

Introduction.....	iv
Section 1: Introduction to our Sensory Systems	1-3
Movement & Resistance (Proprioceptive System).....	1
Movement & Balance (Vestibular System).....	2
Tactile System.....	2
Visual, Olfactory/Gustatory, and Auditory Systems.....	3
Section 2: Defining Sensory Terminology	4-5
Sensory Processing Disorder.....	4
Sensory Modulation.....	4
Sensory Modulation Disorders.....	5
Section 3: Sensory Modulation Disorders	6
Behaviors of the Over-Aroused Child.....	6
Behaviors of the Under-Aroused Child.....	6
Section 4: Intervention Approaches—Changing Arousal Levels	7-9
The Over-Aroused Child.....	7-8
The Under-Aroused Child.....	9
Section 5: Sensory Diet	10-13
What is a Sensory Diet?.....	10
What is the Goal of a Sensory Diet?.....	10
Developing a Sensory Diet.....	10
Creating Your Own Sensory Diet.....	11
Guidelines for Selecting Sensory Diet Activities.....	11
Sample Sensory Diet (Case Study).....	12
Sensory Diet Template.....	13
Section 6: Sensory History/Environmental Observation Checklist	14-17
Section 7: Guidelines for Teaching Self-Regulation Skills	18-19
Too Much/Too Little/Just Right.....	18
Visual Aids for Teaching Self-Regulation Skills.....	18
Speedometer: Too Fast/Too Slow/Just Right.....	18
Thermometer: Too Hot/Too Cold/Just Right.....	19
Section 8: Resources	20-22
References.....	22
Section 9: Activity Sheets/Games	23-56
Activity Sheets Level 1 (Grade PreK-K)	
Sensory Diet Fun Coloring Sheets.....	24-26
Too Much/Too Little/Just Right Cut and Paste (Girl).....	27
Too Much/Too Little/Just Right Cut and Paste (Boy).....	28

Activity Sheets Level 2 (Grade 1–3)

Too Much/Too Little/Just Right Cut and Paste (Girl)	29
Too Much/Too Little/Just Right Cut and Paste (Boy)	30
Are You Just Right? (Girl)	31
Are You Just Right? (Boy)	32
What is Your Speed?	33
What is Your Temperature?	34

Activity Sheets Level 3 (Grades 3–12)

Labeling Too Much/Too Little/Just Right Cut and Paste (Girl)	35
Labeling Too Much/Too Little/Just Right Cut and Paste (Boy)	36
Too Much/Too Little/Just Right Partner Fun Sheets	37
Speedometer Partner Fun Sheets	38
Thermometer Partner Fun Sheets	39

Games (All Grades)

Self-Regulation Tic-Tac-Toe (Girl)	40
Self-Regulation Tic-Tac-Toe (Boy)	41
Sensory Diet Board Game	42–43
Sensory Diet Spinners	44–45
Sensory Surprise Cube: Tactile System (Illustrations)	46
Sensory Surprise Cube: Tactile System (Text)	47
Sensory Surprise Cube: Movement and Resistance (Illustrations)	48
Sensory Surprise Cube: Movement and Resistance (Text)	49
Sensory Surprise Cube: Movement and Balance (Illustrations)	50
Sensory Surprise Cube: Movement and Balance (Text)	51
Sensory Surprise Cube: Other Sensory Systems (Illustrations)	52
Sensory Surprise Cube: Other Sensory Systems (Text)	53
Sensory Surprise Cube: Oral-Motor (Illustrations)	54
Sensory Surprise Cube: Oral-Motor (Text)	55
What Would You Do If?: A Self-Regulation Game	56

Section 10: Creating a Sensory Diet

Self-Regulation Worksheet	57–63
Self-Regulation Worksheet	58–59
Creating a Sensory Diet Example	60
Creating a Sensory Diet: Too Much/Too Little/Just Right Template	61
Creating a Sensory Diet: Too High/Too Slow/Just Right Template	62
Creating a Sensory Diet: Too Hot/Too Cold/Just Right Template	63

Section 11: Appendix

Speedometer Template	65–76
Speedometer Template	67
Thermometer Template	68
Sensory Diet Exercises	69–70
Coloring Pages	71–76

Books
Games Cards
Software Assessments



Silvereye
EDUCATIONAL PUBLICATIONS

for Special
Education and
Learning Difficulties

Ordering Information

You can order this and any other items:

- online at www.silvereye.com.au
- by phone to 02 8090 5395

Alternatively, you can complete the order form below and:

- fax to: 02 8003 9201
- mail to:
Silvereye Educational Publications,
67 Central Road, Avalon, NSW 2107

All prices include GST and are correct at time of publication.

Freight

We use couriers for deliveries to most Australian destinations. Deliveries to PO Boxes or remote destinations are by Australia Post. Most orders are delivered within 7-14 days or sooner.

Australian Freight Rates

Sydney area:

- \$7.95 for orders up to 5kg
- \$10.95 for orders over 5kg or large/ bulky items

Rest of Australia (all States and Territories)

- \$9.95 for orders up to 3kg
- \$11.95 for orders up to 5kg
- larger orders charged based on weight and destination

There is an additional \$2.50 registered post charge for orders over \$200 which are delivered by Australia Post.

New Zealand Freight Rates

Based on weight. For orders up to 3kg the cost is typically similar or lower than the freight cost within Australia.

Our mission is to positively impact the education of children and youth; particularly those with special needs and students at risk of school failure; by providing educators, counsellors, other professionals and parents with practical, theoretically sound and affordable products and service.

We provide books, games, cards, DVDs, assessment materials and other resources to assist with:

- *Special Education*
- *Behaviour*
- *Learning Difficulties*
- *Language & Communication*
- *Reading & Writing*
- *Guidance & Counselling*
- *Social Development*

ORDER FORM

QUANTITY	CODE	TITLE	AMOUNT

PURCHASER DETAILS

NAME	DATE
SCHOOL/ORGANISATION	
ADDRESS	
SUBURB	POSTCODE
TELEPHONE	FAX
EMAIL	

PAYMENT DETAILS

PAYMENT METHOD (please tick one)	CHEQUE <input type="checkbox"/> CREDIT CARD <input type="checkbox"/> INVOICE SCHOOL <input type="checkbox"/>	PURCHASE ORDER NUMBER (for school orders)
CARD NUMBER	EXPIRY DATE	
NAME ON CARD		
SIGNATURE		

Fax order to: **02 8003 9201** or mail to: Silvereye Educational Publications, 67 Central Road, Avalon, NSW 2107