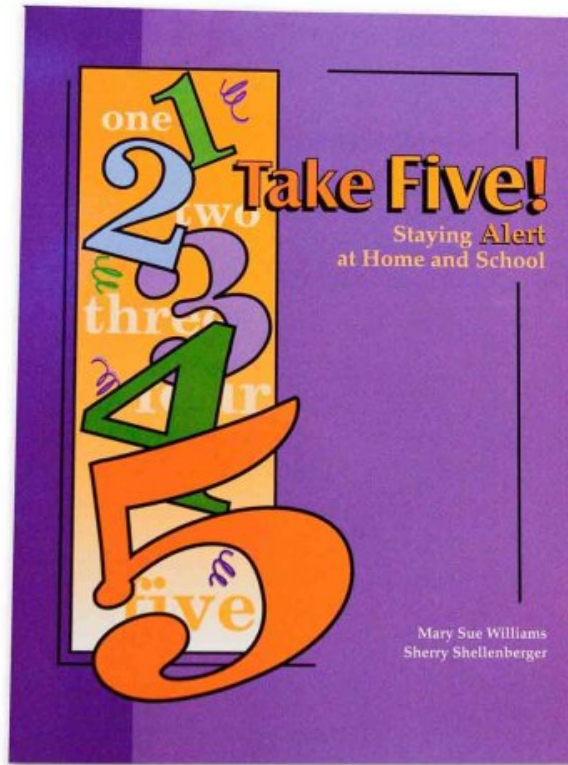


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Take Five!: Staying Alert at Home and School

Mary Sue Williams, Sherry Shellenberger
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Mary Sue Williams, Sherry Shellenberger : Take Five!: Staying Alert at Home and School before purchasing it in order to gage whether or not it would be worth my time, and all praised Take Five!: Staying Alert at Home and School:

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.