

Recommended Additional Resources and Interventions

Books:

- The Kid's Guide to Staying Awesome and in Control (Simple stuff to help children regulate their emotions and senses) – Lauren Brukner
- Colour My Senses – The Sensory Detective Colouring Book) – Paula Aquilla
- My Sensory Book: Working together to explore sensory issues and the big feelings they can cause: A workbook for parents, professionals and children – Lauren Kerstein
- Fuzzy Buzzy Groups for children with developmental and sensory processing difficulties: A step-by-step resource – Fiona Brownlee and Lindsay Munro
- Sensory Circuits: A sensory motor skills programme for children – Jane Horwood
- The Out of sync child - Carol Kranowitz
- The Out of sync Child Has Fun: Activities for kids with sensory processing disorder – Carol Kranowitz
- The out of sync child grows up – Carol Kranowitz
- Is It Sensory Or Is It Behaviour? Behaviour Problem Identification, Assessment, and Intervention – Carolyn Murray-Slutsky
- Understanding sensory dysfunction – Polly Godwin Emmons and Liz McKendry Anderson
- 50 games for sensory perception – Erkert
- Sensory integration – F A Davis
- Calm kids – Lorrain E Murray
- Building bridges through sensory integration – Yack, Aquilla and Sutton
- Sensory processing disorder answer book – Delaney
- Helping hyperactive kids – Horowitz and Rost
- 101 games and activities for children with autism, aspergers and sensory processing disorders – Tara Delaney
- Answers to questions teachers ask about sensory integration – jane koomar, Carol Kranowitz, Stacey Szklut, Lynn Balzer-Martin
- 1001 great ideas for teaching & raising children with autism and aspergers – Ellen Notbohn, Veronica Zysk
- Too loud, too bright, too fast, too tight – Sharon Heller
- Sensational kids – Lucy Jane Miller
- Sensory processing 101 – Dayna Abraham, Claire Hefforn, Pamela Braley and Lauren Drobnjak
- Interoception The eight sensory system – Kelly Mahler
- Interoception How I feel inside out – Cara N Koscinski
- Interoception: How I Feel: Sensing My World from the Inside Out by Cara N. Koscinski
- Interoception: The Eighth Sensory System by Kelly Mahler

- Listening to My Body: A guide to helping kids understand the connection between their sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need. by Gabi Garcia; Ying Hui Tan
- The Zones of Regulation Paperback by Leah Kuypers
- The Colour Monster Paperback by Anna Llenas
- My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings by Natalia Maguire; Anastasia Zababashkina
- The Incredible 5-Point Scale: The Significantly Improved and Expanded Second Edition: Assisting Students in Understanding Social Interactions and Controlling Their Emotional Responses by Kari Dunn Buron; Mitzi Curtis

Websites

- <https://www.kelly-mahler.com/>
- <https://www.education.sa.gov.au/sites/default/files/ready-to-learn-interoception-kit.pdf>

Programmes/strategies:

- Sensology waking up the senses - Flo Longhorn
- Mindful kids: 50 mindfulness activities cards – Whitney Stewart
- Mindful games activity cards – Susan Kaiser Greenland
- Challenge me! Mobility activity cards – Amanda Elliott, David Kemp
- Yoga Pretzels
- Sensory circuits
- Active Hands are Achieving Hands Devised and written by Janet Taylor Paediatric Occupational Therapist: Provided by the Derbyshire Healthcare NHS Foundation Trust.
- The Alert Programme: Williams, M,S & Shellenberger, S (1992) An Introduction to “How Does your Engine Run?”[®] “The Alert Program[®] for Self-regulation [Booklet] Albuquerque, NM, Therapy works Inc.
- Stickman Communications Limited, admin@stickmancommunications.co.uk 0044 (0) 7932548414 Penrose House, 67 Hightown Road, Banbury, Oxfordshire OX16 9BE
- 5 steps to managing big emotions
- Calm down brain break breathing
- Calm down with take 5 breathing