

LIST OF MATERIALS, POSTERS, HANDOUTS, AND GAMES

All the materials in this list can be found on *The Sensory Connection Program: Curriculum for Self-Regulation* CD, which is included with the curriculum. The list is organized by sessions. Materials on the CD are often in color, game cards are larger, and game directions are included.



INFORMATION FOR LEADERS

Symptoms of Distress poster
Crisis Intervention Steps for Clinicians: Pause! Connect! Engage! handout
Non-Tool Sensory Strategies for Clinicians handout
Rating Scale for Group Experience
Proficiency Rating Scale for Self-Regulation Skills
Make Your Own Sensory Supplies handout
Supplies for the Sensory Connection Self-Regulation Group list
Order Information for Sensory Cart Supplies
Supplies and Internet Resources
Bibliography

MATERIALS FOR PARTICIPANTS AND SESSIONS

Session 1: Pause—Connect—Engage

Session 1 Leader Guide Sheet
Pause—Connect—Engage poster
Pause—Connect—Engage worksheet
Common Signs of Emotional Crisis poster
Common Triggers—What Sets You Off? poster
Circuit Breaker Strategies poster
Grounding Strategies worksheet

Session 2: Exploring Sensory Preferences

Session 2 Leader Guide Sheet
Learning About Calming and Alerting handout
Sensory Cart Items handout
What Sensory Cart Items Worked for You? worksheet
Coping Through the Senses worksheet

Session 3: Tuning in to Physical and Emotional Responses

Session 3 Leader Guide Sheet
Thinking About Feelings cards

How “In Tune” Are You? poster
Difficult Emotions worksheet
Recognizing States of Arousal worksheet

Session 4: Breathing and Awareness

Session 4 Leader Guide Sheet
Learning About Deep Breathing handout
Learning About Mantras worksheet/handout
Deep Breathing worksheet

Session 5: Expanding Sensory Input Options

Session 5 Leader Guide Sheet
Non-Tool-Based Sensory Activities handout
Exploring Focused Activities handout
Making a Mandala handout

Session 6: Personal Sensory Tool Kits

Session 6 Leader Guide Sheet
Brainstorming Ideas for Personal Sensory Kits worksheet
Personal Sensory Kit worksheet
Beanbag Tapping handout

Session 7: Managing Stress Through Healthy Habits

Session 7 Leader Guide Sheet
Stress Buster worksheet
Daily Exercise Choices poster
Daily Relaxation Choices poster
Social Leisure Choices poster
Sleep Preparation Choices poster
Healthy Sleep Habits handout
Stress Management Weekly Journal worksheet

Session 8: Dealing with Bothersome Sensory Experiences

Session 8 Leader Guide Sheet
Sensory Sensitivities—What Can We Do? poster
Sensory Sensitivities Discovery worksheet
Detecting Bothersome Input worksheet
Working Around Bothersome Sensory Experiences worksheet

Session 9: Planning Comfort Space

Session 9 Leader Guide Sheet

Learning About Comfort Space handout

Comfort Space Plan worksheet

Wish List for Comfort Space and Sensory Solution Equipment handout

Imagining Safe Space Mandala worksheet

Session 10: Developing a Crisis Intervention and Safety Plan

Session 10 Leader Guide Sheet

Learning About Crisis Intervention Plans handout

Crisis Intervention and Safety Plan contract

What Helps?—Crisis Intervention Strategies poster/handout

Circuit Breaker for Crisis Intervention handout

Who Would You Go To? What Can They Do? worksheet

Core Strategies for Crisis Intervention Log

What Are Your Triggers? worksheet

What Are Your Warning Signs? worksheet

What Helps? worksheet

Discharge Planning

Self-Regulation at Home, at Work, and in the Community worksheet

GAMES

Who Could You Go To? Game for Supports game cards (Session 1)

Thinking About Feelings game cards (Session 3)

Non-Tool-Based Sensory Activities game cards (Session 5)

What Do You Do When the Brain Is Fuzzy? game cards (Session 5)

What Sensory Kit Tool Could You Use? game cards (Session 6)

Daily Exercise Choices game cards (Session 7)

Daily Relaxation Choices game cards (Session 7)

Social Leisure Choices game cards (Session 7)

Sleep Preparation Choices game cards (Session 7)

What Bothers You? game cards (Session 8)

Ball of Responsibility Game directions (Session 8)

Strategizing for Self-Regulation Game (Session 10)

Who Would You Go To? What Can They Do? game cards (Session 10)

APPENDIX

Symptoms of Distress poster

Crisis Intervention Steps for Clinicians: Pause! Connect! Engage! handout

Non-Tool Sensory Strategies for Clinicians handout

Deep Breathing directions

Beanbag Tapping directions

Exercise Band Rowing directions

Rating Scale for Group Experience

Proficiency Rating Scale for Self-Regulation Skills

SENSORY SUPPLIES AND RESOURCES

Make Your Own Sensory Supplies handout

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