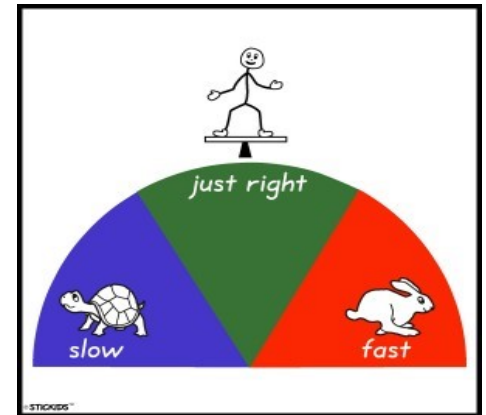


THE ALERT PROGRAM for self-regulation

The occupational therapy team at Primary Therapy Source is committed to helping children and families with a variety of challenges.

One of the areas difficulty that is frequently reported is difficulty with self-regulation, organization of behavior, and modulation of energy/arousal level.



The Alert Program is one of many techniques employed to address these challenges. The program is a structured approach to teaching self-awareness of arousal levels and implementation of sensory activities into the daily routine to improve self-regulation and sensory modulation.

1. Instruction in arousal level concept: 1 of 2 analogies is utilized – car engine or bunny/turtle
2. 3rd person labeling is utilized to improve understanding and provide real-life examples of what the levels look like
3. Exploration of sensory activities that alter arousal levels, including exploration of each sense individually (without self-labeling)
4. Parents/caregivers start to label child at extreme high/low levels (easier to understand than 'just right' arousal level)
5. Child begins to self-label with guidance and assistance
6. Sensory strategies are provided at each step along the way to assist with self-regulation and organization of behavior
7. The occupational therapists at PTS specialize in addressing sensory processing challenges that negatively impact adaptive and independent function.

Reference: *How Does Your Engine Run?® A Leader's Guide to the Alert Program® for Self-Regulation* (Williams & Shellenberger, 1996)

The ALERT Program for Self-Regulation

