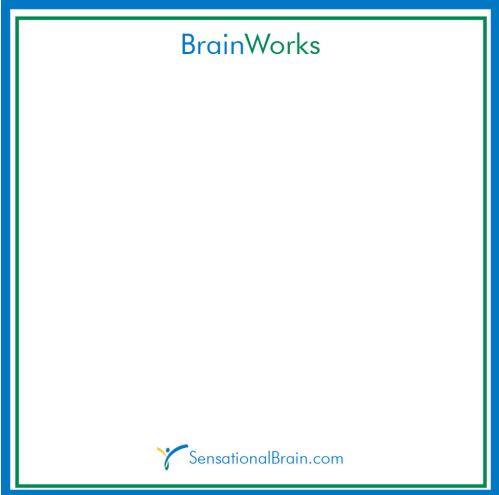
SENSORY STRATEGY ACTIVITY IDEAS - ADD YOUR OWN!

**CALM DOWN
ACTIVITIES**

**JUST RIGHT
ACTIVITIES**

**ALERTING
ACTIVITIES**

**EMOTIONAL
AWARENESS**



BRAINWORKS

MEET OUR SENSORY MODULATION FRIENDS!

TRY ALERTING ACTIVITIES
FOLLOWED BY CALMING
ACTIVITIES

Sensory Seeking Susie



FEELING READY TO
LEARN AND PLAY!



Just Right Rachel



Too Fast Freddy

TRY ADDING MORE
CALMING ACTIVITIES



Too Slow Sam

ADD MORE ALERTING
AND JUST RIGHT
ACTIVITIES