

*Hands-On*  
Activities for Children  
*with* **Autism  
& Sensory  
Disorders**



■ Recipes ■ Crafts ■ Exercises ■ Sensory Enrichment  
■ Multi-sensory Immersion ■ For Home, School, Clinic

**Teresa Garland** MOT, OTM/L

*Bestselling author of Self-Regulation Interventions and Strategies*

Teresa Garland

## Hands-on Activities for Children with Autism & Sensory Disorders



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This highly comprehensive, illustrated and accessible guidebook is a rich source for any therapist, instructor or parent. Following a step-by-step recipe format, Teresa Garland, MOT, OTR/L provides nearly 200 activities and interventions to greatly help children making use of their sensory requires. Innovative, practical and fun activities for kids with autism and sensory disorders. -Crafts, dishes, music and exercises for the clinic, classroom or home-A multi-sensory enrichment system for kids with autism-Gradual exposure actions for children who have can't tolerate sensory input-Sensory immersion activities to desensitize the child to touch, taste and sound-Reduce stress and anxiety with physical exercises and reframing strategies



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