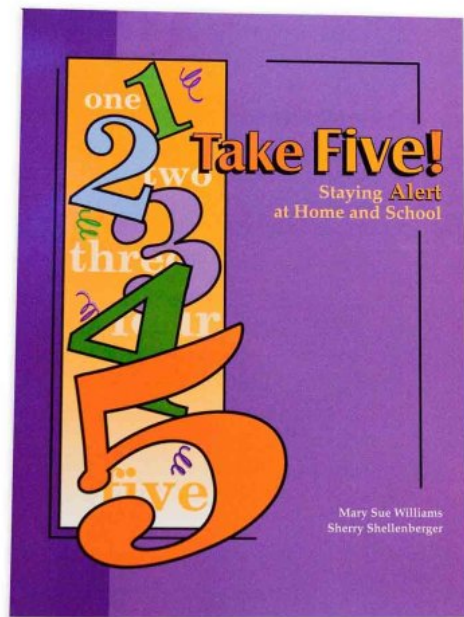
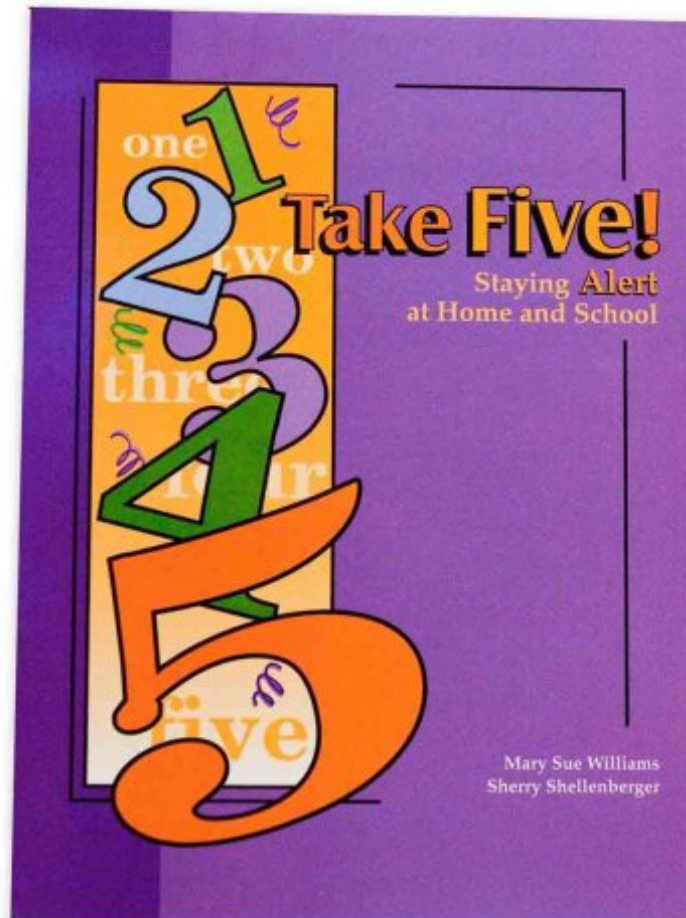


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This book was written for parents and teachers, providing activities that are helpful to keep children alert at home and school. Many therapists recommend these low budget, easy-to-use activities. Teachers, parents, and therapists will love the quick movement breaks and other suggestions to expand their repertoire of self-regulation strategies for use in a variety of settings. This book does not teach children about their engine levels, but it is organized around the five ways to change how alert we feel.

- Sales Rank: #937360 in Books
- Brand: Brand: Therapy Works Inc
- Published on: 2001-04-02
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .70" w x 9.00" l,
- Binding: Spiral-bound
- 86 pages

Features

- Used Book in Good Condition

Most helpful customer reviews

5 of 5 people found the following review helpful.

Take Five! Staying Alert at Home and School

By Erin Tourek

This book is full of great self-regulation strategies and activities that can be used at home, in the schools and out in the community. The strategies are fun, very practical and inexpensive. Take Five! includes strategy lists, clear activity suggestions and ways to adapt activities. I have found this book very helpful in preparing treatment plans and sensory diets. Kids love the activities. This book is a great support to the "How Does Your Engine Run?" Leader's Guide. Check it out, you will truly enjoy it!

2 of 2 people found the following review helpful.

Another user friendly book from TherapyWorks!

By Melissa Winkle

Review: I see this book as a natural progression after the original Alert Program Leaders Guide. I start with the Alert Program Leaders Guide to teach clients and caregivers about how to identify and change arousal. My colleagues have begun with this book and are seeing great results even without the experience of using the original AP Leaders Guide.

I use the Take Five: Staying Alert at Home and School for designing treatment plans in a variety of settings. This book offers many activities that evolve around five different ways to change their response to environmental demands. It can be used for individual or group sessions. It offers teams, parents and kiddos more opportunity for self exploration and adaptive strategies to participate in the occupation of being a kid!

The authors offer two games ("Alert-Go Fish" and "Alert- Bingo") on their website that are a good buy, but I do not see them available on Amazon.

1 of 1 people found the following review helpful.

THE one-stop-shop resource for SPD activities / ideas / resources

By High Expectations

If you are looking for the one-stop-shop resource for children with sensory processing disorder, this book is it! Explains things thoroughly but simply and concisely. It has an amazing compilation of ideas/resources/activities that it typically takes many books / articles to find. I highly recommend it.

I strive to provide useful reviews, so if this was helpful to you, please give my review a thumbs up :)

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