

2018 RESOURCE SAMPLER

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Leading trainer of the Low Arousal Approach, a non aversive approach to challenging behaviour, as well as Canada's foremost provider of Autism Conferences.

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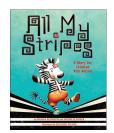


A 5 Could Make Me Lose Control! An Activity-Based Method for Evaluating and Supporting Highly Anxious Students

By Kari Dunn Buron

Price: \$34.95 Code: F165

This unique hands-on activity helps students who are highly anxious cope with their stress by systematizing social and emotional information. Using this self-contained product, the student literally sorts cards describing highly stressful situations into colorful pockets designating stress levels, ranging from 5-1, as a first step in changing the way he thinks about and responds to emotions such as anxiety, sadness and anger. A laminated erasable page and blank cards enable parents and teachers to individualize this innovative program.



All My Stripes - A Story for Children with Autism

By Shaina Rudolph

Price: \$13.95 Code: A745

Preschool - Kindergartener Zane shares his sadness about feeling different with his wise and gentle mother. It has been a frustrating day in which Zane has been teased for his various sensory-processing challenges and confused by idiomatic expressions he understands as literal. His mother gently reassures him that, like every zebra, he has many stripes: yes, he has an autism stripe, and he also has stripes indicating his caring nature, his honesty, his curiosity, and more.



The ASD and Me Picture Book

By Joel Shaul

Price: \$27.95 Code: A855

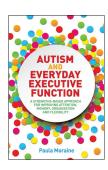
This book explores a range of common difficulties, including communication, emotional and sensory regulation, and executive functioning, encouraging children to explore their personal challenges and abilities in an engaging and positive way. Illustrated with hundreds of cartoon-style graphics and containing a wealth of fun tools, games, activities and photocopiable worksheets, this book is ideal for children with ASDs aged 7-14, and will be equally useful at home or in the classroom.



Autism and Appropriate Touch - A Photocopiable Resource for Helping Children and Teens on the Autism Spectrum Understand the Complexities of Physical Interaction

By Abigail Werner James, Illustrated by Kaiyee Tay
Price: \$35.95 Code: A825

Children and teens with Autism Spectrum Disorder can find the complicated social rules around touch very difficult, and this can leave them vulnerable. This educational resource provides ready-to-use lessons with photocopiable worksheets to teach about appropriate touch and social boundaries in family, educational, and community settings.

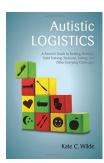


Autism and Everyday Executive Function - A Strengths-Based Approach for Improving Attention, Memory, Organization and Flexibility

By Paula Moraine

Price: \$30.95 Code: A765

Outlining eight 'Autism Access Points', this book is a helpful guide to understanding, accessing and strengthening executive function skills in individuals with Autism Spectrum Disorder (ASD). Supportive and user friendly, the ideas in this book provide a roadmap to developing essential organizational and planning skills

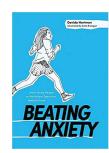


Autistic Logistics - A Parent's Guide to Tackling Bedtime, Toilet Training, Tantrums, Hitting, and Other Everyday Challenges

By Kate Wilde

Price: \$19.95 Code: A830

A practical guide to parenting children with autism spectrum disorder (ASD). It covers all the key problem areas including sleep, food avoidance and tantrums, and is full of tried-and-tested strategies drawn from the author's extensive experience of working with ASD children. It also has exercises for parents and caregivers.

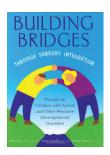


Beating Anxiety - What Young People on the Autism Spectrum Need to Know

By Davida Hartman, Illustrated by Kate Brangan

Price: \$25.95 Code: B250

This illustrated book will help you to identify what makes you anxious, and contains heaps of activities to calm your body and mind, stop unhealthy anxiety building up and head off anxious feelings in the future. Did you know that giving your anxiety a silly name (like Dr. Dread!) will give you power over it? That pretending you are a jellyfish can make your body feel better? Suitable for ages 8 – 14.



Building Bridges Through Sensory Integration: Therapy for Children with Autism and Other Pervasive Developmental Disorders, 3rd. Ed.

By Ellen Yack, Paula Aquilla and Shirley Sutton

Price: \$41.95 Code: B130

Perfect for those working with young children, but broad enough to be adapted for older children and adults. Provides creative techniques and useful tips while offering innovative strategies and practical advice for dealing with everyday challenges, including managing behaviors, improving muscle tone, developing social skills, selecting diets - and more! *Building Bridges* offers a combination of theory and strategies for parents, therapists, and teachers.

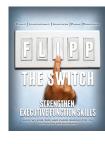


Communicating Better with People on the Autism Spectrum

By Paddy-Joe Moran

Price: \$13.95 Code: C365

Covering verbal and non-verbal communication, Paddy-Joe Moran presents 35 simple tips and strategies to help professionals improve their communication and relationships with individuals on the autism spectrum.



FLIPP The Switch: Strengthen Executive Function Skills

By Sheri Wilkins and Carol Burmeister

Price: \$34.95 Code: F265

This practical book written for parents and educators by parents and educators. The target audience is anyone who works with young people aged 3-22 who are disorganized, inflexible, impulsive, and who struggle with planning or problem solving. Readers will learn about executive function (EF) and how EF skills contribute to success in school, at home, and in work environments. Most importantly, readers will receive specific instructions, templates, and how-to scenarios for 25 strategies, five strategies for each of the five FLIPP components – flexibility, leveled emotionality, impulse control, planning, and problem solving.

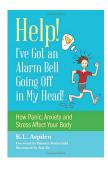


Developing Resilience in Young People with Autism using Social Stories[™]

By Siobhan Timmins

Price: \$17.95 Code: D230

Based on Carol Gray's highly effective Social Stories[™] model, this new guide shows how to help individuals with autism deal with challenges specific to them, and how to bounce back from the negative experiences that they encounter. This book is an invaluable guide for learning to create personalized Social Stories[™] that can be used to develop resilience in people with autism and help them to cope better with adversity.



Help! I've Got an Alarm Bell Going Off in My Head! How Panic, Anxiety and Stress Affect Your Body

By K.L. Aspden, Illustrated by Zita Ra Price: \$13.95 Code: H315

An illustrated book for children aged 9-11 that explores the science behind our bodies' fight, flight or freeze reactions. With activities to help manage anxiety and keep the nervous system healthy, the book is an incomparable resource for anyone supporting children who are easily angered or anxious including parents, carers and teachers.

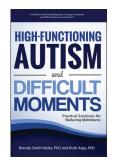


Disruptive, Stubborn, Out of Control? Why Kids Get Confrontational in the Classroom, and What to do About it

By Bo Hejlskov Elvén

Price: \$19.95 Code: **D220**

One of the biggest challenges in the classroom is trying to teach when students act in unexpected and annoying ways. Based on the psychology of how children and people act, this book offers practical strategies for understanding why your students are behaving in the way they are, and how to react in a way that restores peace and harmony in the classroom.



High-Functioning Autism and Difficult Moments -Practical Solutions for Reducing Meltdowns, 3rd. Ed.

By Brenda Smith Myles and Ruth Aspy
Price: \$30.95 Code: H325

This book offers tried-and-true solutions to minimize and circumvent the often frightening circumstances that surround the rage cycle, not only for the child with high-functioning autism, but others in the environment as well. A highly practical and user-friendly resource, *High-Functioning Autism and Difficult Moments* focuses on the reactions of the adults around the child.

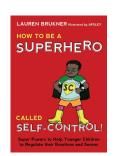


An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids

By Hunter Manasco

Price: \$23.95 Code: E205

The rules of physical contact can be tricky to grasp and children with special needs are at a heightened risk of abuse. This friendly picture book explains in simple terms how to tell the difference between acceptable and inappropriate touch, thereby helping the child with special needs stay safe.



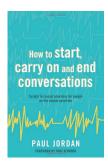
How to Be a Superhero Called Self-Control!

By Lauren Brukner

Price: \$22.95 Code: H320

Narrated by a superhero called Self-Control, this illustrated book provides a variety of super power strategies to help children with emotional and sensory regulation difficulties, aged approximately 4 to 7 years, to master self-control.





How to Start, Carry on and End Conversations -Scripts for Social Situations for People on the Autism Spectrum

By Paul Jordan, Foreword by Tony Attwood Price: \$17.95 Code: H330

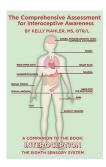
In this book, Paul Jordan, who is on the autism spectrum, explains how to make sense of everyday social situations you might encounter at school, university or in other group settings. He reveals how, with the use of just 65 simple words, it is possible to create 'scripts for thinking' that break conversations down into small chunks and help you to think of what to say, whether you are speaking to a fellow student, starting a conversation with a new friend, calling out bullies or answering a teacher's question.



The Incredible 5-Point Scale – Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses (2nd Ed.)

By Kari Dunn Buron and Mitzi Curtis
Price: \$27.95 Code: 1135

Using the same practical and user-friendly format as the first edition, Buron and Curtis let readers benefit from work done with the scales over the past 10 years, to result in refinements to the original scales, now considered "classics" in homes and classrooms across the country and abroad, as well as lots of new scales specifically designed for two groups of individuals: young children and those with more classic presentations of autism, including expanded use of the Anxiety Curve. Another welcome addition is a list of goals and objectives related to incorporating scales in students' IEPs. Also, a free CD includes blank scales, small portable scales and worksheets for easy duplication. As in their other writings, the authors emphasize the importance of selfmanagement and self-regulation, two evidence-based practices.



Interoception: The Eighth Sensory System

By Kelly Mahler

Price: \$41.95 Code: I270

Many people take it for granted, but one of the most important skills we have is being able to understand signals from our body. How you know if you're hungry, thirsty, tired, etc. are key abilities to live a healthy life. These are also skills that those with autism spectrum disorder tend to lack. Kelly Mahler's newest book gives professionals and parents a new way to consider teaching these talents to individuals with ASD. She describes the clear link between interoception and many important skills such as self-awareness, self-regulation, problem solving, intuition, and many more.

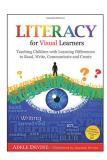


The Kids' Guide to Staying Awesome and In Control -Simple Stuff to Help Children Regulate their Emotions and Senses

By Lauren Brukner

Price: \$22.95 Code: K130

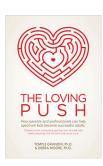
From breathing exercises and pressure holds to noisereducing headphones and gum, this illustrated book is packed with simple strategies and tools to help children with emotional and sensory regulation difficulties aged approximately 7 to 14 years to stay cool, calm and in control



Literacy for Visual Learners: Teaching Children with Learning Differences to Read, Write, Communicate and Create

By Adele Devine, Illustrated by Quentin Devine Price: \$49.95 Code: L275

Some children are more responsive to visual stimulation than spoken words, and this book shows how to engage these children in literacy lessons by using strategies that cover everything from the latest assistive technology to getting creative on a limited budget. There are tips for sharing stories with children who find it hard to sit still, supporting reluctant writers, enabling the preverbal child to answer questions and helping the child who never stops talking to develop listening skills. The strategies are supported by practical resources, examples and case studies, to show how to instill in children the confidence to create and share their thoughts.



The Loving Push

By Temple Grandin, Ph.D. and Debra Moore, Ph.D. Price: \$27.95 Code: L270

Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin joins psychologist and autism specialist Dr. Debra Moore in spelling out what steps you can take to restore your child's hope and motivation, and what you must avoid. Eight life stories told by people on the autism spectrum, including chapters on subjects like how to get kids off their computers, how to build on their strengths and get back

to caring about their lives, and how to find a path to a

successful, meaningful life make this a "must-read book."



Overcoming Anxiety in Children and Teens

By Jed Baker, Ph. D

Price: \$20.95 Code: O175

Author Jed Baker describes motivational techniques, cognitive behavioral strategies, exercises, relaxation and mindfulness guides to lower anxiety to the point where individuals can begin to confront their fears. The book covers: simple phobias, social phobia, selective mutism, separation anxiety and school refusal, panic disorder, obsessive compulsive disorder, somatic symptom disorder and/or illness anxiety disorder, generalized anxiety disorder, perfectionism, and other common fears.



The Power Card Strategy 2.0 - Using Special Interests to Motivate Children and Youth with Autism Spectrum Disorder

By Elisa Gagnon and Brenda Smith Myles

Price: \$30.95 Code: **P340**

Many researchers, parents, and autistics themselves have long understood the role of special interests in teaching and motivating individuals with autism spectrum disorder (ASD), yet these intense areas of knowledge have not been widely integrated into the learning activities of children on the spectrum. The authors are hopeful that the second edition of this book will further inspire professionals and parents to incorporate special interests into the lives of learners on the spectrum.





Self-Control to the Rescue! Super Powers to Help Kids Through the Tough Stuff in Everyday Life

By Lauren Brukner, Illustrated by Apsley Price: \$22.95 Code: \$890

Focusing on specific times of the day that present particular challenges, the book uses illustrations and simple language to describe breathing exercises, stretching, and visualization techniques to help children aged 4-7 keep calm and in control. Suitable for all children, but especially those with sensory and emotional regulation difficulties, this is an accessible guide with extra tips and resources for parents, educators or therapists.



Social Thinking Thinksheets for Tweens and Teens: Learning to Read In-Between the Social Lines

By Michelle Garcia Winner

Price: \$49.95 Code: \$685

Thinksheets for Tweens and Teens focuses on the social issues and challenges faced by pre-adolescents and adolescents and introduces social concepts and strategies that can help individuals navigate these tricky years. Social rules and expectations change with age; thinking and behavior that was appropriate in elementary school can quickly become inappropriate and unexpected as students move into middle and high school. We developed these thinksheets to help educators, therapists, and parents encourage more mature social thinking and related shifts in their students' social skills.

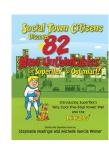


Should I or Shouldn't I? What Would Others Think™? (Elementary School Edition)

By Dominque Baudry

Price: \$35.95 Code: \$645

The Elementary Edition of our popular Should I or Shouldn't I? What Would Others Think?™ game encourages players ages 8-11 to think about their own behavior choices and then compare how their perceptions match (or don't) those of the other players. The game makes thinking and talking about behavior fun, and allows players to explore their own thoughts, perspectives, and choices within a safe and consequences-free environment. Game play offers abundant opportunities to practice Social Thinking concepts, perspective taking, and problem solving skills, and discuss how our individual behavior choices affect those around us.



Social Town Citizens Discover 82 New Unthinkables for Superflex® to Outsmart!

By Stephanie Madrigal and Michelle Garcia Winner

Price: \$52.95 Code: \$580

This latest edition in the Superflex series is a compilation work that introduces 82 new Unthinkables and 14 new Thinkables submitted by Social Town citizens of all ages. Unthinkables and Thinkables are grouped by theme/category for easy reference by student or adult, and each entry includes the character's power, related information about its characteristics, and strategies to defeat the Unthinkable or bolster a Thinkable's help. Five teaching handouts, all characters, and expanded teaching materials are contained on the CD included with the book.

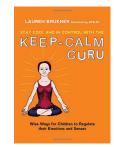


Should I or Shouldn't I? What Would Others Think?

By Dominque Baudry

Price: \$35.95 Code: \$570

This game encourages players to think about their own behavior choices and then compares how their perceptions match (or don't) those of the other players. It revolves around the idea of perspective taking - being able to think about others, their thoughts, feelings, and behaviors, and how this interrelationship plays out in social situations. The game is based on the Social Thinking concepts and vocabulary introduced by Michelle Garcia Winner and outlined in her many books and articles on the topic.



Stay Cool and In Control with the Keep-Calm Guru

By Lauren Brukner, Illustrated by Apsley

Price: \$24.95 Code: \$840

Filled with practical tips and tricks, from journalling to yoga, this illustrated guide provides children and adolescents with wisdom from the Keep-Calm Guru and new ways to identify and cope with anxiety, anger and other difficult feelings.

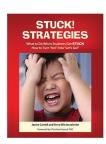


Social Thinking and Me (Two Book Set)

By Michelle Garcia Winner and Linda K. Murphy

Price: \$86.95 Code: \$815

Whether you're new to Social Thinking or a veteran in using our materials, *Social Thinking and Me* is the perfect tool to introduce and teach core Social Thinking Vocabulary and concepts to older elementary school and middle school-age kids (ages 9-14). This two-book set breaks larger and more complicated social concepts down into smaller chunks to make it easier for adults to teach and easier for kids to learn.



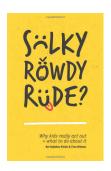
Stuck! Strategies - What to Do When Students Get STUCK

By Janice Carroll and Terry Ellis Izraelevitz

Price: \$27.95 Code: \$740

Do your students ever get STUCK? Are you searching for ways to get and keep your students engaged in teaching activities? STUCK Strategies is a treasure trove of proven methods for supporting students with disabilities such as autism spectrum disorders, communication disorders, developmental delays, Down Syndrome, and inflexible temperament. The authors' descriptions of each of 15 strategies include instructions for implementation under the headings: Basics, Materials, Examples of the Use of This Strategy to Support Students Away From Stuck Behavior, and References.





Sulky, Rowdy, Rude? Why Kids Really Act Out and What to do About it

By Bo Hejlskov Elvén and Tina Wiman Price: \$19.95 Code: \$845

Children can go through difficult phases - this is a natural part of growing up. Conflicts and arguments are nothing exceptional, but rather a part of everyday family life. The authors of this practical and imaginative book show how parents can create consistent and effective structures, methods and responses, so that children can learn for themselves how to practice self-control and cooperation in a secure environment where they both belong and have autonomy.

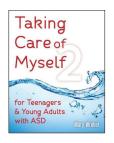


Superflex: A Superhero Social Thinking Curriculum Package

By Michelle Garcia Winner and Stephanie Madrigal

Price: \$75.95 Code: \$370

The purpose of this Superhero Social Thinking (SST) curriculum is to provide the social-thinking educator, teacher, or parent with a fun, motivating, and non-threatening way for our students to explore social thinking while increasing their knowledge of social expectations, their awareness of their own behavior and how to modify their behaviors with Superflexible strategies. The 100-page curriculum gives clear, motivating lesson plans to help create their own Superflex Superhero Training Academy for the children. The children learn about how each of them have a "Superflex" superhero in their brain that is constantly being challenged daily by their very own "Team of Unthinkables," such as Rock Brain, Topic Twister Meister and Mean Jean.



Taking Care of Myself 2: For Teenagers & Young Adults with ASD

By Mary Wrobel

Price: \$34.95 Code: T490

This book is written specifically for teenagers and young adults with Autism Spectrum Disorders (ASD). It is an instructional book to be used by parents, instructors, therapists, and individuals on the autism spectrum. Most of the information is written concisely, however, simple how-to lists are included. This book is great to use in an instructional setting, especially for those individuals who are familiar with that type of format.



Talk with Me: A Step-by-Step Conversation Framework for Teaching Conversational Balance and Fluency for High-Functioning Individuals with Autism Spectrum Disorders

By Kerry Mataya, Ruth Aspy and Hollis Shaffer

Price: \$30.95 Code: **T505**

The Conversation Framework is a unique strategy that provides an approach to assessing and teaching conversation skills in a group setting that is effective for most students who have difficulty engaging in conversations, including students with HF-ASD. The Conversation Framework breaks down the elements of a conversation which must be mastered in order to be proficient at carrying out conversations. The framework was developed and refined across many years based on a review of the relevant research along with close observation of how people talk to each other – what conversations really sound like.

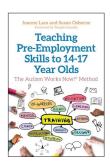


Tasks Galore - Revised Edition

By Laurie Eckenrode, Pat Fennell and Kathy Hearsey

Price: \$59.95 Code: T115

Book One is a virtual "encyclopedia" with over 250 color photographs of multi-modal tasks. *Tasks Galore* takes a look at developing tasks that address skills across curriculum areas. The tasks photographed were designed for individual students, based on their unique strengths, interests, and IEP goals, and the authors hope the tasks will serve as a launching pad for the reader's own ideas. Designed for preschool and elementary aged clients or older clients who are working on basic concepts.



Teaching Pre-Employment Skills to 14-17-Year-Olds

By Joanne Lara and Susan Osborne, Foreword by Temple Grandin

Price: \$37.95 Code: **T510**

Based on the Autism Works Now!* Workplace Readiness Workshop, this interactive resource shows how to help students aged 14-17 develop the necessary transition skills for getting and keeping a meaningful job, with accompanying worksheets available to download.



Thinking About YOU Thinking About ME (2nd Ed.)

By Michelle Garcia Winner

Price: \$72.95 Code: T230

The author explores how perspective taking impacts students' abilities to socially relate as well as comprehend academic assignments that are laden with social themes such as comprehension of literature and working with peers in group assignments.



Think Social: A Social Thinking Curriculum for School-Aged Students

By Michelle Garcia Winner

Price: \$128.95 Code: T280

A social thinking curriculum to guide therapists, educators and parents who are exploring how to introduce social thinking to their students in a more structured and thought out progression. The curriculum is meant to provide a template to guide all of our thinking but it is not meant to be a total teaching package! The curriculum is designed to assist children across the school ages with the following type diagnoses: Asperger Syndrome, Pervasive Developmental Disorder -Not Otherwise Specified, High-Functioning Autism, Attention Deficit Hyperactive Disorder (ADHD), Hyperlexia, Non-Verbal Learning Disability (NVLD), or no clear diagnosis but social challenges are present.



We're Amazing 1,2,3! A Story About Friendship and Autism

By Leslie Kimmelman

Price: \$14.99 Code: W275

We're Amazing 1,2,3! is the first Sesame Street storybook to focus on autism. It's part of Sesame Street's autism initiative that has expanded to include a new character with autism.





We Thinkers! Volume 1

By Ryan Hendrix, Kari Zweber Palmer, Nancy Tarshis and Michelle Garcia Winner

Price: \$146.95 Code: I230

This new series introduces Michelle Garcia Winner's Social Thinking model to children ages 4-7. The series will eventually consist of 10 storybooks plus related curriculum, released in two volumes (5 storybooks + curriculum in each volume). Volume 1 Curriculum Package + Music CD (Deluxe Package)

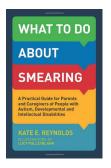


We Thinkers! Volume 2 Social Problem Solvers

By Ryan Hendrix, Kari Zweber Palmer, Nancy Tarshis, and Michelle Garcia Winner

Price: \$215.95 Code: W265

Volume 2 picks up where Volume 1 left off. The teaching across the series is sequential and concepts build upon each other, therefore it is important that Volume 1 be used before moving on to Volume 2. Volume 2 delves deeper into how to figure out the social clues to share space, interact, and regulate emotions. We use the term "social executive functioning" to discuss that we are helping children learn to better self-regulate their behaviour and emotions when sharing space or interacting with others.



What to Do about Smearing - A Practical Guide for Parents and Caregivers of People with Autism, Developmental and Intellectual Disabilities

By Kate E. Reynolds, Illustrated by Lucy Pulleyblank

Price: \$21.95 Code: W270

With practical advice and examples of interventions, this supportive book presents positive ways to manage fecal smearing in children and adults with autism and developmental disabilities. Explaining the root causes of smearing for better understanding, this is a reassuring resource for families and professionals who experience smearing behaviour.



Whole Body Listening Larry at Home

By Kristen Wilson and Elizabeth Sautter, Illustrated by Eric Hutchison

Price: \$27.95 Code: W195

This colorfully illustrated storybook provides fun ways to teach children an abstract but essential idea - that their eyes, hands, brains - their whole bodies! - communicate, engage with and affect the people around them. Parents, teachers and therapists use this book to teach this challenging concept through illustrated scenarios at home, in the car, with friends, with grandparents - and a number of other very recognizable situations. If your young (primarily pre-K to third grade) student(s) is a bit (or a lot) wiggly, you might need this book!



Whole Body Listening Larry at School

By Kristen Wilson and Elizabeth Sautter, Illustrated by Eric Hutchison

Price: \$27.95 Code: W200

This is the 2nd book in a two-part series to help students develop a better concept of holistic listening, or Whole Body Listening. In this charming comic book, told in Poem, the authors, Sautter and Wilson explore how two siblings, Leah and Luka struggle to focus their brains and bodies during the school day. Kindly, a peer mentor helps to explain to these students how they need to use their eyes, hands, feet, heart, brain, etc. to listen in group environments to not only access the information but to work as part of a group. Preschool through 2nd grade students love the antics of our characters as they teach this important concept in a very fun manner!

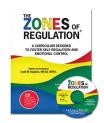


You are a Social Detective!

By Michelle Garcia Winner and Pamela Crooke

Price: \$32.95 Code: Y110

This entertaining comic book offers a variety of techniques for teaching students how to develop their own social detective skills. Enjoy watching your children blossom into successful Social Detectives! But this book isn't just for students who have challenges relating to autism spectrum disorders and like challenges, the lessons also offer a variety of engaging ways to introduce the concepts of social thinking to general education teachers, paraprofessionals, parents, caregivers and special educators.



Zones of Regulation

By Leah Kuypers

Price: \$68.95 Code: Z105

The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones.



Zones of Regulation Poster

By Leah Kuypers

Price: \$15.95 Code: Z110

This poster reinforces the teachings of *The Zones of Regulation* book/curriculum. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of the four color-coded and "road sign" oriented for clear recognition and reinforcement. Along the way, students learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones.



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