

**Time-Ordered Agenda for
Just Right! Jr: Why Early Sensory Modulation Matters for
Self-Regulation and Classroom Success**

Instructor: Kim Wiggins, OTR/L

Time (Minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
5	Introduction	Lecture
15	Why Teach Sensory Modulation Early? The Foundation for Self-Regulation	Lecture with visual examples
20	Review of how to teach Body Speeds (Fast, Slow, Just Right) to Emerging Learners	Lecture and demonstration
25	Review of how to teach the Five Far Senses (Sight, Sound, Smell, Taste, Touch) to Emerging Learners	Lecture and demonstration
20	Review of how to teach sensory regulation Tools (Slow-down tools, Wake-up tools, Movement tools, Music tools, etc.) to Emerging Learners	Lecture and demonstration
15	Why Hands-On Matters: Engaging children through interactive slides, songs, stories, crafts, and movement stations to strengthen play-based regulation skills.	Lecture and demonstration
15	Promote meaningful generalization through coordinated family carryover, multidisciplinary collaboration, and practical implementation in everyday environments	Lecture and demonstration
5	Key Takeaways & Closing Summary Q&A	Lecture and demonstration
120	TOTAL RUN TIME	