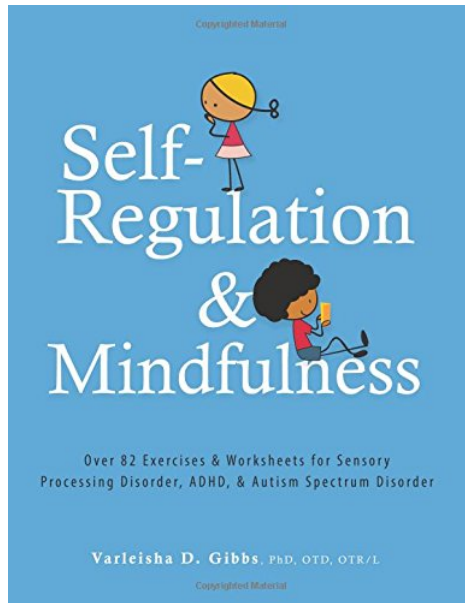


# 6Y8ip [Free PDF File] Self-Regulation and Mindfulness: Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD & Autism Spectrum Disorder



**CONTINUE ▶**

Varleisha Gibbs, PhD, OTD, OTR/L, has created a unique, evidence-based resource for helping children who have trouble self-regulating, staying focused, managing their senses and controlling their emotions. Based on the latest research in neuroscience, Self-Regulation & Mindfulness provides highly practical, kid friendly lessons to teach therapists, parents, educators and children about their brain and body, so they can build the needed skills to self-regulate. - Hands-on activities - Step-by-step exercises - Coloring pages and worksheets Clear, concise and fun activities to address your children's arousal, attention, and social participation: - Touch and Heavy Work - Hydration and Oral Motor Activities - Metronome, Timing and Sequencing Exercises - Right and Left Brain Integration Methods - Patterns and Repetition Recognition - Vision and Sound Skills - Movement Coordination - Inhibition Techniques

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