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Take Five!: Staying Alert at Home and School

Mary Sue Williams, Sherry Shellenberger

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This book was written for parents and teachers, providing activities that are helpful to keep children alert at home and school. Many therapists recommend these low budget, easy-to-use activities. Teachers, parents, and therapists will love the quick movement breaks and other suggestions to expand their repertoire of self-regulation strategies for use in a variety of settings. This book does not teach children about their engine levels, but it is organized around the five ways to change how alert we feel.

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David Barr:

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Adam Sea:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the e-book untitled Take Five!: Staying Alert at Home and School can be fine book to read. May be it might be best activity to you.

Lisa Vazquez:

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