

## How Does Your Engine Run

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### How Does Your Engine Run

How Does Your Engine Run? A Leader's Guide to the Alert Program for Self-Regulation draws from Mary Sue Williams and Sherry Shellenberger's years of experience working in the schools and therapy clinics. This practical book explains the Alert Program in its entirety.

### How Does Your Engine Run? Leader's Guide to the Alert ...

"How Does Your Engine Run? ® " A Leader's Guide to the Alert Program ® for Self-Regulation \$ 40.00 The Leader's Guide is the "whole enchilada" and contains everything needed to implement the Alert Program ® : it explains the theory, along with step-by-step instructions and easy-to-implement activities.

### "How Does Your Engine Run?®" A Leader's Guide to the Alert ...

How Does Your Engine Run?, The Alert Program for Self-Regulation by Mary Sue Williams & Sherry Shellenberger uses the following analogy: "If your body is like a car engine, sometimes it runs on high (fast), sometimes it runs slow (low), and sometimes it runs just right."

### How is Your "Engine" Running? — TLC Learning Center

How's your engine running? A strange question to ask your child, right? Well, not really. Lots of young children have been exposed at school to similar concepts which are simple ways of helping children figure out if "their engine" is running in the blue (low energy or even sad), green (just the right amount of energy, feeling good), or red (super high energy, or even mad/angry).

### How's Your Engine Running? | MCH

(How Does Your Engine Run) The Alert Program was developed by occupational therapists, Sherry Shellenberger and Mary Sue Williams, to teach children self-regulation skills. It begins by building awareness of and vocabulary to describe levels of alertness using a car engine analogy.

### Alert Program - Customized Interventions | Emerge ...

How Does Your Engine Run (How Does Your Engine Run) The Alert Program was developed by occupational therapists, Sherry Shellenberger and Mary Sue Williams, to teach children self-regulation skills. It begins by building awareness of and vocabulary to describe levels of alertness using a car engine analogy.

### How Does Your Engine Run

"How Does Your Engine Run"® The Alert Program for Self-Regulation Created by: Mary Sue Williams, OTR/L and Sherry Shellenberger, OTR/L Presented by: Nirma A. Corchado, MBA

### Parent Training: Sensory Strategies

Encourage the use of engine strategies to support self-regulation so your engine and your children's engines can run just right! To read more about the Alert Program®, go to [www.AlertProgram.com](http://www.AlertProgram.com). ©2007 TherapyWorks, Inc. Reprinted with permission for educational purposes.

### WHAT'S ALL THIS TALK ABOUT ENGINES

The Alert Program (ie, "How Does Your Engine Run?") teaches the man to fish! In our family, we started with just talking about it for about a week. Like this: - "Oh my, I am so tired this morning! I think I'll take a shower. Yes, that will make me feel more awake." - "You know Michael, I am running out of patience right now, and I feel angry.

### How Does Your Engine Run

The Alert Program® has boiled down complex theory to create simple, practical solutions you can incorporate into your every day living. One of the analogies we use with children is, "If your body is like a car engine, sometimes it runs on high (hyped up), sometimes it runs on low (lethargic), and sometimes it runs just right (alert and focused)."

### AOTA Approved Provider - Self-Regulation Alert Program ...

Mar 25, 2012 - Explore Nadia Jaboneta's board "How Does Your Engine Run? ", followed by 306 people on Pinterest. See more ideas about Sensory activities, Sensory integration, Pediatric occupational therapy.

### 90+ How Does Your Engine Run? ideas | sensory activities ...

Jul 8, 2016 - Explore Tracy Daniels-Newman's board "How Does Your Engine Run?" on Pinterest. See more ideas about Self regulation, Alert program, Emotional regulation.

### 20+ How Does Your Engine Run? ideas | self regulation ...

Saskatchewan Rivers Public School Division No.119

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Based on the How Does Your Engine Run? strategy from The Alert Program, this set provides basic visuals for identifying engine speeds with cars, trains, planes, animals, bicycles, emojis, and even Lightning McQueen! Use them as a reference or cut them up and turn it into a matching activity. A perfect.

### How Does Your Engine Run Worksheets & Teaching Resources | TpT

How Does Your Engine Run? A Leader's Guide to the Alert Program for Self-Regulation draws from Mary Sue Williams and Sherry Shellenberger's years of experience working in the schools and therapy clinics. This practical book explains the Alert Program in its entirety.

### How Does Your Engine Run?: Amazon.co.uk: Shellenberger ...

This leader's guide introduces the Alert Program (AP) to occupational therapists, parents, teachers, and other professionals. AP promotes awareness of how we regulate our arousal states and encourages the use of sensorimotor strategies to manage our levels of alertness. Knowledge of self-regulation and a repertoire of strategies enhance our abilities to learn, interact with others, and work or ...

### How Does Your Engine Run?: A Leader's Guide to the Alert ...

A visual to introduce the "how is your engine running?" self-regulation program from the Alert Program. It introduces awareness and self-regulation basics for young children aged 3-6. Total Pages. N/A. Answer Key. N/A. Teaching Duration. N/A. Report this Resource to TpT.

**How Does Your Engine Run?- Visual by Marina Mladenovic | TpT**

How Does Your Engine Run? Leader's Guide to the Alert Program for Self Regulation Mary Sue Williams. 4.0 out of 5 stars 23. Spiral-bound. 26 offers from \$54.95. The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder (The Out-of-Sync Child Series) Carol Kranowitz. 4.7 out of 5 stars 1,266.

**Amazon.com: Introduction to How Does Your Engine Run?: The ...**

Home Misc Special Needs How Does Your Engine Run: Alert Go Fish. How Does Your Engine Run: Alert Go Fish. Thank you for sharing!! 17 shares. 17; Until 2 years ago I knew nothing about sensory issues or Sensory Processing Disorder (SDI). I knew that Ethan was having major problems, and had been since he was born, but just wasn't sure why or what.

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