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The Alert Program with Songs for Self-Regulation

Mary Sue Williams, Sherry Shellenberger

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Side A contains an overview of the popular 'Alert Program', (also known as 'The Engine Speeds Program.'The presenters include Mary Sue Williams MS, OTR/L and Sherry Shellenberger MS, OTR/L, creators of the Alert Program. Side B contains numerous, lively, activity-based song games that encourage children and adults to incorporate self-regulatory play into their everyday lives.

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