

## *How Does Your Engine Run*

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### **How Does Your Engine Run**

The Alert Program® has boiled down complex theory to create simple, practical solutions you can incorporate into your every day living. One of the analogies we use with children is, "If your body is like a car engine, sometimes it runs on high (hyped up), sometimes it runs on low (lethargic), and sometimes it runs just right (alert and focused)."

### **Self-Regulation Alert Program® Online | AOTA Approved Provider**

How Does Your Engine Run? A Leader's Guide to the Alert Program for Self-Regulation draws from Mary Sue Williams and Sherry Shellenberger's years of experience working in the schools and therapy clinics. This practical book explains the Alert Program in its entirety.

### **How Does Your Engine Run? Leader's Guide to the Alert ...**

The Leader's Guide is the "whole enchilada" and contains everything needed to implement the Alert Program®: it explains the theory, along with step-by-step instructions and easy-to-implement activities. It was written to teach children how to identify and change how alert they feel, initially using the analogy of an engine. If a child is non-verbal or has special interests (such as a love ...

### **"How Does Your Engine Run?®" A ... - The Alert Program**

"How Does Your Engine Run") different from a sensory diet? It is different because instead of directing their play, offering a daily set of activities, we are teaching them how to recognize and do for themselves what activities they may need to feel just right, all day long. We are preparing them for the future.

### **How Does Your Engine Run - Sensory Processing Disorder**

"How Does Your Engine Run" visual to be used in conjunction with self regulation program. Strategies for Self-Regulation to increase attention, calm & focus. Sensory Activities Therapy Activities Therapy Ideas Therapy Tools Sensory Kids Sensory Rooms Motor Activities Alert Program Autism Support.

### **94 Best How Does Your Engine Run? images | Sensory ...**

All of those are things that we do to self-regulate. The difference between what we "normal" people do and what those on the spectrum do is that they do it "longer and stronger," according to Mary Sue Williams and Sherry Shellenberger who presented on "How Does Your Engine Run?" The Alert Program and Autism earlier today.

### **How Does Your Engine Run? - Honest And Truly!**

How Does Your Engine Run is part of The Alert Program that uses fun activities both visual and motor to allow children to self-regulate based on how low or high their alertness level is. Visuals include a stop sign to demonstrate the high, low and optimal levels with colors and pictures.

### **The Alert Program - "How Does Your Engine Run"**

SENSORY REGULATION. The "How Does Your Engine Run?" group was designed for children with sensory regulation challenges. It is based on The Alert Program™ for Self-Regulation by Mary Sue Williams and Sherry Shellenberger.

### **How Does Your Engine Run? | Kids at Play - Indoor ...**

1 How Does Your Engine Run Heather Childs, Registered Psychologist #809 Feb 5, 2012 How Does Your Engine Run? (Alert Program) Primary Focus - to help children learn to monitor, maintain, and change their level of alertness so that it is appropriate to a situation or task

### **WHAT'S ALL THIS TALK ABOUT ENGINES**

Engine speeds for regulation from the Alert Program. Excellent training - I highly recommend How Does Your Engine Run Self-Regulation Scale This activity, derived from the Alert Program, can help a child identify how their engine is running in order to self-regulate based on their engine speed.

### **30 Fascinating How Does Your Engine Run? images | Alert ...**

How Does Your Engine Run ? book. Read 3 reviews from the world's largest community for readers. This leader's guide introduces the Alert Program (AP) to ...

### **How Does Your Engine Run?: Leader's Guide to the Alert ...**

Parent Training: Sensory Strategies "If your body is like a car engine, sometimes it runs high, sometimes it runs on low, and sometimes it runs just right." "HOW DOES YOUR ENGINES RUN?" ® The Alert Program for Self-Regulation

### **Parent Training: Sensory Strategies**

If you are a parent of a special needs child then likely you know exactly how your engine is running. I recently became a parent of a special needs child. My son is eight years old but we just found out this summer (a definitive diagnosis, finally! and it is a doozy) that my son has Asperger's ...

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### **How Does Your Engine Run**

This leader's guide introduces the Alert Program (AP) to occupational therapists, parents, teachers, and other professionals. AP promotes awareness of how we regulate our arousal states and encourages the use of sensorimotor strategies to manage our levels of alertness. Knowledge of self-regulation and a repertoire of strategies enhance our abilities to learn, interact with others, and work or ...

### **How Does Your Engine Run?: A Leader's Guide to the Alert ...**

"How Does Your Engine Run?"® The Alert Program® for Self-Regulation was developed by two Occupational Therapists in the United States and is now taught and used internationally! This program teaches children that their engines can run in high, low and just right and that all speeds are good but sometimes we need to be in a certain speed ...

### **Alert Program® - Tools for Kids**

- Our Bodies are like car engines •Sometimes they run "high" •Sometimes they run "low" •While learning we need it to run "just right" •We use sensory input to help our engines run "just right"
- Taken from How Does Your Engine Run? A Leader's Guide to the Alert

### **When Medications Is Not the Answer, Try This!**

This YouTube video will discuss self regulation tips and the alert program.

### **Alertness Program: Where's your engine?**

How Does Your Engine Run is part of The Alert Program that uses fun activities both visual and motor to allow children to self-regulate based on how low or high their alertness level is. Visuals include a stop sign to demonstrate the high, low and optimal levels with colors and pictures.

### **The Alert Program - "How Does Your Engine Run" [Pediatric ...**

This item: Introduction to How Does Your Engine Run?: The Alert Program for Self-Regulation by Mary Sue Williams Paperback \$25.99. In Stock. Ships from and sold by RGSellers. \$3.99 shipping . The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder (The Out-of-Sync ...

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