

Contents

Introduction	vii
Part I	
Chapter 1: Let's Study the Brain	3
Chapter 2: The Science Behind Self-Regulation & Mindfulness	17
Chapter 3: Brain Posters & Activity Sheets	25
Chapter 4: Arousal Assessments for Parents, Teachers, & Therapists	41
Chapter 5: Lessons on the Four Principles	59
Chapter 6: Tools, Schedules, Posters, & Activities	77
Part II	
Chapter 7: The Nine Targets	101
Chapter 8: Touch & Heavy Work Activities	107
Chapter 9: Hydration & Oral Motor Activities	117
Chapter 10: Metronome, Timing, & Sequencing Activities	123
Chapter 11: Right & Left Brain Integration Activities	127
Chapter 12: Patterns & Repetition Activities	133
Chapter 13: Breathing & Valsalva Activities	143
Chapter 14: Vision & Sound Activities	149
Chapter 15: Movement Activities	155
Chapter 16: Inhibition Activities	165
Chapter 17: Troubleshooting Challenging Behaviors	171
Appendix Fun Projects & Songs	175
References	183
Glossary	185