

CHANGING ENGINE SPEEDS

5 WAYS TO CHANGE
YOUR ENGINE SPEED

1. MOUTH

- COFFEE
- STRAW
- GUM

2. MOVE (BODY)

- SWING
- ROCK
- RUN
- YOGA

3. TOUCH (HANDS)

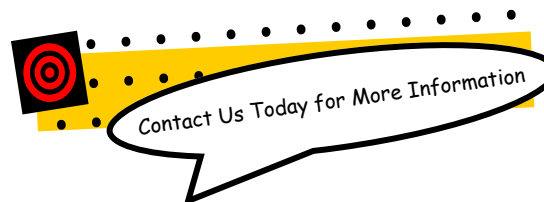
- HOT SHOWER,
- SOFT SWEATSHIRT
- LOTION

4. LOOK

- TV
- FISH TANK
- SUNSET

5. LISTEN

- CLASSICAL OR ROCK MUSIC
- WAVES
- BIRDS CHIRPING



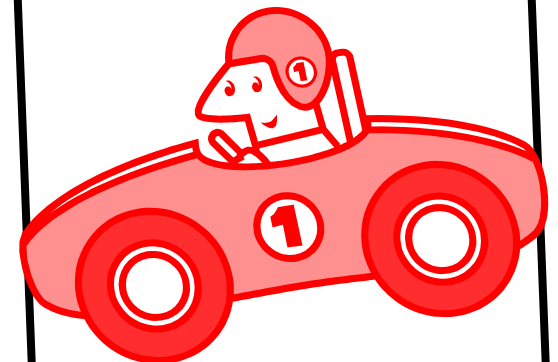
pediatric
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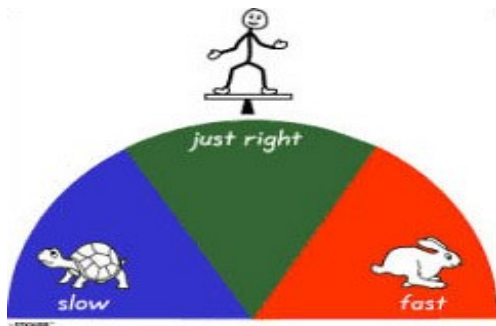
HOW DOES
YOUR ENGINE
RUN?®



High >>> Just Right >>> Low

▶ WHAT'S ALL THIS ENGINE TALK?

The Alert Program: How Does Your Engine Run?® is designed to help individuals understand their own level of alertness and how to modify that alertness to be appropriate for the situation he/she is in. The program uses the analogy of a car engine and the various speeds (high, low, or just right) that our bodies function on. Individuals will learn how to label their own engine speeds, the five ways (mouth, move, touch, look, and listen) we can use our bodies to change our engine speeds, and how to use these five ways to alter our engine speeds to get ready to



3 STAGES

THE 3 STAGES OF THE PROGRAM ARE:

- Identifying Engine Speeds
- Experimenting with Methods to Change Engine Speed
- Regulating Engine Speeds

WHO CAN BENEFIT?

The program was designed for children ages 8-12, but strategies from the program can be easily modified to fit children and adults of all ages, even children who are non-verbal.

GOALS OF THE PROGRAM:

- Aid child in learning self-regulation
- "Self-regulation is the ability to attain, change, or maintain an appropriate level of alertness for a task or situation."
(Williams & Shellenberger, 1996)
- Increase child's independence in school and community activities by expanding his/her knowledge of strategies to be in an optimal state for learning, playing, and interacting.

