


# Self-Regulation & Mindfulness



Over 82 Exercises & Worksheets for Sensory  
Processing Disorder, ADHD, & Autism Spectrum Disorder

**Varleisha D. Gibbs, PhD, OTD, OTR/L**

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## Self-Regulation and Mindfulness: Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD, & Autism Spectrum Disorder



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Based on the latest study in neuroscience, Self-Regulation & Mindfulness provides highly useful, kid friendly lessons to instruct therapists, parents, educators and children about their brain and body, so they can build the required skills to self-regulate. Varleisha Gibbs, PhD, OTD, OTR/L, has created a distinctive, evidence-based resource for helping children who've trouble self-regulating, staying focused, managing their senses and controlling their emotions.

- Hands-on activities
- Step-by-stage exercises
- Coloring webpages and worksheets

Clear, concise and fun activities to address your children's arousal, attention, and social participation:

- Contact and Heavy Work
- Hydration and Oral Motor Activities
- Metronome, Timing and Sequencing Exercises
- Best and Left Human brain Integration Methods
- Patterns and Repetition Reputation
- Vision and Sound Abilities
- Movement Coordination
- Inhibition Techniques



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They are constantly triggered by their environment for some reason, and a lot of situations transitions between one place to another (e. A second-grader functioning at grade level would find the majority of the tips and stories babyish. The content barely touches on self-regulation or mindfulness along the lines of realizing you feel x but controlling your behavior or assisting yourself change your emotions. Intrad, almost all of the content involves discovering sensory stimulation in ways appropriate for preschoolers or kids that do not interact with people around them. No more than a third of that is useful for us particularly. But if you are looking for ways to help ages 2-5 with sensory processing disorder and sensory reactivity, it may be worthwhile. She actually is an excellent resource and always wanting to share her knowledge. So, no more than a third of the publication is even aimed toward my ADHD child.. Helps Some We don't know what I was expecting, but this wasn't it. I am skeptical that the tips would help a kid with ADHD or one who's issues involve reacting properly to peers. Therefore, it provides a couple assists for him, but wasn't as comprehensive on self-regulating and mindfulness as I needed it to be. Certainly a help, however, not as much as was needed. Great Translation of Neurology and Behavior - Occupational Therapy Interventions to instruct Kids I'm an pediatric Occupational Therapist and these are techniques that I use with the kiddos We work with! Dr. This is actually the only publication that I know of this clearly explains from a neurological/primitive reflex perspective why some of our kiddos have melt downs. Usually it's because their airline flight/fight system has been fired up by something they perceive inaccurately within their environment. So you'll see children who are constantly in a state of reflexively responding (appears like tantrums or meltdowns).Misleading title The normal "exercise" in this book would be to suggest the teacher find the child an age-appropriate maze, try drumming, painting, or using ice.g. car to shop, house to school, etc) triggers anxiousness and over-reactions because of fear of being exposed to an "assaultive" environment. Which means this book provides ways to help slow the brain down so it has time to accurately process the environment, and also accurate assess own body vitals, in order to make a proper response. This book presents practical activities to do and instruct your child strategies to eventually internalize these equipment. I recommend this book for just about any kid who tantrums, offers melt downs, or is certainly perceived as stubborn or anxious. Five Stars Lots of good information Five Stars Great book. The activities take minimal to no prep period and will be adapted for several levels of understanding. Little to no prep required.. Gibbs presented to your particular education cooperative and was thoroughly knowledgeable about the subject matter or self regulation. There are so many easy and practical ideas for make use of in the classroom or in individual session in this book. I work with children with autism, down syndrome and various other cognitive difficulties. I am always searching for new and practical tips. Ideal for immediate use with college students. Great resource for psychological regulation! We use this in my personal mental health practice and am making it essential read for all of our brand-new hires and therapists. It's compiled by an OT who's offered nationally about these effective evidence centered strategies. Though I no longer have little kids I found it so interesting to read it makes me want to venture out and help additional mothers or consider you this booked two others to understand. My low rating is because it has been mislabeled and mis-marketed as content appropriate for a wider market, when it really isn't about either self-regulation or mindfulness, but rather not melting down in stimulating sensory circumstances. this book was so amazing a friend of mine grandson has autism and she's . It can have activities for children to help them become even more aware of their person, which is what I was needing- but it also includes a lot of things for various issues, not just being conscious of your person. Dr. Oh my God! this

publication was therefore amazing a friend of mine grandson has autism and she's been keeping up with this author for quite a while she is just so content he's putting up books to help others with kids with this kind of illness to become successful one day and also that the parents get yourself a better understanding to having your kids. Gibbs is actually talented in her function and it shows.



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